



# Miles AHEAD

May 2025

## Flip the Script on Aging: Celebrate, Challenge, Connect

Each May, Older Americans Month invites us to recognize the vital contributions of older adults in our communities. This year's theme, "Flip the Script on Aging," encourages us to move beyond outdated ideas and see aging as it truly is—a time of purpose, growth, and connection.

Too often, aging is portrayed as decline. In reality, older adults today are thriving. They're mentoring younger generations, leading volunteer efforts, launching new businesses, and shaping their communities. According to the Administration for Community Living, this generation is more active, engaged, and diverse than ever before.

Flipping the script means breaking down harmful stereotypes. Older adults bring wisdom, emotional intelligence, and experience that enrich families, workplaces, and society. Research shows intergenerational connections reduce ageism and build empathy across all ages.

Here are a few ways you can help flip the script:

- **Speak positively about aging.** Your words shape how others see growing older.
- **Share your story.** Your life experience can break down stereotypes.
- **Stay involved.** Your presence in community spaces matters.
- **Challenge ageism.** Speak up when you see age-based bias.
- **Celebrate what you bring.** Your contributions make a difference.
- **Support age-friendly efforts.** Advocate for inclusive programs and spaces.
- **Connect across generations.** Sharing your time builds stronger communities.

By showing up, speaking out, and staying engaged, you help reshape how the world sees aging.



### MAY IS OLDER AMERICANS MONTH



### A LIFELINE FOR OLDER IOWANS

Video: [How Milestones  
Makes a Difference](#)



Mother's Day is on  
Sunday, May 11, 2025.  
Established by Anna  
Jarvis, the holiday was  
first observed in 1908 and  
became an official U.S.  
holiday in 1914.

## WE'RE HIRING!

Head Cook for Bloomfield and Information & Assistance Specialist in Davenport. For more info or to apply, [CLICK HERE](#) or visit: [MilestonesAAA.org/employment](http://MilestonesAAA.org/employment)

# Caregiver **PREPARING FOR** Corner **SUMMER OUTINGS**

Spring and summer in Iowa offer the perfect chance to enjoy the outdoors—but a little planning goes a long way toward making outings safe, comfortable, and enjoyable for older adults. Whether you're heading to a park, visiting a local event, or simply enjoying a drive, being prepared can make all the difference. From mobility-friendly locations to packing the right supplies, here are some practical tips to help you or a loved one make the most of the season.



## Plan with Mobility and Comfort in Mind:

- Choose flat, well-maintained locations with benches, shade, and accessible restrooms.
- Consider bringing a portable chair for breaks, and choose activities suited to their interests and energy levels.

## Pack the Essentials:

- Medications for the entire day (even for short trips in case of emergency) and protected from the heat.
- Plenty of water and snacks (tailored to dietary needs).
- Sunscreen (SPF 30+), a hat, and sunglasses.
- Comfort items like a light sweater or cooling towel.
- Fully charged phone and

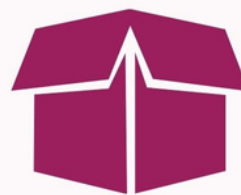
## Timing and Safety Considerations:

- Factor in your travel-time, to avoid having to rush or hurry through the activity or event.
- Check the weather forecast or install a weather app on your phone for emergency notifications.
- Bring a list of current medications or a copy of relevant medical records.
- Let someone know your plans, including expected return time. For those with memory challenges, a wearable ID or tracking device is recommended.

Sources: Alzheimer's Association, CDC, National Institute on Aging (NIA).



## OUR OTTUMWA OFFICE IS MOVING



For information  
**855-410-6222**

Ottumwa Office  
Closed Thursday and  
Friday, May 1 and 2

New Office Opens  
Monday, May 5

635 Pennsylvania  
Ave., Ottumwa

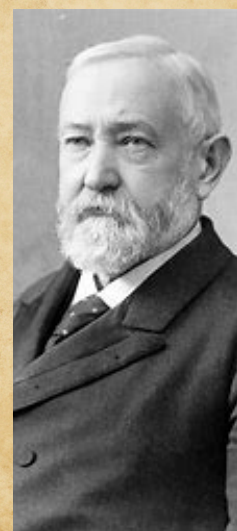
[MilestonesAAA.org](http://MilestonesAAA.org)

## TOWNS of MILESTONES

### OTTUMWA, IA

Pop. 25,116

Ottumwa has hosted several U.S. presidents throughout its history, including Benjamin Harrison in 1890 (pictured), Theodore Roosevelt in 1903, Harry Truman in 1950, Richard Nixon in 1971, and Barack Obama in 2010.



## Support Milestones

- **\$10 Provides one nutritious home-delivered meal.**
- **\$25 Funds one hour of in-home assistance.**
- **\$50 Covers meals and volunteer wellness visits for a week.**

**DONATE**



# SENIOR PROM

## MASQUERADE

JUNE 6 | 11 AM

FREE METHODIST CHURCH  
820 E. PENN AVE,  
OTTUMWA, IA.

AGES 60+  
\$10 SUGGESTED  
DONATION

FOR RESERVATIONS  
CALL: 641-208-5180



# SENIOR NUTRITION PROGRAM MENU: MAY

- May 1: Baked chicken, creamy noodles, spinach, fruit, roll.
- May 2: Baked ham, California veg, scalloped pineapple, cornbread.
- May 5: Meatloaf, mashed potatoes & gravy, broccoli with cheese, apple slices, garlic roll.
- May 6: Cook's choice with dessert.
- May 7: BBQ baked chicken, sweet potatoes, green peas, fruited pudding, garlic bread.
- May 8: Pulled pork on bun, baked beans, salad, fruited gelatin.
- May 9: Tater tot casserole, green beans, tropical fruit, roll.
- May 12: Roast turkey, gravy, sweet potatoes, green beans with onions, lemon bar, roll.
- May 13: Beef patty with onions, mashed potatoes, spinach casserole, baked apples, garlic roll.
- May 14: Chicken pasta salad, corn salad, sliced cucumbers, seasonal fruit, wheat crackers.
- May 15: Beef and noodles, mashed potatoes, green salad, dressing, mandarin orange cake.
- May 16: Panko fish, rice, broccoli with cheese, raspberry gelatin with peaches, bread.
- May 19: Turkey and cheese on wheat, 3-bean salad, chips, gelatin.
- May 20: Chicken and noodles, mixed veg, mandarin oranges, bread.
- May 21: Baked ham, scalloped potatoes, broccoli cauliflower, pineapple tidbits, roll.
- May 22: Swedish meatballs, noodles, Italian veg, tropical fruit, cookie, roll.
- May 23: Memorial Day meal: Cheeseburger, baked beans, potato salad, chocolate cake.
- May 26: Closed for Memorial Day – contact local center for options.
- May 27: Cook's choice with dessert.
- May 28: Ham and potato au gratin, green beans with onions, cake with fruit, cornbread muffin.
- May 29: Cheese tortellini in red sauce, California veg, fruit, roll.
- May 30: Tuna salad sandwich, cottage cheese, fruit, cucumber tomato salad, cookie.

*Meals are for adults age 60+ and their spouse of any age, with a suggested contribution of \$5. Others must pay the full posted cost unless eligible. Menus provide 1/3 of the daily nutritional needs for older adults. Dine-in options may not be available in all areas. Please call 1-2 days in advance to reserve. To find a location of your Community Café, visit MilestonesAAA.org.*



Contact Devin Hansen  
dhansen@milestonesaaa.org



**FOLLOW US**

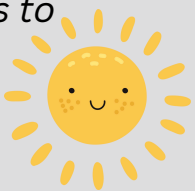
[FACEBOOK.COM/MILESTONESAAA](https://facebook.com/milestonesaaa)

## Word Scrambler

Unscramble the letters to form a common word.

Example: DRBAE

Answer: BREAD

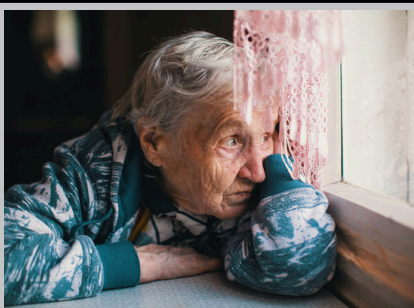


- 1. HETOMR
- 2. LAIMEMOR
- 3. HSOLOC
- 4. HIESUSNN
- 5. RYOMEM
- 6. CAMEIRA
- 7. SBDIYRATH

- 7. Birthdays
  - 6. America
  - 5. Memory
  - 4. Sunshine
  - 3. School
  - 2. Memorial
  - 1. Mother
- Answers:

# Community Cafe Events

- **Free Art Class:** Third Thursday of each month at 1pm immediately following the Milestones meal. Newberry Center, 728 Ave. G. Fort Madison, IA.
- **B-I-N-G-O:** Bingo every Thursday, 12 noon. Bloomfield Senior Center, 109 E. Franklin St, Bloomfield, IA.
- **Crafternoon:** First Thursday of each month. 1pm, Newberry Center, 728 Ave. G., Fort Madison, IA.
- **Card Club:** Every Thursday at 10am. Community Center, 104 Sand Run Rd., Fruitland, IA.
- **Walking Club:** Every Wednesday at 10:30am. Free Methodist Church, 820 E. Penn. Ave. Ottumwa, IA.



## Elder Abuse & Prevention

If you suspect that an older adult is experiencing abuse, neglect, or exploitation, please contact us at 855-410-6222.



**Caregiver**  
SUPPORT GROUPS



## BURLINGTON

Milestones AAA Office  
509 Jefferson St., Burlington, IA  
First Tuesday of the month at 3pm.

## DAVENPORT

Milestones AAA Office  
935 E 53rd St., Davenport, IA  
Second Monday of the month at 10:30am.

## LECLAIRE

Our Lady of the River Catholic Church  
28200 226th Pl., LeClaire, IA.  
First Monday of the month at 10:30am.

## OTTUMWA

McCreery Cancer Center  
1003 E Penn. Ave., Ottumwa, IA  
Second Thursday of each month at 2pm.

## About Milestones

Milestones Area Agency on Aging, a private 501c(3) nonprofit, is one of six state-designated area agencies on aging serving the State of Iowa. Our service area (PSA 5) includes the following 17 counties in southcentral and southeastern Iowa: Appanoose, Clinton, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Lucas, Mahaska, Monroe, Muscatine, Scott, Van Buren, Wapello, and Wayne. Regional offices in Burlington and Ottumwa and the administrative office in Davenport, provide reach to deliver critical programs and services throughout the region.

Milestones' mission is to assist older adults to live safely and independently at home. Services provided include individualized information & assistance, options counseling, case management, nutrition services (incl. congregate and home-delivered meals), caregiver support, and evidence-based health promotion.

