

# Miles AHEAD Sept 2025

## How to Spot and Avoid EBT Scams Targeting Older Iowans

EBT (Electronic Benefits Transfer) scammers have been targeting Older Iowans. If you ever get a call, text, or email asking for your EBT card number or PIN, it's a scam. Criminals are pretending to be from the state benefits office or SNAP customer service to steal EBT funds. Scammers claim your benefits will be frozen or lost unless you "verify" your account immediately. Once the scammers have this information, they can clone your card or drain your account.

### Protect yourself:

- Never share your EBT card number or PIN by phone, text, or email.
- Your benefits office will never ask for your PIN.
- Hang up or delete any suspicious message.
- Do not click on links from unknown numbers or emails—even if they look "official." Fake websites can look identical to the real Iowa EBT site.

### If you were victimized:

Call the Iowa Attorney General – Consumer Protection Division:  
515-281-5926 or 1-888-777-4590,  
[www.iowaattorneygeneral.gov](http://www.iowaattorneygeneral.gov)



**A LIFELINE FOR  
OLDER IOWANS**

Video: **How Milestones  
Makes a Difference**



Visit us at:  
4440 Brady Street  
Davenport, IA 52806

# WE'RE HIRING!

Delivery drivers and social service positions available. For more info or to apply, [CLICK HERE](#) or visit: [MilestonesAAA.org/employment](http://MilestonesAAA.org/employment)



JOIN US FOR

# Coffee & Donuts

LEARN ABOUT MILESTONES & MEET NEW FRIENDS!



**Sept. 22, 9am-11am**

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

# SENIOR NUTRITION PROGRAM MENU



- September 8: Turkey tetrazzini, peas & carrots, kidney bean salad, cinnamon peaches, roll.
- September 9: Spaghetti with meat sauce, Italian vegetables, lime gelatin with pears, garlic roll.
- September 10: Ham & potato au gratin, green beans with onions, cake with fruit, cornbread muffin.
- September 11: Cook's choice with dessert.
- September 12: Tuna salad sandwich on wheat, cottage cheese, fruit, marinated cucumber & tomato salad, cookie.
- September 15: Baked chicken, mashed potatoes with gravy, broccoli, ambrosia, roll.
- September 16: Baked pork chop, rice, beet salad, mandarin oranges, roll.
- September 17: Swiss steak, broccoli slaw, baked potato, strawberry shortcake, roll.
- September 18: Ham balls, sweet potato casserole, green peas, cinnamon applesauce, garlic roll.
- September 19: Potato-encrusted fish, macaroni & cheese, carrots & onions, fruit, roll.
- September 22: Cook's choice with dessert.
- September 23: Roast beef with gravy, baked potato with sour cream, green beans, sliced peaches, roll.
- September 24: Cheese pizza, corn, ambrosia, garlic breadstick.
- September 25: Baked chicken, creamy noodles, seasoned spinach, fruit, roll.
- September 26: Baked ham, California blend vegetables, scalloped pineapple, cornbread muffin.
- September 29: Meatloaf, mashed potatoes with gravy, broccoli & cheese, cinnamon apple slices, garlic roll.
- September 30: Turkey & Swiss on wheat, lettuce & tomato, cucumber & onion salad, fruit cup.

*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. For dining at a meal site, please call 1-2 days in advance to reserve. To find a location of your Community Café, visit MilestonesAAA.org.*

# ADVERTISE WITH US

Contact Devin Hansen  
dhansen@milestonesaaa.org



## FOLLOW US

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

## Word Scrambler

*Unscramble the letters to form a common word.*

*Example: DRBAE*

*Answer: BREAD*

- |              |              |
|--------------|--------------|
| 1. VEARSTH   | 7. BONFIRE   |
| 2. PRESEMTBE | 6. QUILT     |
| 3. PMUINKP   | 5. APPLE     |
| 4. WTAEESR   | 4. SWEATER   |
| 5. PPAEL     | 3. PUMPKIN   |
| 6. QITLU     | 2. SEPTEMBER |
| 7. FOIERBN   | 1. HARVEST   |
- Answers:*

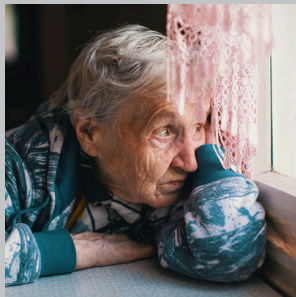
# Community Cafe Events

- **Silver Steppers:** Line dancing every Tuesday from 9:00am to 11:00am. 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.



## FREE LEGAL PRESENTATION FOR OLDER IOWANS

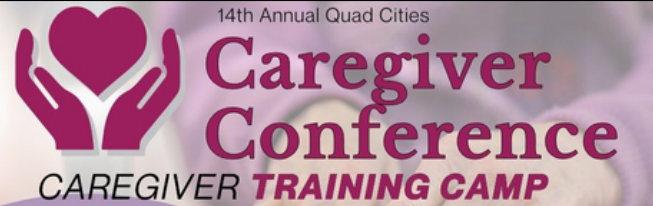


Presented by Iowa Legal Aid

DATE: THURSDAY, SEPT 25, 11:15 AM

LOCATION: BLOOMFIELD SENIOR CENTER  
109 E. FRANKLIN ST. BLOOMFIELD

**CALL 641-664-1167  
TO RESERVE YOUR SPOT**



14th Annual Quad Cities

## Caregiver Conference

CAREGIVER TRAINING CAMP

November 8

8am - Noon

Golden Leaf Center

2902 E Kimberly,

Davenport

FREE ENTRY DOOR PRIZES

VENDOR REGISTRATION:  
DHansen@MilestonesAAA.org

MatureFocus

Milestones  
AREA AGENCY ON AGING

ALZHEIMER'S ASSOCIATION

## 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.

