



December 2025



Watch Out for Holiday Scams Targeting Older Americans

The holidays bring cheer – but also scammers hoping to trick older adults. Here are some common tricks that scammers like to pull:

- Fake delivery texts saying your package needs payment info.
- Grandparent scams: “Grandma, I’m in jail – send money fast!”
- Gift-card demands (no real agency or grandchild ever asks you to pay with gift cards).
- The callers bully you to not hang up and often call back on a seemingly familiar number.

Protect yourself: slow down, don’t panic, and never give personal or financial information to someone who called you. They should have any information they need already, since they are the ones reaching out to you. If they get hostile, then it is most certainly a scammer.

- Report it to the Federal Trade Commission at ReportFraud.ftc.gov or 1-877-FTC-HELP (1-877-382-4357)
- Contact the Iowa Attorney General’s Consumer Protection Division at 1-888-777-4590

11 Ways to Fight The Winter Blues

- Set your Circadian Rhythm (Wake up on time)
- Try Light Therapy
- Get Outside
- Avoid Too Much Caffeine
- Eat Breakfast Every Day
- Add Vitamin D
- Take Power Naps
- Avoid Too Much Alcohol
- Eat Dinner Early
- Avoid Blue Light At Night
- Stay Connected



HyVee Steak-Dinner Fundraiser

Thursday, Dec 4, 4:00 PM - 7:00 PM
\$12 + two sides. A portion of proceeds supports Milestones
Hy-Vee, 1025 Quincy Ave. Ottumwa, IA

Community Cafe Events

- **Lee County Health Department Clinic:** Second Thursday of each month at 10:30am–Noon. Heritage Center, 508 Main St., Keokuk, IA.
- **Silver Steppers:** Line dancing every Tuesday at 9am. Newberry Center, 728 Ave. G. Fort Madison, IA.
- **B-I-N-G-O:** Bingo every Thursday at Noon. Bloomfield Senior Center, 109 E. Franklin St., Bloomfield, IA.
- **Crafternoon:** First Thursday of each month at 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.

Word Scrambler

Unscramble the letters to form a common word.

Example: DRBAE

Answer: BREAD

- | | |
|-------------|--------------|
| 1. TSNEREPS | 7. CRANBERRY |
| 2. RNGEMA | 6. FEAST |
| 3. ERET | 5. STAR |
| 4. LHGSTI | 4. LIGHTS |
| 5. ARTS | 3. TREE |
| 6. TSFAE | 2. MANGER |
| 7. BREYRNAC | 1. PRESENTS |

Answers: