



January 2026

Stay Safe and Warm This Winter!

Winter weather presents unique challenges for older adults, but smart preparation can save your life. The National Institute on Aging (NIA) and the Centers for Disease Control and Prevention (CDC) emphasize three key areas for winter safety.

- **PREVENT FALLS:** Ice and snow create hazardous conditions. Wear boots with good traction, use handrails, and treat steps with salt or sand. If possible, avoid going out immediately after a storm.
- **GUARD AGAINST THE COLD:** Older adults are more susceptible to hypothermia. Keep your home heated to at least 68°F and dress in warm layers, even indoors.
- **WALK LIKE A PENGUIN:** To avoid slips, slightly lean forward and take short, shuffling steps using your whole foot rather than walking heel-to-toe. Keep your hands out of your pockets and slightly extend your arms to the sides to help maintain your balance.
- **STAY CONNECTED AND STOCKED:** Winter storms can cause power outages. Have an emergency kit ready with flashlights, blankets, and at least a three-day supply of non-perishable food and water. Have a plan for family or friends to check on you regularly.

Chili Cook Off Fundraiser & Silent Auction



February 7th
5:30pm-8pm
\$10 Suggested Donation
Heritage Center
508 Main St. Keokuk, IA

WINTER WEATHER CLOSURES

In the case of dangerous weather, some sites may be closed or deliveries cancelled. Please visit our website or Facebook page for updates. We will also contact local media.

MilestonesAAA.org
Facebook.com/MilestonesAAA

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

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|---------------|---------------|
| 1. AYER | 6. JANUARY |
| 2. ISXREEE | 5. CHANGE |
| 3. NOIULSREOT | 4. PARTY |
| 4. YATRP | 3. RESOLUTION |
| 5. GHCANE | 2. EXERCISE |
| 6. YJNAURA | 1. YEAR |

Answers: