



May 2025

Preparing for Spring and Summer Outings

Last month we explored options for unique outdoor activities, this month we are focusing on the practical side: how to can plan and prepare for getting out and enjoying the season. From considering mobility needs to packing essential supplies, we'll guide you through the steps for a safe and enjoyable outing:

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.
- Check the weather forecast or install a weather app for emergency notifications.
- Bring a list of 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).



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.

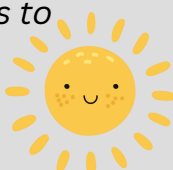
THE ANSWERS YOU Need



The Milestones Information & Assistance (I&A) program provides a one-call destination to address the needs of older adults and adults living with disabilities. Assistance is a just a phone call away!

Word Scrambler

Unscramble the letters to form a common word.
Example: DRBAE
Answer: BREAD



1. HETOMR	7. Birthdays
2. LAIMEMOR	6. America
3. HSOLOC	5. Memory
4. HIESUSNN	4. Sunshine
5. RYOMEM	3. School
6. CAMEIRA	2. Memorial
7. SBDIYRATH	1. Mother

Answers:



Caregiver SUPPORT GROUPS

- **Burlington:** Milestones, 509 Jefferson St., 1st Tuesday of each month at 3pm.
- **Ottumwa:** McCreery Cancer Center, 1003 E Pennsylvania Ave., 2nd Thursday of each month at 2pm.
- **Davenport:** Milestones, 935 E 53rd St., 2nd Monday of each month at 10:30am.
- **LeClaire:** Our Lady of the River Catholic Church, 28200 226th Place, Le Claire, IA. 1st Monday of the month 10:30am.