

ACTIVE OTTUMWA



PALs and AO staff taking a break from their busy schedules to share a meal at El Rancho! (From left: Presley Caldwell, Peggy Wixom, Twila Foster, Stacie Rogan, Brittany Forrett, and Dana Overturf)

A Jazzy January!

The AO team has been busy these past months!

- Active Ottumwa Open House on December 18th
- Hyvee's first In-Store Health Fair on January 20th
- Active Ottumwa- sponsored Pick and Roll Wheelchair Basketball's 3-Point Contest at the YMCA's Wheel Chair Basketball Tournament on January 27th

CAB Spotlight



We want to recognize our wonderful CAB member, Garrett Ross, community partner at the YMCA! You may have met him at the PAL celebration or seen him driving a bus behind our PALs at the Oktoberfest Parade! We are thankful to have him as an advocate and look forward to our continued partnership!



January 2018

PAL Spotlight



We would like to highlight our fantastic PAL, **Brandy Vanderpol**! Brandy is a longtime supporter of AO. She began as a sub, filling in for classes that needed to be covered. She took over her own class and currently leads a Monday night Walking Group at Quincy Place Mall! We want to give a huge thank you to Brandy for the role she plays in making AO a success!

Upcoming Events

Check out the AO booth at the **Southern Iowa Living Expo**, sponsored by the **Ottumwa Chamber of Commerce** on **March 1st-3rd** at Bridgeview Center! We would like to thank the Director of Commerce for their generous support!

Tip of the Month

It may be months since you got your flu shot, but we are still in the height of influenza season.¹ Influenza is a serious disease that can lead to hospitalization and death.¹ Flu season can last as late as May.¹ Even healthy people can get sick and carry the flu, but there are precautions everyone can take to stop the spread of influenza. In order to keep our participants safe while they are active, we advise:²

1

Get a flu vaccine.

The vaccine is the best way to protect yourself and your community against the flu! It is not too late to get your vaccine!

2

Stop the spread of germs.

- Avoid close contact with people who are sick.
- Stay home when you feel sick!
- Wash your hands regularly.
- Avoid touching your mouth, eyes, and nose.

3

Stay Active.

Take care of yourself! This includes eating well, getting plenty of rest, and **staying active!** When you feel healthy, come to our activities out our calendar activities on our Facebook page or website!

1. CDC (2017). Key Facts about Seasonal Flu Vaccine.
<https://www.cdc.gov/flu/protect/keyfacts.htm>
2. CDC. (2017). CDC Says "Take 3" Actions to Fight the Flu.
<https://www.cdc.gov/flu/protect/preventing.htm>



January 2018

Contact Us

If you have any questions or comments about our upcoming events within the Ottumwa community, please let us know! If you have any recommendations or request that we appear at an event, we want to hear from you! Please contact Sandy Berto at the office.



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