

VAN MATRE SENIOR ACTIVITY AND WELLNESS

JANUARY 2025

Center Hours: Monday-Friday 8:00 AM-4:00 PM
Suggested donation for congregate & home delivered meals is \$4.00. Lunch time: 11:00 AM-12:00 PM
Under 60 and to go meals is \$8.00
There are no restrictions or requirements based on income.

Subscribe to mycommunityonline.com to get a link to our newsletter delivered straight to your in box. Visit mycommunityonline.com and search for our center to get started today. It's fast, easy and free! **Click on the subscribe button!**

Contact Us @

VAN MATRE SENIOR CENTER
PO Box 392
1101 Spring Street #30
Mountain Home, AR 72653
870-424-3054
1-888 -605-5570 Fax
Email:
vanmatresc@aanwar.org

VISIT US ON THE WEB:
www.aanwar.org
Visit us on Facebook:
www.facebook.com/vanmatrecenter
Monday - Friday
8:00 AM to 4:00 PM

ROBYN SNYDER
Director
870-424-3054
1-888-605-5570 Fax
rsnyder@aanwar.org

GINA GATEWOOD
Program Assistant/MOW
870-424-3054
ggatewood@aanwar.org



Center reminders carry-out and to go meals are now \$8.00 (tax included). Winter time is almost here the senior center's goal during inclement weather is to continue proving as many services as possible while ensuring the safety of consumers and staff. During each period of harsh or inclement weather, the senior center director will contact KTLO to announce the status for the senior center and services available. Please check KTLO cancelations page for updates. Consumers can also check Van Matre Senior Center Facebook page for updates and announcements on inclement weather daily.



2 INFORMATION

AARP DRIVER SAFETY COURSE

February 26, 2024

12:00 pm-4:00 pm

Refresh your driving skills and maybe even help save on your auto insurance.

Mruk Family Center on Aging

618 Broadmoor Drive
Mtn. Home, AR

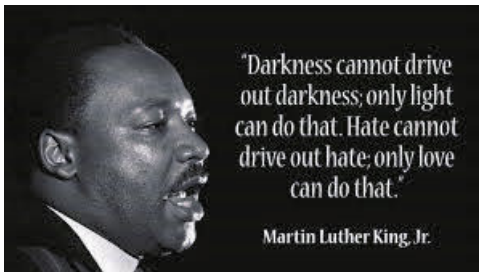
PRE-REGISTRATION IS REQUIRED.

Please call 870-508-3880 to register.

AARP members \$20
(bring your AARP card)

Non-members \$25.

Payable by cash or check at time of class.



Trivia answers

1. Monopoly
2. Beer
3. Martin Luther King Jr.'s
4. Ford Model T
5. Joe Dimaggio
6. I phone
7. October
8. Roman Calendar
9. Janus
10. Snow
11. Blue Whale
12. Winter
13. Auld Lang Syne

Upcoming Dates:

January 1, 2025

Closed for New Year's Day

January 20, 2025

Martin Luther King, Jr Day

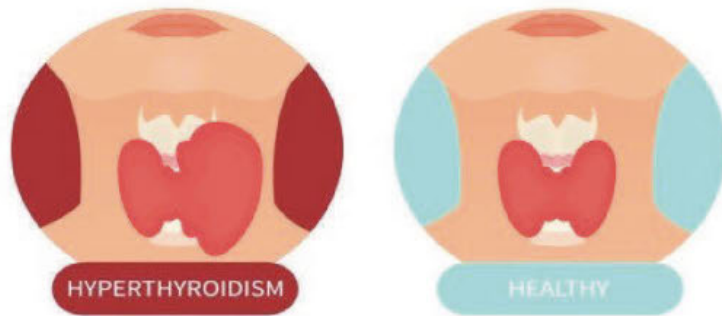
February 17, 2025

President's Day

January is Thyroid Awareness Month

What's a thyroid and what does it have to do with my weight?

January is Thyroid Awareness Month, so it's the perfect time to help you understand more about your thyroid gland. Specifically, this article has some key information from the American Thyroid Association® (ATA) about how the health of your thyroid can impact your weight. Hyperthyroidism; and Hypothyroidism.



People with hyperthyroidism have an overactive thyroid. Basically, your thyroid gland makes too much of one of the hormones. This can speed up your metabolism, which can cause unwanted weight loss and a rapid or irregular heartbeat.

Those with hypothyroidism, on the other hand, have underactive thyroids. Your thyroid gland doesn't make enough hormones for what your body needs. As a result, your metabolism slows down and you might feel tired easily, have trouble tolerating cold temperatures and gain weight.

To read more about the relationship between thyroid health and weight, visit the ATA Thyroid and Weight FAQs. And if you think you might be experiencing thyroid issues, reach out to your doctor. They'll know what to do to help keep you and this important gland healthy and well.

For more information on information around thyroid disease, read here.

<https://cms.illinois.gov/benefits/stateemployee/bewell/awarenessmatters/january-is-thyroid-awareness-month.html>

SERVICES

The Van Matre Senior Center is open Monday - Friday 8:00 AM to 4:00 PM. We serve a nutritious congregate meal from 11:00 am- 12:00 pm. A suggested donation of \$4.00 for anyone 60 years or older. A take-out meal is available for \$8.00. Guests under 60 are welcome to enjoy a meal for only \$8.00. Transportation is Monday—Friday 8:15 AM – 11:45 AM. If you need a ride to the doctor’s office, grocery store, and in the Mountain Home area, please call the center. A suggested donation of \$5.00 in Mountain Home city limits and transportation is limited to our local area. Meals on wheels home delivered meals are also available to those individuals that qualify. They are served a nutritious meal; each meal is a suggested donation of \$4.00.

Social activities at the Senior Center are a suggested donation of a \$1.00 per day per person. We offer the following activities: Exercise classes, Gym, Billiards, scrabble and Card Games. This is a daily donation.

This is a paid advertisement. This is not an endorsement from the Van Matre Senior Activity and Wellness Center or the Area Agency on Aging of Northwest Arkansas."



DIAMOND STATE
CREMATION & MORTUARY SERVICE

"Simple cremation, simple graveside"
Best Services At Best Prices

Simple Cremation - \$999
Simple Graveside - \$3,999

We are available anytime day or night by phone...

870-422-5000
14980 Industrial Park Rd
Lead Hill, AR 72644
www.diamondstatecremation.com

BROOKS MEDICAL SUPPLY

"We go the extra mile so you don't have to"

- Home Oxygen
- Home Hospital Beds
- Wheelchairs
- Walkers with Seats
- Canes
- CPAP Machines and Supplies
- Diabetic Supplies

(870) 424-9808
BrooksMedicalSupply.com

We accept most insurance: ARKids, Medicaid, Medicare, Medicare Advantage Plan, Blue Cross Blue Shield

IF YOU LIVE ALONE

MDMedAlert!™ STARTING AT **\$19⁹⁵** /mo.

At HOME and AWAY!

- ✓ Ambulance
- ✓ Police
- ✓ Family
- ✓ GPS & Fall Alert

"STAY SAFE in the HOME YOU LOVE!"

800.809.3570 md-medalert.com



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com



OUR COMMUNITY NEWSLETTER
OCTOBER EDITION

Scan to contact us!

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO

lpicommunities.com/adcreator





Church Supper Hot Dish

Ingredients:

1 pound ground beef 2 cups sliced peeled potatoes
2 cups finely chopped celery 3/4 cup finely chopped carrots
1/4 cup finely chopped green pepper 1/4 cup finely chopped onion
2 tablespoons butter 1 cup water
2 cans (10-3/4 ounces each) condensed cream of mushroom soup, undiluted 1 cup shredded cheddar cheese
1 can (5 ounces) chow Mein noodles, divided



Instructions:

1. Preheat oven to 350°. In a large skillet, cook and crumble beef over medium heat until no longer pink; drain and set aside.
2. In same skillet, sauté potatoes, celery, carrots, green pepper and onion in butter 5 minutes. Add water; cover and simmer 10 minutes or until vegetables are tender. Stir in soup and cooked ground beef until blended.
3. Sprinkle half the chow Mein noodles into a greased shallow 2-qt. baking dish. Spoon meat mixture over noodles. Cover and bake 20 minutes. Top with cheese and remaining noodles. Bake, uncovered, 10 minutes longer or until heated through.

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Anthony Praskavich

apraskavich@4LPi.com

(800) 477-4574 x6656

ADVERTISE HERE

to reach your community



Call 800-950-9952



Hospice of the Ozarks
Since 1979

The only not-for-profit hospice organization serving Baxter & Marion counties.

Individualized Plan of Care	Nurse On Call 24/7	Family Assistance	Hospice House In-Patient Unit
-----------------------------	--------------------	-------------------	-------------------------------

Administration Office: 811 Burnett Dr
Hospice House: 774 Long Street
Mountain Home, AR 72653
(870) 508-1771
www.hospiceoftheozarks.org

Affiliated with BAXTER HEALTH Follow us on [Facebook] [Twitter]



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952



VAN MATRE SENIOR CENTER LUNCH MENU


* All Menu items are subject to change according to seasonality and availability *
Check our Facebook account weekly for updated lunch changes

Under 60 & Carry-out
meals \$8.00 (tax included)

January 2025

Monday - Friday
11:00 AM - 12:00 PM
60 years or older

Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
		1	2	3
		Closed for New Year's Day	Country fried steak & peppered cream gravy Mashed potatoes Green beans Wheat roll Fruit medley	Pork roast Pinto beans Seasoned cabbage Cornbread Sunshine cake
6	7	8	9	10
Beef chopped steak w/Mushroom gravy Roasted potatoes Brussels sprouts Wheat roll Fruit Medley	Chicken & noodles Mashed potatoes Green beans Wheat roll Hot baked peaches	Meatloaf Seasoned roasted potatoes Broccoli & cauliflower Wheat roll Fruit parfait	Italian baked chicken Pasta primavera Italian bread Glazed angel cake	Pinto beans w/ham Seasoned greens Wheat bread Fruit medley
13	14	15	16	17
French dip sandwich Baked potato chips Mixed vegetables Mandarin oranges	Mushroom chicken Wild rice blend Broccoli florets Wheat roll Mixed berry crisp	Pot roast Parslied potatoes Carrots & celery Wheat roll Cherry angel cake	Cream of broccoli soup Crackers Tuna salad sandwich Sweet potato fries Fruited gelatin	Fried chicken Mashed potatoes w/ gravy Buttered corn Wheat bread Chilled pudding
20	21	22	23	24
Closed for Martin Luther King Jr. Day	Chicken tenders Macaroni & cheese Baby lima beans Wheat roll Chilled peaches	Hearty chili w/crackers Romaine lettuce salad Fruit medley Soft sugar cookie	Oven chicken fajita w/ peppers & onions Buttered rice Black beans Fresh fruit	Fried fish fillet Buttered corn Collard greens Wheat bread Lemon cream pie
27	28	29	30	31
Beef stroganoff w/ noodles Buttered carrots Wheat roll Applesauce	Ham & au gratin potatoes Spinach Wheat roll Banana	Open face hot turkey sandwich Mashed potatoes Green beans White roll Yellow cake w/ chocolate icing	Boneless breaded pork chop w/cream gravy Hash brown potatoes Buttered corn Wheat roll Mandarin orange gelatin	Vegetable beef soup Crackers Cottage cheese & Spinach salad Chilled peaches
PLEASE BE AWARE THAT OUR FOOD MAY CONTAIN OR COME INTO CONTACT WITH COMMON ALLERGENS, SUCH AS: DAIRY, EGGS, WHEAT, SOYBEAN, NUTS, FISH, OR SHELLFISH.				

WELCOME!

OUR MISSION:

The Van Matre Senior Center is proud to serve the seniors of Baxter County. The center provides many services for our seniors in our community. The goal is to encourage seniors to stay healthy and remain active. We offer Meals on Wheels, health & wellness programs, transportation, hot meals, socialization and exercise programs. On the average, each year we serve seniors in our community 80,000 plus meals to clients, we also provided on average 2,000 units of local transportation, and 20,000 units of socialization to seniors.

WHO WE ARE:

The Van Matre Senior Activity and Wellness Center is part of the Area Agency on Aging of Northwest Arkansas. We are a non-profit organization serving people 60 years and older in Baxter County in Northwest Arkansas.

FUNDRAISING EVENTS

Our Senior Center is a non-profit organization serving people 60 years or older and memberships are free. Our funding comes from Federal and State programs, private donations, and fundraising events. To help offset expenses we have various fundraising events open to the public.

We Respect You.

Please Respect Our Staff.



Attacking a healthcare worker is a FELONY

*Arkansas Code Annotated § 5-13-202

Act 313 requires posting of a written notice that attacking a healthcare professional is a felony.

Posters available from Arkansas Department of Health and Arkansas Department of Human Services, and Arkansas Nurses Association at arna.org/advocacy

CENTER INFORMATION



Please welcome Sandra Farris to the Senior Center. Sandra is our new part-time Facility Assistant and will be helping in all departments.



Please welcome Gina Gatewood to the Senior Center. Gina is our new full-time Program Assistant and will be helping here at the center along with the Meals on Wheels Program.

January Trivia

1. Which iconic board game was patented on January 5, 1935?
2. What beverage was first sold in cans starting January 24, 1935?
3. Which famous 'Dream' speech was delivered on January 28, 1963?
4. Which famous car maker produced its last car on January 30, 1920?
5. Marilyn Monroe married which famous baseball player on January 14, 1954?
6. Which new product did Apple unveil at Macworld in January 2007?
7. January always starts on the same day of the week as what other month in the same year?
8. Which calendar did not include January as a month?
9. The word January is Latin and is named after what god?
10. What type of precipitation falls when it's extremely cold? It creates ice crystals that sparkle in the sunlight.
11. Which mammal is the largest and heaviest in the world? It is often spotted in January off the coast of California during migration?
12. January is associated with what season in the Northern Hemisphere?
13. What is the most popular song associated with New Year's celebrations?

Answers on page 2

8 VAN MATRE PROGRAMS CLASSES & ACTIVITIES

FIT WOMEN

MONDAY & FRIDAY

8:00 AM-9:00 AM

This class is an intense workout for women. It requires a commitment and tends to fill up. If you are interested, please fill out an application at the front desk, and the instructor will contact you. Suggested donation of \$1.00 per day, per person.

ZUMBA

MONDAY, & WEDNESDAY

9:00 AM-10:00 AM

FRIDAY 10:00-11:00 AM

Class full of fun dances and led by video. Can be tailored to your own pace and experience.

- Improves muscular strength
- Improves cardiovascular system
- Improves range of motion

This class is open to anyone
Suggested donation of \$1.00 per day, per person.

EXERCISE CLASS

MONDAY & WEDNESDAY

10:00 AM-11:00 AM

Peer-led class designed for people of all abilities, including adults with disabilities.

- Strength training
- Improves flexibility & balance
- Improves strength and endurance

This class is open to anyone.
Suggested donation of \$1.00 per day, per person.

FIT MEN

FRIDAY

9:15 AM-10:00 AM

Peer-led class designed for men of all abilities. Including men with disabilities.

Strength training
Improves flexibility & balance
Improves strength & endurance.
This class is open to anyone.
Suggested donation of \$1.00 per day, per person.

YOGA

TUESDAY & THURSDAY

8:00 AM-9:00 AM

A progressive beginning and intermediate poses designed to improve flexibility, strength and balance. This is a laid back welcoming class. Suggested donation of \$1.00 per day, per person.

TAI CHI

TUESDAY & THURSDAY

9:00 AM-10:00 AM

Adapted by the Arthritis Foundation of America.

- Slow, focused movements
- Low impact
- Minimal stress on joints
- Improves balance & mobility

This class is open to anyone.
Suggested donation of \$1.00 per day, per person.

LINE DANCING

THURSDAY

10:00 AM- 11:00 AM

Clients need to be familiar with simple dancing steps.

- Improves balance & coordination
- Improves cardiovascular health
- Fun

This class is open to anyone.
Suggested donation of \$1.00 per day, per person.

GYM

Monday- Friday

8:00 AM- 4:00 PM

We have a very-well equipped exercise room with several machines ready for use including: treadmills, step machines, Bowflex home gym, and weights. Suggested donation of \$1.00 per day, per person.

BEST CHOICE LABELS

We are collecting Best Choice UPC labels! We get 3 cents per label. Leave your labels here. Thank you for your support to the senior center.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:45 Scrabble	12:45 Crazy Canasta 12:45 Pinochle	12:45 Hand/Foot Canasta	1:00 Mahjong	12:45 Mahjong 2nd & 4th Fri: 12:45 Dominoes



SENIOR BUS SCHEDULE

TRANSPORTATION HOURS

**MONDAY-FRIDAY
8:15 AM TO 11:45 AM**

Call to Schedule
Please call the center at
870-424-3054.
As the service is in great
demand, it's best to call at
least one week ahead to
secure your ride.

VAN MATRE SENIOR CENTER VAN

**AS THE SERVICE IS IN GREAT DEMAND, IT IS
BEST TO CALL AT LEAST ONE WEEK AHEAD TO
SECURE YOUR RIDE. LEAVING A MESSAGE
AFTER BUSINESS HOURS IS NOT A NOTICE.**

We provide local transportation for medical appointments, errands such as trips to the grocery store and transportation to and from the Van Matre Senior Center. The cost for transportation is a suggested donation of \$5.00 in the Mountain Home city limits. Transportation is Monday through Friday 8:15 AM until 11:45 AM., and transportation is limited to our local area. Medicaid clients that need medical transportation are to call and use Medicaid transportation. For Medicaid transportation call 1-888-987-1200. We will provide non-medical transportation to Medicaid clients.



**SUPPORT THE
ADVERTISERS**
that Support our
Community!





January Word Search

S	A	W	V	T	S	H	G	C	I	S	F
E	N	B	G	F	E	U	O	H	A	O	G
C	D	O	A	E	F	L	T	L	J	E	K
B	F	T	W	V	D	E	H	Z	Z	A	S
L	F	I	R	E	P	L	A	C	E	R	H
A	R	E	F	I	E	S	N	O	E	M	A
N	O	G	Z	Z	N	U	F	A	T	U	P
K	S	L	E	D	G	H	M	T	I	F	E
E	T	G	S	X	U	O	A	F	B	F	M
T	Y	H	T	M	I	T	T	E	N	S	H
Q	A	G	S	F	N	A	S	C	A	R	F
T	M	B	L	I	Z	Z	A	R	D	F	N

SNOW

SLED

COAT

FROSTY

COLD

SCARF

FIREPLACE

EARMUFFS

MITTENS

BLANKET

BLIZZARD

PENGUIN

Van Matre Senior Activity & Wellness Center

We need help from our community!

- Our Center’s goal is to provide services to seniors in Baxter County
- We are a provider of the Meals on Wheels Program
- Serving sections of: Mountain Home, Gassville, Cotter, Salesville, Midway, Lakeview, and other areas within Baxter County.
- We need to raise \$75,000 for a new Meals on Wheels truck
- Our center greatly depends on this vehicle to help secure future meals for seniors in our community.
- We are now asking for donations to help us reach our goal to continue providing these necessary services to seniors in our community



Help us to reach
our goal of \$75,000
Together We Can!



Total raised 12/9/2024 \$14,280.00

Donations can be made online at www.aanwar.org for Van Matre Senior Center or in person @

1101 Spring Street #30 Mountain Home, AR 72653 * 870-424-3054 * 501 (c) 3 Non-Profit



Antiques Galore and More

870-706-0937

I buy Indian and costume jewelry

Gary Bean | Mtn. Home, AR 72653

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

“Come see why Care is the first word in our name and how it’s reflected in everything we do.”



804 Burnett Dr Mountain Home, AR 72653
870-424-5030



“We provide Respite, Rehab to Home and Long Term Care.”



12 CENTER INFORMATION



Be the Light for 2025

Van Matre Senior Center

Provider of Meals on Wheels Program

Serving: Sections of Mountain Home, Gassville, Cotter,

Salesville, Norfolk, Midway, Lakeview, and other areas within Baxter County.

Help us to reach our goal of \$330,000.00

Join our vision challenge working to ensure no senior goes hungry!

Donate \$25 for 2025

<https://securepayment.link/aaanwar/>

“It takes 13,200 people donating \$25 to reach our goal!

Be one of them.”

Total raised as of 12/9/2024 \$2,176.00

Baxter County population in 2023 was 42,875 people that's 31% of the population to make a donation to feed our seniors in our community.

1101 Spring Street #30 *Mountain Home, AR 72653* 870-424-3054 *501 (c) 3 Non-Profit

MEALS ON WHEELS PROGRAM

WHAT WE DO:

The Meals on Wheels program is to provide a hot nutritional meal to homebound seniors who are unable to get out to shop or cook for themselves.

CLIENTS RECEIVE:

A wellness check. Our meal provides 1/3 of the recommended daily nutritional content. Frozen meals are available for the weekend, and for the week. We also offer frozen meal pickup from the center. Hot meals are prepared daily by our wonderful kitchen staff.

WHO QUALIFIES?

You must meet the following qualifications for meals: Part of the AR Choice program with the State, OR be 60 years or older, homebound, no one in the home is able to assist you, and meet all other guidelines.

WHERE WE SERVE:

Baxter County
Our routes cover portions of: Mountain Home, Lakeview, Midway,



The suggested donation is \$4.00 per meal. There are no restrictions or requirements based on income. It costs the senior center over \$9.00 to make each meal.