

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



JANUARY 2022



Reminders

Monday-Friday hours 8:00 AM-4:00 PM
Suggested donation for meals is \$4.00
Congregate Meal hours: 11:00 AM-12:00 PM
There are no restrictions or requirements based on income.

Area Agency on Aging follows CDC recommendations & guidelines everyone that enters Van Matre Senior Center is required to wear a mask regardless if you are vaccinated or not vaccinated.

JANUARY 2022



www.aaanwar.org



1101 Spring Street #30
Mountain Home, AR72653



rsnyder@aaanwar.org



Monday - Friday
8:30 a.m. to 4:00 p.m.



870-424-3054

Newsletter Highlights

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Van Matre Senior Center Presents

Just Craftin' Snowman!



Come join us while we build a snowman door stop/decorative figure! This snowman can be something for yourself or can be a unique gift for a family member or a friend.

January 4, 2022 @ 12:30 PM

There are only 10 spots available! Register by December 30, 2021. All supplies included.

\$12 per person. Open to Everyone!

Located at Van Matre Senior Center 1101 Spring Street

Mountain Home, AR 870-424-3054

Build your own Ice Cream Sundae

Fundraiser

Wednesday January 12, 2022

11:00 AM to 12:30 PM

(during lunch time- you do not have to eat lunch to purchase a sundae)

\$4.00 each



All proceeds to support Van Matre Senior Center/MOW

Mental Health & Holidays

MENTAL HEALTH FOR SENIORS

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER

Depending on their individual situation, the elderly can experience anxiety, depression, or loneliness at this time of year for a number of reasons. Senior mental health issues aren't necessarily limited to the holidays, but a little effort can go a long way during this particularly emotional time of year. Some common factors in senior mental health are: Missing friends or family members. Friends or family members associated with memories of happy holidays past may have passed or moved away, and those they leave behind—particularly the elderly—may feel that special occasions will never be as joyful again without them. Changes in holiday activities or traditions. As family and friends grow and get older, their needs, schedules, and capacities change.



This may mean that activities or traditions that used to “make” a holiday for seniors have been altered or discontinued. Feelings of general isolation or abandonment. As their younger family members’ lives get busier and more demanding in general during the holidays, seniors and the elderly can feel forgotten. These feelings may be more intense if an individual lives alone, has lost a spouse, or suffers from physical or mental illness. **HOLIDAY STRESS MANAGEMENT TIPS FOR SENIORS**

Be a diligent communicator. Encourage them to be socially active or engage in a hobby. Identify other ways to improve older adult mental health. Consider and advocate for physical health. Seek professional counseling. If you’ve tried all of the above and your senior loved one still seems depressed, anxious, or uncommunicative, it’s worth exploring some professional mental health resources and services.

“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.”

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support our ADVERTISERS



Be the Light for 2021

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

Van Matre Senior Center

Provider of Meals on Wheels Program

Serving: Mountain Home, Gassville, Cotter, Salesville,

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

Help support us as we are servicing more seniors during this pandemic at home to ensure their safety!!

Donate \$21 for 2021

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

Help us to reach our goal of \$63,000

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

**“It will only take 3000 people
donating \$21 to reach our goal!**

Will you please be one of them.”



As of 12/16/2021 we have raised \$49,913.26

New Year's Word Search Puzzle

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

BEGINNING REFLECTION
CALENDAR RESOLUTION
CARDS RIBBON
CELEBRATION SNOW
COLD TOAST
CONFETTI WINE
END
FIREWORKS
GLASSES
GREETINGS
IN
MIDNIGHT
NEW
OLD
OUT

JANUARY TRIVIA

VAN MATRE SENIOR
ACTIVITY AND WELLNESS
CENTER

5

- A. Named by the Romans, the month of January was named after the Roman god Janus. Janus is the god of?
- B. The Internet's Domain name system was created in January of what year?
- C. The birthstone for January is the?
- D. In Australia, Australia Day is celebrated on?
- E. What is the British birth flower for the month of January?
- F. What is the American birth flower for the month of January?
- G. What American holiday is celebrated on the third Monday of January?
- H. How would you say January in Latin?
- I. In January of what year was Czechoslovakia divided into Slovakia and the Czech Republic?
- J. Which of the following astrological signs represent January 20th to February 18th?
- K. In the United States, the month of January is national?
- L. The Japanese New Year's is celebrated on what days that fall in January?
- M. Except for leap years, January always begins on the same day as what other month?
- N. National Trivia Day falls on what day in January?
- O. January has 31 days. How many other months also have 31 days?



Answers:

- A. Beginnings
- B. 1985
- C. Garnet
- D. Jan 26
- E. Carnation
- F. Snowdrop
- G. Martin Luther King, Jr.
- H. Januarius
- I. 1993
- J. Aquarius
- K. Blood Donor Month
- L. 1st & 3rd
- M. October
- N. 4th
- O. Seven Months

AVAILABLE FOR A LIMITED TIME!

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aaguilar@lpicommunities.com
 or **(800) 950-9952 x2677**

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com

Hospice of the Ozarks
 compassionate care quality of life

The only not-for-profit hospice organization in Baxter and Marion counties.

Administrative Office - 811 Burnett Dr. - (870) 508-1771
 Hospice House - 774 Long Street - (870) 508-1200
www.hospiceoftheozarks.org

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**Under 60 &
Carry-out meals
\$7.00
(includes tax)**

JANUARY

**Congregate Meal
served Monday - Friday
11:00 AM - 12:00 PM
60 years or older
Suggested donation
\$4.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cream of Potato soup Turkey & swiss sandwich baked potato chips Fruit crisp	4 Herb pork cutlet w/ brown gravy Baked potato Seasoned greens Wheat roll Chilled pears	5 Salisbury steak w/ brown gravy New red potatoes Green peas wheat roll Fruit medley	6 Pork roast Pinto beans Seasoned cabbage Cornbread Sunshine cake	7 Frito chili pie Buttered corn Tossed salad Salad dressing Gelatin Parfait
10 Chicken & noodles Mashed potatoes Green beans Wheat roll Hot baked peaches	11 Soft beef tacos Texas pinto beans Mixed green salad Vinaigrette dressing Fruited gelatin	12 Meatloaf Seasoned roasted Potatoes Broccoli & cauliflower Wheat roll Fruit parfait	13 Tangy ranch chicken Au gratin potatoes Seasoned Carrots Wheat roll Cinnamon apples	14 Lasagna Calif medley Vegetables Bread Stick Angel food cake
17 Closed for Martin Luther King Jr. Day	18 French dip sandwich Baked potato chips Mixed vegetables Mandarin Oranges	19 Fried chicken Mashed potatoes w/ gravy Steamed cabbage White roll Fruit medley	20 Pot roast Parslied potatoes Carrots & celery Wheat roll Cherry angel cake	21 Pulled pork nachos Corn Strawberry ice cream
24 Hamburger on bun Mustard potato salad Creamy coleslaw chilled pudding	25 Chicken tenders Macaroni & cheese Baby lima beans Wheat bread Chilled peaches	26 Fried fish fillet Buttered corn Collard greens Wheat bread Lemon cream pie	27 Cornbread pork cutlet with peppered gravy Mashed potatoes Buttered carrots Wheat roll Mandarin orange	28 Hearty chili w/ crackers Romaine lettuce salad w/dressing Fruit medley Soft sugar cookie
31 Beef stroganoff over noodles buttered carrots Wheat roll Applesauce	2/1 Ham & Au gratin potatoes Spinach Wheat roll Banana	2/2 Steak fingers w/ cream gravy baked potato Peas & carrots Wheat bread Chilled peaches	2/3 Roast turkey & gravy Baked sweet potato Green beans Wheat roll Pumpkin pie	2/4 Vegetable soup Crackers Cottage Cheese & Fruit plate spinach salad w/dressing Angel food cake

*** All Menu items are subject to change daily according to seasonality and availability *
Plus check our Facebook account for daily updated lunch changes**



Staff Directory

Robyn Snyder

Director
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Anne Johnson

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Hannah McKelvey

Facility Assistant
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aanwar.org

Name

Facility Assistant
870-424-3054
aanwar.org

Jodie Secor

Food Service Manager
870-424-3054

Kitchen Assistant: Janie Davis
Kitchen Assistant: Seth Odegard
Kitchen Assistant: Lenard
Bennett

Transport: Ronald Thompson
HDM Driver: Noel McCoy
HDM Driver: Orlando Sequeria
HDM Driver Richard Rawle

Custodian: Terry Bell

NCBA Workers Front Desk:
Sherri Chadwell & Deb Perry

Welcome!

Our Mission:

For 30 years, 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, daily hot meals, socialization programs, and exercise. We are also a source of information and referrals for seniors.

Center Classes & Activities

Fit Women

Mon & Fri

8:00 am - 9:00 am

This class is an intense workout for dedicated women that requires a commitment and tends to fill up. Benefits to exercise: It helps to reduce your dementia risk, decreases your osteoporosis risk, and prevents muscle loss. Helps to reduce stress, depression and anxiety. Exercise helps to enhance mental performance and work productivity and reduce cancer risk, reduce stroke severity, and improve self-confidence. If you are interested, please fill out an application, the instructor will contact you. This class starts quarterly.

Zumba

Mon, & Wed

9:00 am - 10:00 am

Zumba

Fri

10:00 am - 11:00 am

Each class is full of fun dances designed with seniors in mind. This class can be tailored to your own pace and no dance experience is required. Benefits of Zumba are improved muscular strength and endurance. Zumba also improves cardiovascular system, range of motion, and posture, reduces depression, stress and anxiety. Currently, the class is led by video. This class is open to anyone.

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.

Tai Chi

Tue 9:00 am -10:00 am

Wed 8:00 am - 9:00 am

Tai Chi originates from ancient China, and it is adapted by the Arthritis Foundation of America. Tai Chi is a graceful form of exercise that involves slow, focused movements and controlled breathing. It is a low-impact exercise that puts minimal stress on muscles and joints, making it suitable for many older adults. Tai Chi has been proven to help prevent falls by improving balance and mobility, increasing flexibility and muscle strength, improving posture, and reducing the fear of falling. This class is open to anyone.

Exercise Class

Mon & Wed

10:00 am - 11:00 am

PEPPI is a peer led class designed for people of all abilities, and including adults with disabilities. The goal of the program is to maintain or improve a person's level of fitness and independence. PEPPI includes strength training, using resistance bands and walking. PEPPI will teach older adults how to exercise correctly in a safe environment and increase their level of physical activity. Components include flexibility, balance, strength and endurance. This class is open to anyone. Please come join our class.

Class Title

xx:xx am - xx:xx pm

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Social Activities

Social activities at the Senior Center are a donation of a \$1.00 per day, per person. We offer the following activities: exercise classes, gym, billiards, table games, and card games. This is a daily donation to your senior center.



Games

Mon 12:00 PM Scrabble

Mon & Thurs 12:30 PM

Bridge

Wed 12:00 PM Hand & Foot

Canasta

Fri 12:30 PM Mahjong

1st Fri of the Month Round Robin

**2nd Saturday of the Month
12:30 PM Bridge**

Center Transportation

We provide local transportation for medical appointment, 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 town and \$10.00 out of the Mountain Home City limits. Transportation is Monday through Friday 8:00 am until noon and is limited to our local area.

Meals on Wheels Program

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.



Ride Service Hours

Monday - Friday
8:00 a.m. to 12:00 p.m.

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.

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(870)421-9977

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- ✓ Over the Counter Items!
- ✓ Local Agents to serve you!!!

Not affiliated with or endorsed by Medicare. Calling the number above will connect you with a licensed sales agent who will answer your questions and help you select a plan that is a good fit for you. The above sample benefits are available on some Medicare Advantage plans. Medicare Advantage plans (Part C of Medicare) are approved and regulated by Medicare. The above benefits are offered in Baxter, Marion, and Boone counties. Other plans are available in other Arkansas counties. If you join a Medicare Advantage plan, you must continue to pay the Medicare Part B premium.

103 S. Main St., Mountain Home , AR 72653 • 870.421.9977 • www.mymedicareresource.net

Upcoming Center Events

Be the Light 2021

Join the vision challenge working to ensure no senior goes hungry. Help us reach our goal of \$63,000. Donate \$21.00 for 2021



Hang a Heart for MOW

Hang a heart in memory of honor or a loved one. Please donate to the MOW program and feed a senior.



Hang an Angel

Purchase an Angel for \$5.00 Place it on our Christmas tree to remember a loved one



Best Choice Labels Program year

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.



Craft Class Jan. 4th 12:30 -1:30 PM

Come join us for Just Craftin Snowman!

Reservations required by 12/30/2021 \$12.00 per person call to reserve your spot @ 870-424-3054



About Us:

The goal of Van Matre senior Activity & Wellness Center is to encourage seniors to stay healthy and remain active. The center is a place to meet new friends, stay fit, have lunch and socialize. On the average, each year we serve to seniors in our community over 82,000 meals in the center and to home delivered clients, we also provided on average 3,000 seniors local transportation to medical appointments, errands to the grocery store, and to the center for meals and socialization.

AFTER HOURS

At this time the Van Matre Senior Center is not having any after hour events for rentals or Thursday night music.

Thank you to Ione Partney and Ellen Voyles for donating Christmas presents to our Meals on wheels Clients. We appreciate you so much!!





Who We Are:

The Van Matre Senior Activity and Wellness Center is part of the Area Agency on Aging of Northwest Arkansas. We are non-profit organization serving people 60 years and older in Baxter county in Northwest Arkansas. The agency is governed by a board of directors. We welcome volunteers as they are very important to the success of the program.

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 donation of \$4.00 for anyone 60 years or older. A take out meal is available for \$7.00. Guests under 60 are welcome to enjoy a meal for only \$7.00. If you need a ride to the doctor's office, grocery store, or local transportation, please call the center. We offer transportation Monday through Friday, 8 AM to 12 PM. A donation of \$5.00 in Mountain Home city limits, and outside of Mountain Home is \$10.00. Donations for longer trips will be based on mileage. Meals on wheels home delivered meals are also available to those individuals that qualify. They are served a nutritious meal, each meal is a donation of \$4.00.

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

	<p style="text-align: center;">PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM</p>  <p style="text-align: center;">\$29.95/MO BILLED QUARTERLY</p> <ul style="list-style-type: none"> • No Long-Term Contract • Price Guarantee • Made and monitored in the USA <p style="text-align: right;">PLUS SPECIAL OFFER</p> <p style="text-align: center;">CALL NOW! 1.877.801.5055 WWW.24-7MED.COM</p>	
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*"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."




Information About the Center

The newsletter is written 2 to 3 weeks in advance before the beginning of each month and sent out of state to be printed. Information and guidelines can and will be changing daily. Please check with the front desk or follow us on Facebook for updates. Thank you for your understanding.

Open Monday—Friday
Hours 8:00 AM-4:00 PM

Suggested donation for meals is \$4.00 Congregate Meal hours:
11:00 AM to 12:00 PM

Area Agency on Aging follows CDC recommendations & guidelines everyone that enters Van Matre Senior Center is required to wear a mask regardless if you are vaccinated or not vaccinated. Clients must sanitize their hands upon entry to building. Clients please have your membership cards ready to swipe as you enter the building! This will help keep the line moving. Since the senior center has reopened both clients and employees have had Covid. It is important that we all follow the policies that we have in place to protect everyone to help keep the center doors open as well as for your safety and others. Area Agency on Aging has already closed centers in Northwest AR due to Covid. Area Agency on Aging will close this center at any point they feel necessary. We ask that you stay home if you are sick, and that you wear your mask. Please have your mask on before you enter the building, put your mask on after you are done eating, exercising, walking around the center, and when you are leaving the building. This center does not have enough staff to operate this center fully in normal times let alone during a pandemic so please take a moment and think about others and follow the rules. Let's work together for everyone's safety and in hopes of keeping our center doors open.

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, Mid way, Salesville, Norfork, Gassville, and Cotter.

Fundraising Events

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

Contact Us @

Van Matre Senior Center
PO Box 392
1101 Spring Street #30
Mountain Home, AR 72653
870-424-3054
870-424-3055 Fax
Email: vanmatresc@aanwar.org
Visit us on the web:
www.aanwa.org
Visit us on Facebook: www.facebook.com/vanmatrecenter



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.