

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER

FEBRUARY 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.

AMBASSADOR COMMITTEE

Looking for 1-2 people to join our committee

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.

The purpose of this committee is to provide representation of the body of consumers of each Senior Center. The committee is an advisory body only with no decision making powers. The committee shall suggest ideas for the betterment of the center. All decisions pertaining to the operations and management of the senior center are made by the Area Agency on Aging of Northwest Arkansas, Inc., Board of Directors and/or their designee(s) on the AAANWA Management Team. The Senior Center Director shall determine the areas that need assistance and will determine the involvement needed by the Ambassador Committee. 4 meetings a year.

FEBRUARY 2022

Attention Seniors!!



www.aaanwar.org



1101 Spring Street #30
Mountain Home, AR72653



rsnyder@aaanwar.org



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



870-424-3054

AARP tax aide starting February 8th at First Presbyterian Church 1106 Spring Street Mountain Home, AR 72653 across from Cooper Park. **Operating Days: Tuesday, Wednesday, & Thursday** (Except the 2nd Thursday of each month)

Hours: 9 AM to 3 PM Bring all of your 2021 Tax documents

As well as photo ID and Social Security Cards. If you are married both need to come in. **DO NOT CALL THE CHURCH!!!**

Laughter

Laughter is an intrinsic part of life. It happens spontaneously and unconsciously. Whether you're howling with laughter or giggling quietly, laughter does you good. Laughter is known to be a powerful antidote to stress. However the benefits of laughter extend far beyond making you feel happier in the moment.

Sometimes laughter is the best medicine. Laughing doesn't just lighten our load mentally, it actually induces physical changes in your body. Laughter has been clinically proven to strengthen your immune system, activate and relieve your stress response and stimulate many organs. A good sense of humor cannot cure all ailments, but there is mounting data about all the positive things laughter can do. It's also contagious and free! 10 Benefits of laughter. A sense of humor is a quality well worth having. Norman Cousins' 1979 book 'Anatomy of an Illness' brought much attention to the idea that laughter could promote good health. There are so many proven benefits of laughter. It is known to: Reduce tension, promote cooperation, build trust, inspire a positive outlook, remove barriers between people, increase motivation, improve memory, enhance the immune system, lower blood pressure, and improve alertness and creativity.

Newsletter Highlights

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Build your own Ice Cream Sundae

Fundraiser

Wednesday February 16, 2022

11:00 AM to 12:00 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

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!



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or **(800) 950-9952 x2677**



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

As of 1/14/2022 we have raised \$60,564.26

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

Will you please be one of them.?"

501(3) c Non-Profit

1101 Spring Street #30

Mountain Home, AR 72653

870-424-3054

*let your
light
shine*

Have a Heart Campaign

\$5.00 can provide a homebound senior a warm meal from the Van Matre Senior Center

One senior for 5 meals= \$25.00

One senior for 7 meals= \$45.00

One senior for 14 meals = \$70.00

One senior for 30 meals= \$150.00

Donate today in Memory or Honor of
your **loved one.**

We will **hang a heart** on the **Valentine tree** at
Van Matre Senior Center and post on our
Facebook page to honor these special people
through the month of February.

IN MEMORY/HONOR OF

Make your donation to:

The Van Matre Senior Center
1101 Spring Street #30
Mountain Home, Arkansas 72654
Van Matre Senior Center 870-424-3054

Van Matre Senior Center Presents

JUST CRAFTIN' BUNNY WREATH



*Come join us as we make this
adorable wreath for Easter!*

March 1st @ 12:30 pm.

**\$10 per person, all supplies included. Must register
by February 25 @ 4:00 pm, only 12 spots available!**

Pre-pay only. No refunds if no show.

1101 Spring Street Mountain Home, behind swimming pool in Cooper Park

All about Valentine's

- A. Before "X" stood for a kiss, what did it represent at the end of a letter?
- B. Cupid has what name in Greek mythology?
- C. In Roman mythology, Cupid is the son of whom?
- D. In Roman mythology, with whom does Cupid fall in love?
- E. What Valentine's Day candy was first created on equipment made for lozenges?
- F. When did Sweethearts first get their shape?
- G. "Wearing your heart on your sleeve" has origins from honoring which Roman goddess?
- H. Another Victorian-era term for a mean and comically mocking Valentine's Day card shares a name with what TV show?
- I. Who wrote the oldest-known Valentine's Day message?
- J. About how many roses are sent for Valentine's Day each year?
- K. A single red rose surrounded by baby's breath is called what by florists?
- L. How many heart-shaped boxes of chocolates are typically sold each Valentine's Day?

FEBRUARY TRIVIA

5

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



Answers:

- | | |
|-------------------|------------------------|
| A. Cross | I. The Duke of Orleans |
| B. Eros | J. 50 million |
| C. Venus | K. A signature rose |
| D. Psyche | L. 35 million |
| E. Sweethearts | |
| F. 1901 | |
| G. Juno | |
| H. Penny Dreadful | |

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A LIMITED TIME!**

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an ad today!
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



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)**

FEBRUARY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ham & Au gratin potatoes Spinach Wheat roll Banana	2 Steak fingers w/ cream gravy baked potato Peas & carrots Wheat bread Chilled peaches	3 Roast turkey & gravy Baked sweet potato Green beans Wheat roll Pumpkin pie	4 Vegetable soup Crackers Cottage Cheese & Fruit plate spinach salad w/dressing Angel food cake
7 Cream of potato soup Turkey & swiss sandwich Baked potato chips Relish plate Fruit crisp	8 Marinated chicken sandwich lettuce & tomato baked potato wedges Green beans Frosted cake	9 Pork roast Pinto beans seasoned cabbage Cornbread Sunshine cake	10 Salisbury steak w/brown gravy New red potatoes Green peas Wheat roll Fruit Medley	11 Frito chili pie Buttered corn Tossed salad Gelatin Parfait
14 Sub sandwich lettuce & tomato Chips Chocolate Ice Cream	15 Chicken & noodles Mashed potatoes Green beans Wheat roll Hot baked peaches	16 Meatloaf Seasoned roasted Potatoes Broccoli & cauliflower Wheat roll Fruit Parfait	17 Italian baked chicken Pasta primavera Italian bread Glazed angel cake	18 Soft beef tacos Texas pinto beans Mixed green salad Vinaigrette dressing Fruited gelatin
21 CLOSED PRESIDENT'S DAY	22 Mushroom chicken Wild rice blend Broccoli florets Wheat roll Mixed berry crisp	23 Pot Roast Parslied potatoes Carrots & celery Wheat roll Cherry angel cake	24 Fried chicken Mashed potatoes w/gravy Buttered corn Wheat Bread Chilled pudding	25 French dip sandwich Baked potato chips Mixed vegetables Mandarin oranges
28 Fried fish fillet Buttered corn Collard greens Wheat bread Lemon cream pie	3/1 Chicken tenders Macaroni & cheese Baby lima beans Wheat bread Chilled peaches	3/2 Cornbread pork cutlet w/ peppered gravy Mashed potatoes Buttered carrots Wheat Roll Mandarin Orange fluff	3/3 Oven chicken fajita w/peppers & onions Buttered rice Black beans Fresh fruit	3/4 Hamburger on bun Mustard potato salad Creamy coleslaw chilled pudding

*** 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
870-424-3054
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Facility Assistant
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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



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

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER

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.

Shopping your Medicare Health Plan
may help save you money on insurance!

Premiums as low as

(870)421-9977

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\$0

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 Campaign

Hang a heart campaign \$5.00 can provide a homebound senior a warm meal. Donate today in Memory or honor of your favorite senior!



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 March 1st 12:30 PM

Come join us for Just Craftin' Bunnies! Reservations required by 2/25/2022 \$10.00 per person call to reserve your spot @ 870-424-3054



Ice Cream Fundraiser

2/16/2022

11:00 AM-12:00 PM

\$4.00 each

All proceeds to support Van Matre Senior Center/MOW



Support Van Matre Senior Center & the Meals on Wheels Program.

Purchase a MOW hat for \$10.00 and/or a T-shirt for \$10.00 today!



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.



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.

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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, Norfolk, 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.