



October
VOLUME
2024
Issue 10



ARKANSAS
community foundation
TWIN LAKES

Open

Monday-Friday

8am-3:30pm

870-425-7585

BAXTER HOUSE ADULT DAY CARE SERVICES



Beth
Clayton
Shirley

Lets talk about Elderly Falls this Fall

Falls are a significant risk for elderly individuals, and the risk increases with age. Every year one in four people over the age of 65 have at least one fall per year. Three million older adults are treated in emergency departments for injuries related to falling each year. With over 800,000 hospitalizations due to fall injuries like hip fractures, head injuries or even death. Even if falls don't cause an injury, they often trigger a loss of confidence and lead to an ongoing fear of falling.

Falls are the most common cause of injury among older adults. Causes of these fall could be any one or more of the following factors:

Previous history of falling

Use of assistive devices like walkers or canes

Cluttered environment

Poorly lit environment

History of Vertigo

Issues with balance or walking

Trouble seeing or hearing

Health issues that cause muscle weakness

Decrease in cognitive ability

Diabetes or Osteoporosis

Medications such as psychotropic drugs, antihistamines, Antipsychotics, antidepressants, or cardiovascular meds.

The good news, when it comes to falling, is although some risk factors can't be avoided many can be modified to prevent falls.

Stay active. Exercise regularly to improve balance, strength and gait. Examples of exercise to achieve these goals are Tai chi, yoga or walking.

Regular health check-ups. Keeping up with routine check-ups will help to monitor vision, hearing and overall health issues as well as reviewing medications that might cause dizziness or drowsiness.

Vitamin D Supplementation. Consider vitamin D supplements to improve bone health and muscle function.

Proper Footwear. Avoid going barefoot, slippery socks or slippers. Instead wear shoes that are low heeled and have slip-resistant soles.

Home safety modifications. Because most falls happen in the home a few suggestions for safety would be; removing obvious trip hazards, installing grab bars and no-skid surfaces in the bathroom, ensuring good lighting through out the house, and repairing damaged flooring.

Implementing these measures can significantly help in preventing falls in the elderly which is crucial for maintaining their health and independence.



Field trip to Berry Farm
Thursday, October 17Th.





Baxter House
Adult Day Care

1101-3 Spring Street (Cooper Park)
P. O. Box 932
Mtn. Home, Arkansas 72654-0932

Your Home Away From Home
Tena Recktenwald Center Director

WE CARE ABOUT YOU !

Phone: 870-425-7585
Fax: 870-425-0894
baxterhouseadc@aanwar.org

**AREA AGENCY
FOUNDATION**

THE GOAL OF THE AREA AGENCY FOUNDATION IS TO SECURE THE FUTURE OF AGING SERVICES. IF ANYONE WOULD LIKE TO DONATE IN BAXTER HOUSE'S NAME, THE MONEY COMES BACK TO OUR CENTER. WE RECEIVE ALL MONEY DONATED IN OUR NAME. WE APPRECIATE ANY DONATIONS TO BAXTER HOUSE ADULT DAY SERVICES

*Baxter House Adult Services Is a Non Profit Organization. "An equal Opportunity provider, and Employer."
We serve the elderly of Baxter County & the surrounding area.*

Baxter House Weekly Activity Schedule:

8:00 We open with coffee and a light breakfast for clients arriving early. Socializing, Daily News, word search and cross word puzzles.
9:00 Walking in the park, weather permitting or exercising inside.
10:00 Tuesdays-Therapy Dog ,All other days games, crafts, etc..
11:00 Pledge of allegiance followed by lunch prayer. Time for lunch!
12:00 Rest time, reading and/or trivia.
1:00 Various guests volunteer their time with music and fellowship. When no guests are scheduled clients engage in karaoke, crafts, games, trivia or a walk in the park.
2:00 Snack time and celebration of birthdays and holidays
2:30-3:30 Clients begin to leave but for those who remain we complete any craft projects begun earlier in the day, board games, table games and puzzles, as well as a stroll in the park if the weather is nice.

Physical and mental activity is the specialty at Baxter House. We are always coming up with mind stimulating things to participate in as well as physical activity to keep our bodies moving. We also have a great time celebrating birthdays.



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 \$7.00 (tax included)

October 2024

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

Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
	1	2	3	4
	Chicken tenders Macaroni & cheese Broccoli florets Wheat roll Cinnamon applesauce	Egg salad sandwich Sliced tomatoes Fruit medley Sherbet	Sloppy Joe on Bun Baked potato Wedges Summer coleslaw Pudding parfait	Catfish Dill roasted potatoes Meadow blend vegetables Wheat roll Ambrosia
7	8	9	10	11
Chicken rice casserole Mixed vegetables Wheat roll Tropical fruit cocktail	Salisbury steak w/ mushroom gravy Mashed potatoes Green peas Wheat roll Glazed angel cake	Chicken & Dumplings Mixed vegetables Garden salad Wheat bread Pineapple pudding	Roast turkey & gravy Sweet potatoes Brussels sprouts Wheat roll Sugar cookie	Breaded shrimp Homestyle fries Creamy coleslaw Fruited gelatin
14	15	16	17	18
Beef stroganoff Parslied noodles Yellow squash Wheat roll Pineapple tidbits	Chicken pot pie California mixed vegetables Wheat roll Chocolate pudding	Roast beef w/gravy Mashed potatoes Buttered carrots Wheat roll Chilled pineapple	Hearty chili Baked potato Mexican corn Crackers Fruited gelatin	Oven Fried Chicken Rice pilaf Broccoli & cauliflower Dinner roll Banana
21	22	23	24	25
Spaghetti & meatballs Broccoli florets Garden salad Wheat roll Angel food cake	Breaded chicken filet w/ poultry gravy Baked potato Succotash Wheat roll Harvest fruit cup	Lasagna Broccoli florets Tossed salad Dinner roll Gelatin	Homestyle ham & beans Fried potatoes w/onions Seasoned greens Cornbread Cinnamon applesauce	Baked Chicken Wild rice Green peas Dinner roll Fruit salad
28	29	30	31	11/1
Scrambled eggs Tater tots Seasoned spinach Blueberry muffin Fresh orange slices	Meatball sub Baked French fries Peas & carrots Sliced pears	Beef stew w/potatoes and carrots Romaine lettuce salad Wheat roll Warm spiced peaches	Meatloaf Mashed potatoes Mixed vegetables Wheat roll Fresh fruit	Cranberry turkey Baked sweet potato Broccoli florets Wheat roll Gelatin parfait
<p>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.</p>				

What are "Endowments"?

Endowments are not new, but are now becoming very popular. They are a vehicle used to build a managed investment whose earnings are used only for a specific purpose without using any of the donations made to it.

The donations continue to earn income for as long as there is a need for the specific purpose for which it was established.

Please consider Baxter House Adult Day Care if you are considering an Endowment. You decide and designate the specific purpose such as "providing supplemental support to needy people and/or clients who need our services. You may also make cash donations to our existing Endowment. We encourage contributions from wills, estates, stocks or cash to help build our endowment. Earnings are used only for funding to supplement our programs and reduce costs for those in need of our services.

Baxter House is a 501 (c) 3
Non Profit organization.

Donations can be made to
Baxter House Adult Day Care
P.O. Box 932
Mountain Home, AR. 72654
or call 870-425-7585 !

September Wish List

To our friends who support us by monetary donations and donations of items, we are extremely grateful for your kindness.

Items we are in need of are as follows: sugar free cookies, peanut butter or crème cheese snack cracker or toilet paper.

Thank you!

Staff
and
Clients



Current Endowments

Perry Joe Messick
Mary Ann Clifft

Donations

In

Loving Memory

Susie Messick
Gail Brown
Gerald R. Clifft
Larry Ritter
Peggy Saylor
Frances Ashburn
Toni McKay



Thank You

Joe Messick
Edmonds Family
Barbara and Bonnie Wheeler
Janis Tully
Cheryl and Jeannie Schult
Mrs. Jane Ritter
Lisa House
Melissa and Clayton Robinson
Kathy Weaver
Linda Harrington
CJ and Magie Mae
Donna and Dana Wallace
Harps Grocery
Mary Ann Clifft
Courtney Wallace
Julia Gist
Linda Hisky
Arlene and Carson
Our Many Anonymous Donors



Now Hiring Caregivers!

We are currently seeking kind and caring individuals for the part-time position of **Adult Day Service Caregiver Aide**. Those selected for this rewarding position will assist clients with meals and activities while evaluating progress and special needs.

The Baxter County Adult Day Center offers:

- ❖ Part-time work schedules up to 28 hours per week
- ❖ Flexible Schedules
- ❖ Paid Holidays and Vacation

The **Area Agency on Aging of NW Arkansas Adult Day Centers** serve seniors in our communities by providing daytime respite for family caregivers, as well as socialization, personal care, and activities for seniors outside the home during the day.

For more information & to Apply visit:
www.aanwar.org/Employment