

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



DECEMBER 2024

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

There are no restrictions or requirements based on income.

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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

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Visit us on Facebook:
[www.facebook.com/
vanmatrecenter](http://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

Please join us for Christmas Lunch

Thursday December 12th

11:00 AM - 12:00 PM

Ham

Sweet potatoes

Green beans

Roll & Pie



2 INFORMATION

December Trivia

1. What phrase made popular in the book "A Christmas Carol" expresses annoyance with cheery holiday celebrations?
2. The first artificial Christmas tree was made in the 19th century using the feathers of what bird?
3. In the early 1800s, the first gingerbread houses were reportedly inspired by what famous fairy tale?
4. In the TV special "How the Grinch Stole Christmas," what three words best describe the Grinch?
5. What well-known Christmas carol became the first song ever broadcast from space in 1965?
6. "Twas the Night Before Christmas" was originally published under what name?

Trivia answers on page 7

Upcoming Dates:

January 1, 2025

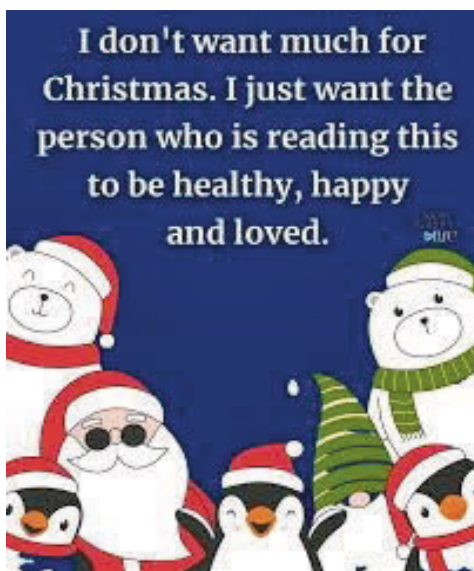
Closed for New Year's Day

January 20, 2025

Martin Luther King, Jr Day

February 17, 2025

President's Day



The Life-Changing Benefits of Exercise After 60

According to the Centers for Disease Control and Prevention (CDC), all older adults benefit from regular physical activity.

What are the benefits of exercise for older adults?

- **Prevents bone loss:** Strength training has been shown to counteract this loss and actually restore bone density. Having stronger bones leads to fewer fractures and can also aid in balance.
- **Relieves osteoarthritis pain:** Exercise takes pressure off aching joints by strengthening the surrounding muscles. Arthritis-friendly exercise includes low-impact cardiovascular activity, strength training, and range-of-motion exercises.
- **Helps prevent chronic disease:** Exercise provides a protective effect against chronic illnesses, including cardiovascular disease, colon cancer, diabetes, obesity, and hypertension. It can even help reduce cognitive decline.
- **Boosts immunity:** Some scientists believe that the anti-inflammatory effects of physical activity enable better immune function. Exercise may also improve the performance of immune cells.
- **Improves mood:** Simply put, exercise makes us feel good. It can help ease anxiety and depression symptoms, increase relaxation, and create an overall sense of wellbeing.

Yoga is a low-impact activity that won't strain your joints. It helps stabilize your core, improve flexibility, and strengthen your bones. **Pilates** is gentle on joints and focuses on building a strong core in order to improve balance and stability. Adding endurance activity to your day with **aerobic exercise** can help cardiovascular function, strengthen lungs & airways, and improve everyday stamina. Thirty minutes a day is the recommended amount. This can include three short, 10-minute sessions spread out over the day. With **strength training**, there are simple, low-impact bodyweight training exercises that you can do at home to help reduce muscle loss and burn fat. These include wall pushups, stair climbing, squats, and single-leg stands.

Before starting any exercise regimen, it's important to talk to your doctor to learn which options are right for your health and activity level.

Read the full article on the National Council on Aging website:
<https://www.ncoa.org/article/the-life-changing-benefits-of-exercise-after-60/>

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."



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**BAKE
SALE**

Fix that sweet tooth!

**Thursday & Friday
December 12th & 13th at
Van Matre Senior Center
9:00 am - 2:00 pm**

**All proceeds benefit the
Senior Center/
Meals on Wheels Program**

No-Bake Cookies

Ingredients:

2 cups sugar

1/2 cup milk

1/2 cup unsalted butter

1/4 cup cocoa powder

3 cups quick oats

1 cup creamy peanut butter

1 tablespoon vanilla extract



Instructions:

1. In a large pot add sugar, milk, butter, and cocoa powder. Slowly bring to a boil while whisking. Once at a boil allow to boil for one minute (I set a timer and stopped the whisking).
2. Remove from heat and add in oats. Mix well. Add in peanut butter, mix well. Last add in vanilla extract and mix well.
3. Lay out parchment paper on the counter and spoon out the dough into cookie shapes. Allow to set for 15-30 minutes.

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Anthony Praskavich

apraskavich@4LPi.com

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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)

December 2024

Monday - Friday
11:00 AM - 12:00 PM

60 years or older

Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
2	3	4	5	6
Sloppy Joe on Bun Baked potato Wedges Summer coleslaw Pudding parfait	Fried fish filet Pinto beans Seasoned spinach Cornbread Ambrosia	Tuna noodle casserole Broccoli florets Wheat roll Chocolate chip cookie	White chicken chili Deli style chef salad Crackers Fruit crisp	Popcorn chicken Rosemary roasted potatoes Buttered cauliflower Wheat roll Pears
9	10	11	12	13
Chicken & Dumplings Mixed vegetables Garden salad Wheat bread Pineapple pudding	Fried fish fillet Corn casserole Creamy coleslaw Wheat bread Citrus fruit cup	Breaded shrimp Homestyle fries Creamy coleslaw Fruited gelatin	Christmas Lunch Ham Sweet potatoes Green beans Roll Pie	Cheeseburger on bun Baked French fries Spinach Fruit medley
16	17	18	19	20
Taco salad Flame corn & black bean fiesta Cinnamon roll	Beef stroganoff Parslied noodles Yellow squash Wheat roll Pineapple tidbits	Roast beef Brown gravy Mashed potatoes Buttered carrots Wheat roll Chilled pineapple	Oven fried chicken Rice pilaf Broccoli & cauliflower Dinner roll Banana	Hearty chili Baked potato Mexican corn Crackers Fruited gelatin
23	24	25	26	27
Lasagna Broccoli florets Tossed salad Dinner roll Gelatin	Closed for Christmas break	Closed for Christmas break	Spaghetti & meatballs Broccoli florets Garden salad Wheat roll Angel food cake	Ham & beans Fried potatoes with onions Seasoned greens Cornbread Cinnamon applesauce
30	31	1		
Beef stew w/potatoes and carrots Romaine lettuce salad Wheat roll Warm spiced peaches	Meatball sub Baked French fries Peas & carrots Sliced pears	Closed for New Year's Day		
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.

Trivia Answers:

1. Bah humbug!
2. Goose
3. Hansel & Gretel
4. Stink, stank, stunk
5. "Jingle Bells"
6. "A visit from St. Nicholas"



How to Protect Yourself from Winter Weather

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery back-ups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the Low Income Home Energy Assistance Program (LIHEAP) for help.

In Case of Emergency

Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.

<https://www.ready.gov/winter-weather#prepare>

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 LABEL

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

VAN MATRE SENIOR CENTER VAN

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.

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.



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Christmas Word Search

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

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CANDY
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CHRIST
CHRISTMAS
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EGGNOG
ELVES
FAMILY

FROSTY
FRUITCAKE
GREEN
GREETINGS
HAPPY
HOLIDAY
HOLLY
ICICLE
SNOWMAN
STAR



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 11/5/2024 \$13,905

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

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



12 CENTER INFORMATION



Be the Light for 2024

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.

Total raised of 11/5/2024 \$452.00

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

Donate \$24 for 2024

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

Help us to reach our goal of \$213,408.00

“It takes 8,892 people donating \$24 to reach our goal! Be one of them.”

Baxter County population in 2021 was 42,144 people that's 21.1% 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, Salesville, Norfolk, Gassville, and Cotter.



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.