



February
VOLUME
2025
Issue 2



ARKANSAS
community foundation
TWIN LAKES

Open

Monday-Friday

8am-3:30pm

870-425-7585

BAXTER HOUSE ADULT DAY CARE SERVICES

Heart Health Month

February is Heart Health month. Here are a few interesting tidbits about the heart. Check your heart knowledge.



Tara



Friday,
February 14th



Monday,
February 17th

BEAT THIS! 10 Amazing Facts About Your Heart

A heart valve is about the size of a **one rupee** coin

The first heart cell starts to beat as early as **4 weeks**

Heart beats around **100,000** times a day and pumps around **5.6 litres** of blood every minute

Your heart is about the size of your **Two PALMS** clasped together

The beating sound **"Dub-Lub"** is the **clap of valve** leaflets opening and closing

Your Heart is a coordinated machine. The **RIGHT SIDE** pumps blood into lungs while **LEFT SIDE** pumps it back into the body.

Keep your HEART **Happy and Healthy** through diet, happiness, and stress management skills.

Heart Disease is the **greatest health threat**. Greater than **breast cancer in women and prostate cancer in men.**

Heart Cancer is very rare because **heart cells stop dividing early in Life.**

Regular exercise is the single most important **key to heart health.** And it is **FREE.**

HealthyWorld.in



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.

We spent January staying warm, keeping busy, and preparing for Valentines Day.



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)

February 2025

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

Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
3	4	5	6	7
Cream of potato soup Turkey & Swiss sandwich Baked potato chips Fruit crisp	Country fried steak & peppered cream gravy Mashed potatoes Green beans Wheat roll Fruit medley	Pork roast Pinto beans Seasoned cabbage Cornbread Sunshine cake	Cheese ravioli with pesto Buttered corn Tossed salad Gelatin Parfait	Asian ginger chicken Fluffy white rice Oriental Vegetables Wheat roll Mandarin oranges
10	11	12	13	14
Chicken & noodles Mashed potatoes Green beans Wheat roll Hot baked peaches	Beef chopped steak w/Mushroom gravy Roasted potatoes Brussels sprouts Wheat roll Fruit Medley	Meatloaf Seasoned roasted potatoes Broccoli & cauliflower Wheat roll Fruit parfait	Tangy ranch chicken Au gratin potatoes Seasoned carrots Wheat roll Cinnamon apples	Pinto beans w/ham Fried potatoes & onions Seasoned greens Wheat bread Fruit medley
17	18	19	20	21
Closed For President's Day	Cream of broccoli soup Crackers Tuna salad sandwich Sweet potato fries Chocolate pudding	Pot roast Parslied potatoes Carrots & celery Wheat roll Cherry angel cake	Fried chicken Mashed potatoes w/ gravy Buttered corn Wheat bread Fruit	French dip sandwich Baked potato chips Mixed vegetables Mandarin oranges
24	25	26	27	28
Fried fish fillet Buttered corn Collard greens Wheat bread Lemon cream pie	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	Hot roast beef sandwich Mashed potatoes w/gravy Green beans Tropical fruit
<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 !

February Wish

We want to express our appreciation for our friends who donate so generously to the center.

Items we are in need of are as follows: Decaf coffee, individual sugar free apple sauce, or laundry detergent.

**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



Volunteers Always Welcome

Baxter House Adult Day Center is a social environment and we are always looking for new and interesting activities and friends to share time with.

If you enjoy visiting with elderly individuals we are the place for you.

If you have a special ability to sing, read or tell stories, play games, play an instrument, style hair, teach a craft, or just sit and visit; you could make a difference in the day for our clients and yourself by volunteering at Baxter House Adult Day Center.

If you are interested in more information give us a call at 870-425-7585.

Thank You

Joe Messick
Edmonds Family
Barbara and Bonnie Wheeler
Janis Tully
Cheryl and Jeannie Schult
Jane Gilligan
Melissa and Clayton Robinson
Kathy Weaver
Donna and Dana Wallace
Pastor Johnny Lake
Harps Grocery
Mary Ann Clifft
Donna and Greg Meng
Roger Reed
Diana Wisterman
Todd and Alison Goin
Francis Jones
Tim and Terry Beck
Robert Saylor
XL7 Sports
Susan Phillip
Sue Reesman
Jane Ritter
Don and Betty Pippin
Our Many Anonymous Donors

