VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



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@aaanwar.org

VISIT US ON THE WEB:

www.aaanwar. org Visit us on Facebook: 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@aaanwar.org

GINA GATEWOOD

Program Assistant/MOW 870-424-3054 ggatewood@aaanwar.org

FEBRUARY 2025

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.

Subscribe to mycommunityonline.com to get a link to our newsletter delivered straight to your in box. Visit mycommunityonline.com and search for our center to get started today. It's fast, easy and free! **Click on the subscribe button!**



Center reminders
carry-out and to go
meals are now \$8.00 (tax
included). Winter time is
almost here the senior
center's goal during
inclement weather is to

continue providing as many services as possible while ensuring the safety of consumers and staff. During each period of harsh or inclement weather, the senior center director will contact KTLO to announce the status for the senior center and services available. Please check KTLO cancelations page for updates. Consumers can also check Van Matre Senior Center Facebook page for updates and announcements on inclement weather daily.

AARP tax aide at First Presbyterian Church 1106 Spring Street Mountain Home, AR 72653 If you need to contact us 870-404-0253 Starting February 4th Tuesdays, Wednesdays, & Thursday from 9 AM to 3 PM There will be a few Tuesdays & Thursdays we will close at 12 PM. No appointment is necessary and there is no charge for this service. NEED: Driver's license, Social Security card, or Social Security statement, Social Security card for any dependents, bring all 2024 tax documents, and bring 2023 tax return.

INFORMATION

AARP DRIVER SAFETY COURSE February 26, 2024 12:00 pm-4:00 pm

Refresh your driving skills and maybe even help save on your auto insurance.

Mruk Family Center on Aging 618 Broadmoor Drive Mtn. Home, AR

PRE-REGISTRATION IS REQUIRED.

Please call 870-508-3880 to register. AARP members \$20 (bring your AARP card) Non-members \$25. Payable by cash or check at time of class.

LOST & FOUND

We have a Lost & Found here at the center. If you have lost something please check in with the front desk regarding the item. After one month items in the Lost & Found will be donated.

Upcoming Dates:

Center is closed on February 17, 2025 President's Day May 26, 2025 Memorial Day July 4, 2025 Independence Day

National Wear Red Day® and American Heart Month National Wear Red Day is Friday, February 7, 2025.

The Nation Goes Red in February

Cardiovascular disease is the No. 1 killer of women. Wear red to be seen, to be counted, to be heard, to make an impact. Together, we are stronger than heart disease and stroke.

Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. It's a third of our mothers, sisters, friends, neighbors, coworkers and more. It's a third of the women we can't bear to live without.

Cardiovascular disease impacts some women at higher rates than others, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes. Heart disease and stroke can affect a woman at any age, making it vital for all women to understand their personal risk factors and family history. Women can also experience unique life events that can impact their risk, including pregnancy and menopause. Furthermore, research shows that stress may impact health, making it important for women to understand the mind-body connection and how to focus on improving both their physical health and mental well-being.

Cardiovascular disease kills more women than all forms of cancer combined and yet only 44% of women recognize that cardiovascular disease is their greatest health threat. Among females 20 years and older, nearly 45% are living with some form of cardiovascular disease and less than 50% of women entering pregnancy in the United States have good heart health. Cardiovascular disease is the No. 1 killer of new moms and accounts for over one-third of maternal deaths. Black women have some of the highest maternal mortality rates. Overall, 10% to 20% of women will have a health issue during pregnancy, and high blood pressure, preeclampsia and gestational diabetes during pregnancy greatly increase a women's risk for developing cardiovascular disease later in life. Going through menopause does not cause cardiovascular disease, but the approach of menopause marks a point in midlife when women's cardiovascular risk factors can accelerate, making increased focus on health during this pivotal life stage crucial. Most cardiac and stroke events can be prevented through education and lifestyle changes, such as moving more, eating smart and managing blood pressure. Approximately 51.9% of high blood pressure deaths, otherwise known as hypertension or the "silent killer," are in women, and out of all women, 57.6% of Black females have hypertension — more than any other race or ethnicity. While there are an estimated 4.1 million female stroke survivors living today, approximately 57.5% of total stroke deaths are in women. Women are often less likely to receive bystander CPR because rescuers often fear accusations of inappropriate touching, sexual assault or injuring the victim. Women continue to be underrepresented in Science, Technology, Engineering and Math (STEM) fields, as well as in research. In fact, women occupy nearly half of all U.S. jobs (48%), but only 27% of jobs in STEM fields. Furthermore, only 38% of participants in clinical cardiovascular trials are women, Facts | Go Red for Women

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."



Baby it's cold outside!

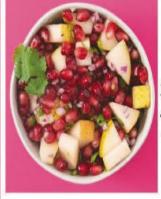
How about Brownies & Cocoa?



Join us on February 14th during the lunch hour 11:00 am to 12:00 pm \$2.00

> All donations benefit Van Matre Senior Center & the Meals on Wheels Program

Pomegranate Pear Salsa



Ingredients:

2 pomegranates, seeded4 pears, unpeeled, cored and diced1 lime, juiced

1 cup chopped cilantro 1/4 cup diced red onion

Prep time 15 min Cook time 0 min Yields/Serves: 20 servings (2 tablespoons each)

Combine all ingredients in a large bowl and toss gently. Serve with tortilla chips!



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
Monday - Friday

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

| | | | Suggesi | ted 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 |
| | | | | |
| | ARE THAT OUR FOOD NS, SUCH AS: DAIRY, I | | | |

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.

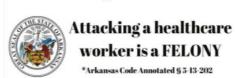
WHO WE ARE:

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 nonprofit 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.

We Respect You. Please Respect Our Staff.

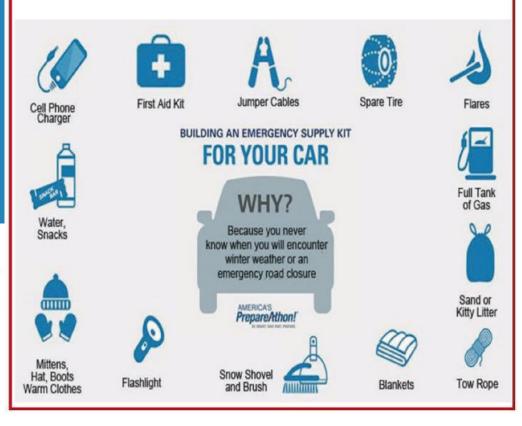


Cold Weather Safety

Extremely chilly air comes every winter into at least part of the country and affects millions of people across the United States. The arctic air can be dangerous. Combined with brisk winds, dangerously chilly wind chill values can result. People exposed to extreme wintry weather are susceptible to frostbite and can succumb to hypothermia in a matter of minutes. Areas most prone to frostbite are uncovered skin and the extremities, such as hands and feet. Hypothermia occurs when the body loses heat faster than it can produce it. A freeze occurs when the temperature drops below 32°F. You may also want to check out our winter safety site for snow and more cold season hazards information.

Ice Storms

Heavy accumulations of ice can bring down trees and topple utility poles and communication towers. Ice can disrupt communications and power for days while utility companies repair extensive damage. Even small accumulations of ice can be extremely dangerous to motorists and pedestrians. Bridges and overpasses are particularly dangerous because they freeze before other surfaces. Black Ice: Black ice is a deadly driving hazard defined as patchy ice on roadways or other transportation surfaces that cannot easily be seen. It is often clear (not white) with the black road surface visible underneath. It is most prevalent during the early morning hours, especially after snow melts on the roadways, and has a chance to re-freeze over night when the temperature drops below freezing. Black ice can also form when roadways are slick from rain and temperatures drop below freezing overnight. Ice Jams: Long cold spells can cause rivers and lakes to freeze. A rise in the water level or a thaw breaks the ice into large chunks which become jammed at man-made and natural obstructions. Ice jams can function as a dam, resulting in severe flooding. Ice Recreation: Ice on lakes and streams can be deadly. If you see any of the following conditions, do NOT go out on the ice: Cracks, holes, or breaks in the ice. Flowing water around the edges, just below the surface, or over the top of the ice. Ice that appears to have thawed and refrozen. If you decide to venture out on the ice, remember the following guidelines: Stay off the ice if it is less than 2 inches thick! Frost: Frost describes the formation of thin ice crystals on the ground or other surfaces in the form of scales, needles, feathers, or fans. Frost develops under conditions like dew, except the temperatures of the Earth's surface and earthbound objects fall below 32°F. As with the term "freeze," this condition is primarily significant during the growing season. If a frost period is sufficiently severe to end the growing season or delay its beginning, as a "killing frost." Because frost is primarily an event that occurs as the result of radiational cooling, it frequently occurs with a thermometer level temperature in the mid-30s. www.weather.gov



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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 LABELS

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

12:45 Scrabble

TUESDAY

12:45 Crazy Canasta

12:45 Pinochle

WEDNESDAY

12:45 Hand/Foot Canasta

THURSDAY

1:00 Mahjong

FRIDAY

12:45 Mahjong

2nd & 4th Fri: 12:45 Dominoes

SENIOR CENTER TRANSPORTATION 9



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.



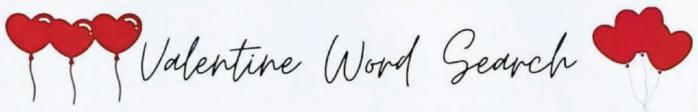
VAN MATRE SENIOR CENTER VAN

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.



10 Brain Work



Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

В 0 D E E S Ε M Т T D H E R E X 0 K R G 0 Ε Z E S G N A T R M 0 0 R S C 0 Ε E M N T S Т 0 S E Н T R X L X 0 0 E Т T B S Q T E E X 0 Y D E E Z B M S S M E M C M S E Ν Т M E N Z S Z S E Ε Ε Y D S E E V U A Q U G 0 S S R 0 U D M 0 T E U B E D Q U 0 S E C L 0 E S H N T C E S Q E 0 C 0 0 E D K B O Q Н Q G D D S E 0

©Crafted Living

heartthrob sweetheart infatuation sentimental enamored date endearment devotion fondness romance amorous affection chocolate valentine white Cupid admirer cherish candy smitten beloved passion flowers bouquet card woo pink gift heart suitor beau red kiss adore love



Van Matre Senior Activity & Wellness Center 11 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 1/9/2025 \$14,305.00

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

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



870-706-0937

I buy Indian and costume jewelry

Gary Bean | Mtn. Home, AR 72653

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety Carbon Monoxide



833-287-3502

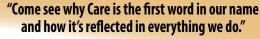
NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com





804 Burnett Dr Mountain Home, AR 72653 870-424-5030



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

12 CENTER INFORMATION



Be the Light for 2025

Van Matre Senior Center

Provider of Meals on Wheels Program

Serving: Sections of Mountain Home, Gassville, Cotter,

Salesville, Norfork, Midway, Lakeview, and other areas within Baxter County.

Help us to reach our goal of \$330,000.00

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

Donate \$25 for 2025

https://securepayment.link/aaanwar/

"It takes 13,200 people donating \$25 to reach our goal!

Be one of them."

Total raised as of 1/9/2025 \$4,581.00

Baxter County population in 2023 was 42,875 people that's 31% 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,





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.