

# VAN MATRE SENIOR ACTIVITY & WELLNESS CENTER



## MAY 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  
870-424-3055 Fax  
Email: [vanmatresc@aaanwar.org](mailto:vanmatresc@aaanwar.org)

### VISIT US ON THE WEB:

[www.aaanwar.org](http://www.aaanwar.org)  
Visit us on Facebook:  
[www.facebook.com/vanmatrecenter](http://www.facebook.com/vanmatrecenter)  
Monday - Friday 8:00 AM to 4:00 PM

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### JODIE SECOR

Food Service Manager  
870-424-3054

Congratulations to the **Poetry Contest** winner, **Mary Edwards!**

### Left Behind

I know what it's like to be so full of grief;  
That all you can do is put your head down and weep.  
And though your sorrow may be different than mine,  
We still learn to move forward, survive and be kind.  
Some people don't make it, they stumble and fall,  
They haven't a clue, nor can they change at all.  
It truly saddens my heart with such heavy weight,  
Yet one day, we'll understand when we enter Heaven's gate.  
So please be at peace from this moment on,  
As we shift our sights of what we gaze upon.  
For the journey is short and in the blink of an eye,  
We realize that there's more to life than what we've left behind.

## 2 INFORMATION

### AARP DRIVER SAFETY COURSE

May 22

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.

**"Try to be  
a rainbow in  
someone's cloud."**

—MAYA ANGELOU

**WE ARE CLOSED  
MEMORIAL DAY**

MONDAY, MAY 27, 2024

**"May the month of May be a  
month of sunshine,  
happiness, and endless  
blessings."**

— Unknown

## Melanoma Monday

May 6th is World Melanoma Day, occurring on the first Monday in May. Launched by the American Academy of Dermatology, it is an awareness campaign during National Melanoma Month.

In 2022, in the United States, slightly less than 100,000 people were diagnosed with melanoma, and approximately 7,600 people are expected to die of it. The disease accounts for 1% of all skin cancers, yet, it is the deadliest one. Although melanoma is not always preventable, the occurrence aims to make the general public aware of skin health, sun safety, tanning prevention, and skin cancer screenings.

### Prevention:

You may have a higher risk of melanoma if you have a parent, sibling, or child who has already had melanoma. Knowing your family medical history is an important step in prevention. Family history helps your doctor look for signs of possible melanoma that you may miss. The best prevention is regular skin exams with your doctor and performing monthly exams on your own.

### Tips to Reduce Skin Cancer Risks:

- Wear sunscreen to protect yourself from harmful UV rays and remember to reapply sunscreen throughout the day
- Cover up by wearing a broad-brimmed hat, long sleeves, and pants when planning to be in the sun for an extended period of time.
- Finding shade under trees, umbrellas, and awnings provides excellent sun protection on warm sunny days.
- Protecting your skin against UV rays on a cloudy day is important, too. Lack of sun does not mean lack of UV rays.
- Avoid tanning beds. UV light in tanning beds puts you at a higher risk for melanoma.
- Check your skin regularly for abnormal moles or other skin abnormalities. If you notice changes, see your doctor to have it checked.

[www.internationaldays.co/event-kids/world-melanoma-day](http://www.internationaldays.co/event-kids/world-melanoma-day)

[www.nationaldaycalendar.com/national-day/national-melanoma-monday-first-monday-in-may#](http://www.nationaldaycalendar.com/national-day/national-melanoma-monday-first-monday-in-may#)



## BROCCOLI SALAD

### INGREDIENTS:

8 cups broccoli florets, chopped  
1/2 cup red onion, finely chopped  
16 oz bacon, cooked and crumbled  
1/2 cup raisins  
1/2 cup shelled sunflower seeds

### CREAMY DRESSING:

1 cup mayo  
2 Tablespoon red wine vinegar  
3 Tablespoon sugar, (honey or sweetener)  
salt and freshly ground black pepper to taste

### INSTRUCTIONS:

1. Place broccoli pieces in a large bowl. Add chopped red onion, crumbled bacon, raisins, and sunflower seeds
2. In a small bowl, mix mayo, red wine vinegar, and sugar (or sweetener). Season with salt and freshly ground pepper and stir well.
3. Add creamy dressing to broccoli salad and toss gently.



  
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**IT'S CRAFTING TIME!**

**Flower Button  
Canvas Art**

**May 16th @ 1:00 PM**

**\$12 Per Person, 10 Spots Available!**

**\*Must Register/ Prepay prior  
to class start date\***

**\$12 fee is non-refundable.**

**Sign Up By May 9th**

Van Matre Senior Center

1101 Spring St. Mountain Home, AR

(870) 424-3054





## ROADMAP TO READY

### Be Aware and Prepared: Creating a Personal Preparedness Plan

Disaster can strike unexpectedly, but with a well-prepared plan, you and your loved ones can remain safe. Follow this step-by-step guide to create your own personal disaster preparedness plan.

1

#### CREATE AN EMERGENCY COMMUNICATION PLAN

1. **Emergency Contacts:** Create a list that includes family members and/or close friends. Make copies for everyone in your household.
2. **Key Contacts:** Include information for medical facilities, doctors, schools, or other service providers.
3. **Out-of-State Contact:** Choose a trusted out-of-state contact. In the event local communication is disrupted, everyone can check in with this person to provide information.

2

#### BUILD AN EMERGENCY KIT

1. **Pack essentials:** In a bag you can carry, collect food that does not spoil, water, medication, and important documents.

3

#### MAKE AN EVACUATION AND SHELTER PLAN

1. **Evacuation Routes:** Plan different ways to leave your home quickly, and choose a place to meet up.
2. **Find Safe Places:** Locate nearby places to go for safety, like a friend's house or a community center.

4

#### ADDRESS UNIQUE OR SPECIAL NEEDS

1. **Medical Needs:** Account for any special medical needs of family members, including prescriptions and medical equipment.
2. **Pets:** Make arrangements for your pets. Have carriers, food, and supplies ready.

5

#### STAY INFORMED

1. **Local Alerts:** Sign up for emergency alerts through radio, TV, or smartphone apps.
2. **Weather Updates:** Keep up to date with weather forecasts and potential warnings.

6

#### PRACTICE AND REVIEW

1. **Practice:** Conduct emergency drills to practice the plan in place.
2. **Review and Update:** Regularly review and update your plan as needs change.

Public Health

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CONTACT ME

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 \$7.00 (tax included)

## May 2024

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

60 years or older

Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
<b>4/29</b>	<b>4/30</b>	<b>1</b>	<b>2</b>	<b>3</b>
CHICKEN FETTUCCHINE SEASONED SPINACH WHEAT BREAD ROSY PEARS	HONEY BAKED HAM GLAZED SWEET POTATOES SEASONED BEETS WHEAT BREAD FROSTED CAKE	FRIED CHICKEN SALAD WHEAT ROLL CHILLED PEACHES	FRIED FISH ON WHEAT BUN MACARONI & CHEESE CREAMY COLESLAW WATERMELON	PEPPER STEAK FLUFFY WHITE RICE ORIENTAL VEGETABLES DINNER ROLL MANDARIN ORANGE FLUFF
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
CHICKEN & NOODLES GREEN PEAS WHEAT ROLL MIXED BERRY COBBLER	TUNA SALAD SANDWICH POTATO CHIPS GARDEN PEA SALAD FRUIT SALAD	MEATLOAF MASHED POTATOES SEASONED GREEN BEANS WHOLE WHEAT ROLL FRUITED GELATIN	HOME STYLE HAM & BEANS MIXED GREENS CORNBREAD HOT SPICED PEACHES	HERBED PORK ROAST PORK GRAVY BAKED SWEET POTATO BROCCOLI FLORETS WHOLE WHEAT ROLL APPLESAUCE
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
HAMBURGER STEAK MASHED POTATOES WILTED CABBAGE WHEAT ROLL APPLE CRISP	DELI STYLE CHEF SALAD WHEAT ROLL APPLE CRISP	CHICKEN CORDON BLEU AU GRATIN POTATOES GREEN BEANS WHEAT BREAD CHILLED PUDDING	BEEF POT ROAST BOILED POTATOES CARROTS & CELERY WHEAT BREAD BROWNIE	BBQ PULLED PORK SANDWICH BROWN BEANS CREAMY COLESLAW MANDARIN ORANGES
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
PORK CARNITAS SPANISH RICE MEXICAN CORN CINNAMON CHURRO APPLESAUCE	SPAGHETTI & MEATSAUCE BROCCOLI FLORETS BREAD STICK CHILLED PINEAPPLE	BEEF STROGANOFF EGG NOODLES GREEN BEANS WHOLE WHEAT ROLL SHERBET FRUIT CUP	BBQ BAKED CHICKEN SEASONED BABY BAKERS CREAMY COLESLAW WHEAT ROLL BANANA PUDDING	CHEF'S CHOICE PULLED PORK NACHOS BAKED BEANS BROWNIE
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>CLOSED FOR MEMORIAL DAY!</b>	FRENCH DIP SANDWICH MIXED VEGETABLES FRUIT CRISP	CHICKEN TENDERS TATER TOTS GREEN BEANS WHEAT ROLL PINEAPPLE UPSIDE DOWN CAKE	CREAM OF POTATO SOUP DELI STYLE CHEF SALAD BREADSTICK ANGEL FOOD CAKE W/ STRAWBERRIES	HAMBURGER ON BUN HOMESTYLE FRIES RELISH PLATE FRUITED GELATIN
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:

For over 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, hot meals, socialization and exercise programs. We are also a source of information and referrals for 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. The agency is governed by a board of directors.

### 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 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.

## SENIOR CENTER SERVICES

7



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 \$7.00. Guests under 60 are welcome to enjoy a meal for only \$7.00. 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.**

## BOOK DRIVE

**Benefitting: Van Matre Senior Center**

**Please donate your gently used books for our  
Summer Book Sale (July 11, 12, 13)**

**We are accepting books through June 28.**

**\*We are not accepting dictionaries  
or encyclopedias\***

**Van Matre Senior Center (at Cooper Park)**

**1101 Spring Street Suite 30~Mtn. Home, AR**

**Mon-Fri 8am-4 pm 870-424-3054**

**Van Matre Senior Center is a 501(c)(3) Nonprofit**



## 8 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. Please contact Roxy Koop at 870-405-2187 for more information. 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:45 Scrabble 12:45 Pinochle	12:45 Crazy Canasta  2nd & 4th Tues: 12:45 Hand/Foot Canasta	12:45 Hand/Foot Canasta  12:45 Mahjong	1:00 Mahjong	12:45 Mahjong  2nd & 4th Fri: 12:45 Dominoes





## 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.



## SENIOR BUS SCHEDULE

### 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.



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# 10 VAN MATRE SENIOR CENTER INFORMATION

## 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.

## AFTER HOURS

At this time the Van Matre Senior Center is not having any after hour events for rentals or Thursday night music.

## 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.



## National Apple Pie Day

National Apple Pie day is observed annually on May 13th.

The first apple pie recipe was in England in 1381. The list of ingredients include *good* apples, *good* spices, figs, raisins, pears, saffron, and coffyn (a type of pastry crust).

While the apple pie existed well before the Pilgrims landed on the eastern shores of what is now the United States, Americans wax poetic about how American apple pie is. The phrase "American as apple pie" has been around for more than 100 years.

Apples were originally brought to North America by European colonists at Jamestown. These settlers brought not only apple seeds but apple tree cuttings, and they made a point of planting them. The only native apple available in North America was the crab apple—a small, sour apple that many of the settlers believed to be of poor quality when compared to the European apple *Malus domestica*.

Teddy Roosevelt was impressed to have a taste of home when he was served an American apple pie while traveling to Africa. Soldiers during World War II were often quoted that they were fighting "for Mom and apple pie." In 1970, advertisers used the patriotic connection with a commercial jingle "Baseball, hot dogs, apple pie, and Chevrolet."

To celebrate Apple Pie Day, share your favorite apple pie recipes. Bake an apple pie for dessert. Another way to celebrate is by giving a shout-out to your favorite apple pie baker.



[www.holidayscalendar.com/event/national-apple-pie-day/](http://www.holidayscalendar.com/event/national-apple-pie-day/)  
[www.nationaldaycalendar.com/national-day/national-apple-pie-day-may-13](http://www.nationaldaycalendar.com/national-day/national-apple-pie-day-may-13)

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."



1. What other name is Memorial Day known by?
2. Memorial Day was originally established to honor fallen soldiers of which war?
3. Which esteemed medal for valor was first created during the Civil War?
4. Who is the only woman to ever be awarded the Medal of Honor?
5. What flower is worn in honor of Memorial Day?
6. Memorial Day is recognized on what day each year?
7. What date in May was Memorial Day originally observed?
8. Where is Arlington National Cemetery located?
9. Who composed the "Star-Spangled Banner"?
10. In what year did observing Memorial Day on the last Monday in May become law?
11. What does the Latin term "Semper Fidelis" mean?
12. How many stripes are on an American flag?
13. How many stars are on an American flag?

Answers:

- |                           |                                       |
|---------------------------|---------------------------------------|
| 1. Decoration Day         | 8. Arlington, Virginia                |
| 2. The civil War          | 9. Francis Scott Key                  |
| 3. The Medal of Honor     | 10. 1971                              |
| 4. Dr. Mary Walker        | 11. Always faithful                   |
| 5. Poppy                  | 12. 13 One for each original colonies |
| 6. The last Monday in May | 13. 50 One for each State in U.S.     |
| 7. May 30                 |                                       |

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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."

## 12 VAN MATRE SENIOR 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, Norfork, Midway, Lakeview, and other areas within Baxter County.

**Total raised as of 4/5/2024 \$ 27,993.57**

***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, Norfork, 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.