



March
VOLUME
2025
Issue 3

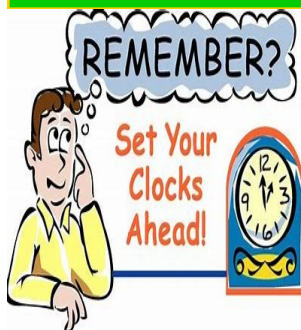


ARKANSAS
community foundation
TWIN LAKES

Open

Monday-Friday
8am-3:30pm
870-425-7585

BAXTER HOUSE ADULT DAY CARE SERVICES



Allergies and Seniors

As spring arrives the pot at the end of the rainbow may hold allergies instead of gold for many seniors.

Seniors who have not experienced allergies previously may find they have suddenly developed them in their elder years.

Whether seniors have been managing allergies for years or are learning to deal with onset allergies, it is important that they have help.

Some aspects of aging, such as memory loss, or reliance on medication, can affect senior's abilities to handle their allergies. Environmental allergies, such as being allergic to mold, can be difficult for seniors to manage, if they have difficulty maintaining a clean home on their own.

Some helpful tips:

Keep a list of allergens for all caregivers.

Include allergies on medical alert tags or other places emergency personnel might look.

Ask medical personnel if allergies and medications might conflict.

Help maintain or hire help to maintain a clean home.

Keep allergens out of the home, including meal ingredients for other family members.

Find allergen free recipes.

For seniors with seasonal allergies, find indoor activities during seasons the senior is most affected.

Know what to do (educate seniors about what to do), if an allergic reaction occurs.

Degeneration of the immune system, organs and other elements of the body are a part of aging. For some seniors, that can mean allergies that once weren't a big deal health wise now result in a constantly runny nose or another more intense symptom. Some medications can also exacerbate symptoms. Don't take senior allergies lightly. Ask the doctor how to best manage allergies.

Let "The Golden Years" be as Gold as possible.

Daylight
Savings Time
begins Sunday,
March 9th
at
2:00 am



Monday, March
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.



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)

March 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
Beef stroganoff w/ noodles Buttered carrots Wheat roll Applesauce	Ham & au gratin potatoes Spinach Wheat roll Banana	Boneless breaded pork chop w/cream gravy Hash brown potatoes Buttered corn Wheat roll Mandarin orange gelatin	Steak fingers w/cream gravy Baked potato Peas & carrots Wheat bread Chilled peaches	Open face hot turkey sandwich Mashed potatoes Green beans White roll Yellow cake w/ chocolate icing
10	11	12	13	15
Chicken pot pie Calif medley vegetables Wheat roll Fresh fruit	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	Pinto beans w/ham Fried potatoes & onions Seasoned greens Wheat bread Fruit medley
17	18	19	20	21
Soft beef taco Texas pinto beans Mixed green salad Fruited gelatin	Chicken & noodles Mashed potatoes Green beans Wheat roll Hot baked peaches	Meatloaf Seasoned roasted potatoes Broccoli & cauliflower Wheat roll Fruit parfait	Beef chopped steak w/Mushroom gravy Roasted potatoes Brussels sprouts Wheat roll Fruit Medley	Tangy ranch chicken Au gratin potatoes Seasoned carrots Wheat roll Cinnamon apples
24	25	26	27	28
Baked cubed steak & gravy New red potatoes Baby lima beans Wheat roll Fruited gelatin	Mushroom chicken Wild rice blend Broccoli florets Wheat roll Mixed berry crisp	Pot roast Parslied potatoes Carrots & celery Wheat roll Cherry angel cake	Fried chicken Mashed potatoes w/ gravy Buttered corn Wheat bread Chilled pudding	French dip sandwich Baked potato chips Mixed vegetables Mandarin oranges
31				
Chicken tenders Macaroni & cheese Baby lima beans Wheat roll Chilled peaches				

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.

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 !

March Wish List

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:

Napkins, toilet paper, or disinfectant wipes.

STAFF AND CLIENTS



Current Endowments

Perry Joe Messick
Mary Ann Cliff

Donations

In Loving Memory

Susie Messick
Gail Brown
Gerald R. Cliff
Larry Ritter
Peggy Saylor



Thanks to Our Volunteers!

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 Cliff
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
Charlotte , the VFW, and American Legion Auxiliary
Our Many Anonymous Donors

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.