

VAN MATRE SENIOR ACTIVITY AND WELLNESS



JUNE 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 To go meals and under 60 is \$8.00. 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@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

COURTNEY WALLACE

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

The gym and gym bathroom will be closed June 2nd through June 6th for painting. Thank you for your understanding.

Van Matre Senior Center

Provider of Meals on Wheels Program

Our center is in need an upright freezer to help store freezer meals for our Meals on Wheels Clients. Our center serves sections of Mountain Home, Gassville, Cotter, Saleville, Norfolk, Midway, Lakeview, and other areas of Baxter County.



Help us reach our goal of \$4,000

2 INFORMATION

AARP DRIVER SAFETY COURSE

August 27, 2025

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.

BEST CHOICE LABELS

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Thank you for your support to
the senior center.



The Senior Center is in need of

LARGE PRINT fiction books

for our library.

If you have any to donate, please
bring them to the Senior Center.

We appreciate your help!



Less butter, more plant oils, longer life?

By Francesca Coltrera, Editor, Harvard Health Blog

According to a Harvard study that was published in *JAMA Internal Medicine*, a higher intake of butter increases mortality risk, while a higher intake of plant-based oils will lower it.

What did the study find about butter versus plant oils?

They compared deaths among those consuming the highest amounts of butter or plant oils with those consuming the least, over a period of up to 33 years. Plant oils won out handily. A 15% higher risk of death was seen among those who ate the most butter compared with those who ate the least. At 16% lower risk of death was seen among those who consumed the highest amount of plant oils compared with those who consumed the least.

Higher butter intake also raised risk for cancer deaths. And higher plant oil intake cut the risk for dying from cancer or cardiovascular disease like stroke or heart attack.

While the study looked at five plant oils, only soybean, canola, and olive oil were linked with survival benefits. Swapping out a small amount of butter in the daily diet—about 10 grams, which is slightly less than a tablespoon—for an equivalent amount of those plant-based oils was linked to fewer deaths and fewer cancer deaths, according to a modeling analysis.

Butter has almost no essential fatty acids and a modest amount of trans fat—the worst type of fat for cardiovascular disease.

By contrast, plant oils highlighted in this study are rich in antioxidants, essential fatty acids, and unsaturated fats, which research has linked to healthier levels of cholesterol and triglycerides and lower insulin resistance.

Especially when substituted for a saturated fat like butter, plant oils may also help lower chronic inflammation within the body.

And for the butter lovers? A little butter occasionally for its flavor would not be a problem. But for better health, use liquid plant oils whenever possible instead of butter for cooking and at the table.

Article was copied from Harvard Health Publishing and shortened due to space constraints. To see the full article, please visit <https://www.health.harvard.edu/blog/less-butter-more-plant-oils-longer-life>.

SERVICES

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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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Book Sale

Van Matre Senior Center ~ 1101 Spring St. ~ Mtn. Home
(behind city pool at Cooper Park)

Wednesday, June 18 8:30 am ~ 3:30 pm

Thursday, June 19 8:30 am ~ 3:30 pm

Friday, June 20 8:30 am ~ 1:30 pm

(remaining books will be discounted on Friday)

Books are \$3 or less
(unless a set is priced otherwise)

All proceeds will benefit the Meals on Wheels program.
Van Matre is a 501(c)(3) nonprofit organization.





Marshmallow Fruit Salad

Ingredients:

- 1 11 oz can mandarin oranges, drained
- 1 14 oz can pineapple tidbits, drained
- 1 15 oz can fruit cocktail, drained
- 1/2 Cup halved grapes
- 1/2 Cup chopped pecans (optional)
- 3 Cups mini marshmallows
- 1/2 Cup sour cream

1 1/2 Cups thawed whipped topping

Instructions:

1. In a large bowl, mix the fruit then stir in the marshmallows and pecans
2. In a small bowl fold together the sour cream and whipped topping, then fold into the fruit salad
3. Cover and refrigerate at least 4 hours before serving

Nutrition Facts

Calories: 222kcal | Carbohydrates: 38g | Protein: 2g | Fat: 9g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 4g | Cholesterol: 10mg | Sodium: 41mg | Potassium: 193mg | Fiber: 2g | Sugar: 30g | Vitamin A: 278IU | Vitamin C: 7mg | Calcium: 49mg | Iron: 1mg



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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)

June 2025

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
Pineapple chicken Fried rice Stir fry vegetable blend Fruit	Salisbury steak with Peppers Potatoes Herbed zucchini Wheat dinner roll Rosy apple slices	Turkey Dressing Brussels Sprouts Wheat dinner roll Fruit	French dip sandwich Cheesy potatoes Green peas Wheat dinner roll Pie	Lasagna with Meat sauce Italian vegetable blend Breadstick Ice cream
9	10	11	12	13
Swedish meatballs Noodles Broccoli florets Wheat dinner roll Blushing pears	Cheese Enchiladas Fiesta rice Salad Fruit	Mushroom Swiss Hamburger Lettuce & tomato Tater tots Ice cream	Sweet & sour pork Steamed rice Asian vegetable blend Roll Gelatin	Breaded fish filet Tartar sauce French fries Vegetable salad Wheat dinner roll Pound cake
16	17	18	19	20
Pork cutlet Parslied potatoes Peas & mushrooms Roll Angel food cake	Stuffed peppers Corn Roll Fruit	Chicken Parmesan basil Orzo Carrots Roll Pears	Chicken & dumplings Mashed potatoes Green beans Roll Fruit	French beef sandwich Fries Sauteed peppers & onions Pudding
23	24	25	26	27
Ham steak Cream cheese corn Brussels sprouts medley Wheat dinner roll Chocolate pudding	Chicken Cornbread dressing Spinach Roll Fruit	Meatloaf Roasted potatoes Broccoli Wheat dinner roll Mandarin oranges	Crispy chicken salad Marinated cucumber Salad Wheat dinner roll Cookie	Breaded shrimp Macaroni & Cheese Broccoli Florets Wheat dinner roll Fruit
30	<h3>Emergency Kit Checklist</h3> <ul style="list-style-type: none"> • First Aid Kit • Flat Tire Repair Kit • Jumper Cables • Multi-Function Tool • Non-perishable Food • Flashlight or Headlight • Emergency Water • Emergency Blanket 			
Lasagna with Meat sauce Italian vegetable blend Breadstick Ice cream				

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.

We Respect You.

Please Respect Our Staff.



Attacking a healthcare worker is a FELONY

*Arkansas Code Annotated § 5-13-202

Act 323 requires posting of a written notice that attacking a healthcare professional is a felony.
Posters available from Arkansas Department of Health and Arkansas Department of Human Services, and
Arkansas Nurses Association at anna.org/advocacy



Contest rules:

- Open to seniors 60+ years
- Submit an original, unpublished poem of any type
 - Maximum 20 lines
- May be typed or handwritten (legibly)

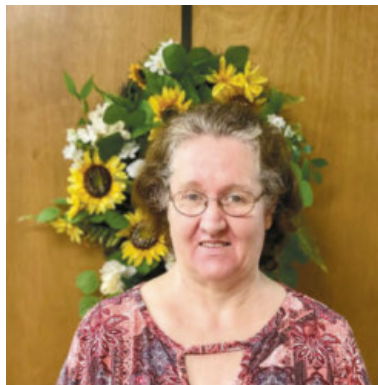
Submit your entry by Friday, June 6

by one of the following methods:

- Turn in to the office or mail to
1101 Spring St ~ Mtn. Home ~ 72653
- Email to cwallace@aaanwar.org

Meals on Wheels clients may email,
mail or give to their driver.

1st & 2nd place winners of the contest will receive a gift card,
& their poems will be featured in our July newsletter. Please
include your phone number so we can contact you if you win.



We are happy to announce Ernestine Higgins has been selected as our new full-time kitchen assistant, at the Van Matre Senior Center. We are so happy to have her join our team.

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. 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.

VIDEO EXERCISE CLASS

TUESDAY

10:00 AM -11:00 AM

Video-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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:45 Scrabble	12:45 Crazy Canasta	12:45 Hand/Foot Canasta	1:00 Mahjong	12:45 Mahjong
	12:45 Pinochle	Last Wed 1:00 VIP		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.



©LPI

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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CRAFT TIME

**New Craft Project
Coming Your Way
In June.
Join us!**



Pretty Little Flower Box

June 26th @ 1:00 pm

Sign up now. Only 8 spots available.

10.00 per person paid at signup.

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.
- 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
\$85,000
Together We Can!**



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

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Van Matre Senior Activity and Wellness Center

D 4C 01-1494

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 5/6/2025 \$6,387.01

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, 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.