

# VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



## OCTOBER 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](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

#### **ROBYN SNYDER**

Director  
870-424-3054  
1-888-605-5570 Fax  
[rsnyder@aaanwar.org](mailto:rsnyder@aaanwar.org)

#### **SANDRA FARRIS**

Program Assistant  
[sfarris@aaanwar.org](mailto:sfarris@aaanwar.org)

**Please come join us for**

**Thanksgiving lunch**

**11-6-2025**

**11:00 AM to 12:30 PM**

**Turkey served with mashed potatoes and gravy.**

**Sides: stuffing, green bean casserole,  
cranberry sauce, roll and pie.**

**Christmas lunch**

**12-11-2025**

**11:00 AM to 12:00 PM**

**Ham served with pineapple and  
sweet potatoes.**

**Sides: green beans, roll and pie.**

## 2 INFORMATION

### AARP DRIVER SAFETY COURSE

**October 29, 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.



## 10 October is World Mental Health Day

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

### Talking about your mental health

#### 1. Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

#### 2. Think about the best place to talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose

somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

#### 3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understood at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practice self-care.

### Talking to someone about their mental health

#### 1. Find a good space to talk without distractions

If you're worried about someone, try to find a place where you know you can have a conversation without being distracted. Make sure to give them your full attention. It might help to switch off your phone.

#### 2. Listen and ask questions

Listening can be one of the most valuable ways to be there for someone. Show them that you're actively listening by facing them, making eye contact, and not interrupting. Questions can help you clarify what they mean and show that you're actively listening. But make sure the questions are relevant to what they're saying and not changing the subject.

#### 3. Ask how you can help

Ask how you can help or make suggestions, rather than telling them what to do next. They might want support with making a doctor's appointment, help around the house, or just for you to keep things normal and chat about what's going on in your life.

### Get help

If you are concerned that you are developing a mental health problem, you should seek the advice and support of your doctor as a matter of priority. If you are thinking about ending your life, please call the National Suicide Prevention Lifeline at 1-800-273-8255. These are teams of mental health care professionals who work with people in severe distress.



# SERVICES

3

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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OCTOBER EDITION

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## COSTUME RAFFLE

Enter into the costume raffle with a \$1.00 donation.

Everyone who enters into the raffle will need to be at the  
Senior Center on October 31st by 10:45 AM.

To enter the raffle you must be wearing a Halloween costume.

One lucky winner gets a prize!

Raffle drawing and winner will be announced during lunch time.

We are excited to see your Halloween costumes!

All Proceeds go to the Meals on Wheels Program.

## EMPLOYEE PUMPKIN DECORATING CONTEST!!

- You will be the judges.
- Please come in to vote for your favorite pumpkin by putting a dollar in their designated jars.
- Judging will begin October 27th and go until October 31st.

*All Proceeds go to the Meals on Wheels Program.*





## **Bean and Kielbasa Soup**

1 Tbs. Butter  
 1 medium onion—diced  
 1 15 oz. can Navy beans  
 (all beans should be rinsed & drained)  
 1 15 oz. can diced fire-roasted tomatoes (undrained)

1 Cup diced green pepper  
 Salt and Pepper to taste  
 Will serve 4-6

16 oz. Kielbasa—sliced thin  
 1 15 oz. can Pinto beans  
 1 15 oz. can Kidney beans  
 1 or 2 Tbsp. minced garlic  
 6 Cups low sodium chicken broth

### **Directions:**

In heavy pot or Dutch oven melt butter over medium heat.

Add Kielbasa and cook 5-7 minutes until slightly crispy.

Remove to plate with slotted spoon.

Add onion, peppers, garlic and salt and pepper to pot.

Cook in drippings for about 5 minutes.

Add the Kielbasa back to pot along with beans, tomatoes, and broth.

Bring soup to a boil then reduce heat and simmer at least 30 minutes to combine flavors.

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 MOUNTAIN HOME, AR  
 (870) 232-0320



# 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)

## October 2025

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

60 years or older

Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
		1	2	3
		Turkey Sweet potatoes Spinach Roll Cookie	Chicken Salad Potato salad Breadstick Cake	Mushroom Swiss Hamburger Lettuce & tomato Tater Tots Ice cream
6	7	8	9	10
Bratwurst links Romanoff noodles Sauteed peppers & onions Roll Cake	Salisbury steak Au gratin potatoes Prince Edward vegetables Roll Pudding	Cream of Broccoli soup Crackers Turkey & cheese sandwich Mixed vegetables Fruit	Chicken Mushroom rice Broccoli florets Roll Fruit	Beef Chili w/beans Baked potato Salad Roll Fruit
13	14	15	16	17
Chicken w/gravy Dressing Mixed vegetables Roll Blushing pears	Tuna noodle casserole Green peas Roll Cookie	Pork chop Parslied potatoes Orange Beets Roll Cake	Cheese Pasta Italian vegetable blend Roll Fruit	BBQ Pork Corn casserole Brussels Sprouts Medley Roll Fruit
20	21	22	23	24
Sliced ham Mac & cheese Cabbage Roll Fruit	Tuna Salad sandwich Crispy waffle fries Carrots Spiced apricots	Meatloaf Roasted red potatoes Capri vegetable blend Roll Cake	Beef stroganoff Egg noodles Peas & mushrooms Roll Diced apples	Fried chicken strips Mashed potatoes casserole Spinach Cornbread Cobbler
27	28	29	30	31
Baked chicken Mashed potatoes Green peas Roll Fruit	Vegetable lasagna Salad Roll Cake	Turkey Mashed cauliflower Green beans Roll Fruit	Pork loin Potatoes Cabbage Roll Fruit	Fried chicken steak Mashed potatoes w/ gravy Mixed vegetables Roll Muffin

**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. 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](http://anna.org/advocacy)

## Winter Weather

### Winter Storm Warning

Issued when hazardous winter weather in heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

### Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually released 12 to 48 hours before the beginning of a Winter Storm.

### Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle and sleet which will cause significant inconveniences and if caution is not exercised, could lead to life-threatening situations.

### Know Your Risk for Winter Storms

Pay attention to weather reports and warnings of freezing weather and winter storms. Listen to emergency information and alerts. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

### Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and assess smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the Low-Income Home Energy Assistance Program (LIHEAP) for help.

### In Case of Emergency

Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.

Frostbite causes loss of feeling and color around the face, fingers, and toes.

Signs: Numbness, white or grayish-yellow skin, firm, or waxy skin.

Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness.

Actions: Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

<https://www.ready.gov/winter-weather>

# 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, Bow flex 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 Pinochle	12:45 Hand/Foot Canasta	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.

**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. When making your reservation, please include your destination. Should your destination change, please call the office 24 hours prior to your ride. Changing at the last minute could affect other clients appointments. Additional stops must be requested at the time of the reservation and a suggested \$3 for each additional stop. 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.



# SUPPORT THE ADVERTISERS that Support our Community!

# october word search

F F H B S L K C X D Y R Y Z P U M P K I N T G M  
 G A D X K P U C A M Z R R K X N I J A E D D T L  
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trick or treat  
 witch craft  
 cobwebs  
 potions  
 fright  
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 spell  
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frankenstein  
 candy corn  
 costume  
 pumpkin  
 goblin  
 broom  
 witch  
 bat

supernatural  
 werewolves  
 lantern  
 vampire  
 scream  
 eerie  
 fall  
 boo

apple cider  
 graveyard  
 monster  
 zombies  
 spooky  
 ghost  
 jinx  
 hex

hocus pocus  
 skeleton  
 october  
 coffin  
 wicked  
 haunt  
 mask



# 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](http://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



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and how it's reflected in everything we do."**



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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, Norfolk, 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."**

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, Norfolk, 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.