

**September 2024**

**Palmer Senior Citizen's Center  
Inc. dba Mat-Su Senior Services**

**1132 S Chugach St. Palmer Alaska 99645  
Phone (907) 745-5454 Fax (907) 746-5173**

**Monday thru Friday, 8:00 am to 5:00 pm**

# Senior Monthly Chatter



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## **Core Values**

**Respect | Trust | Independence  
Security | Compassion | Unity**

### **Mission Statement**

Mat-Su Senior Services' primary mission is to promote honor, dignity, security, and independence for older Alaskans and to assist them in maintaining meaningful, quality lives.

Our clients include older Alaskans, individuals with Alzheimer's Disease or related disorders, and anyone of any age on the Home and Community Based Medicaid Waiver Program.

## Giant State, Giant Veggies

September 2nd marks the end of the yearly Alaska State Fair. The Alaskan State Fair has been a longtime showcase of giant vegetables, thanks to Alaska's extra hours of midnight sun. Currently, Alaska holds the worldwide record for the 138.25lb Green Cabbage grown by Scott Robb of Palmer in 2012, and the 96.95lb Kohlrabi also grown by Scott Robb of Palmer in 2006!



**CLOSED**

**9/2/2024  
Labor Day**



# Our Services

Home-Delivered Meals.....Call-in by 9:00 a.m., Monday - Friday  
 Commodities.....Monday, Tuesday, Thursday, Friday, 11:30 a.m. - 12:00 p.m.  
 Adult Day Services.....Monday thru Friday 7:00 a.m. - 4:30 p.m.  
 Chore & Respite Services.....Call the center for details  
 Notary Services.....Traveling Notary available.  
 Volunteer Opportunities.....Call 907-745-5454  
 55+ Senior Housing.....Chugach and Colony Estates. Call 907-761-5001  
 Transportation.....Medical Appointments Only

## Board of Directors

President.....Tom Schulman

Vice President.....Dora Wheeler

Secretary.....Elda McCraw

Treasurer.....Russ Ingram

Director.....Meg Smith

Director.....Philip Munger

Director.....Vacant

Director.....Vacant

Director.....Vacant

## Recommended

### Donations

Home-Delivered Meals: \$6.50

Transportation:

Palmer, round trip: \$5

Wasilla, one way: \$8



United Way of Mat-Su



This institution is an equal opportunity provider.

## DEPARTMENT MANAGERS

CEO.....Tim Pettit

COO/HR.....Beth Westland

HR CONSULTANT.....Kirk Henke

CONTROLLER.....Phillip Quinn

Chore & Respite Programs....Lisa Mecham

Kitchen/Food Services.....Yossi Assis

*Mat-Su Senior Services is an equal opportunity employer and provider.*



# 2024 Senior Farmer's Market Nutrition Program

**Coupons  
Available!  
July 1st –  
September 30th  
(or until out)**

**Mon – Fri  
10AM – 1PM**

**Upstairs in Admin**

*For Zipcodes  
99645 99674*

**Volunteer  
Fundraising  
Chairperson  
Needed!**

**If you or someone you know would  
be interested in learning more  
about volunteering for this  
position, please reach out!**

Contact 907-745-5454  
or Email

[matsuadministrative@matsuseniors.com](mailto:matsuadministrative@matsuseniors.com)

**Volunteers Needed in  
the Gift Shop!**

Gift Shop hours are currently  
11AM - 2PM Monday through Friday.

We are in need of people to  
volunteer their time for at least one  
to two days a week for one to three  
hours.

If interested please call 907-745-5454  
or email  
[matsuadministrative@matsuseniors.com](mailto:matsuadministrative@matsuseniors.com)



# September Activities

## 1st Tuesday Book Club

**Tuesday, September 3rd at 10 AM**

Meeting in the Golden Heart Lounge on the 2nd floor.

## Game Day

**Wednesdays from 12 PM - 4PM**

Pinochle, Card Games & More! Located upstairs in the Golden Heart Room.

## A New You

**Every Wednesday at 10 AM**

Located in the Fitness Studio.  
Instructed by Toni Truesdell.

## Knit-Along

**Every Thursday at 10 AM**

Weekly gathering of knitting and crocheting.  
Located in the Golden Heart Room.

## Bingo (Blackout Bingo This Month!)

**Thursdays, September 12th & 19th at 1 PM**

Must be 19 years old to play. Located in the dining room. Final game of the day's payout is \$100.

## Living with Vision Loss

**Thursday, September 19th at 1PM**

Hosted by Jacque Olsen from the Alaska Center of the Blind and Visually Impaired. In the activities room unless noted otherwise.

## Board of Directors Meeting

**Monday, September 9th at 10 AM**

Monday prior to the monthly membership meeting.  
Located in the second floor conference room.

## Membership Meeting

**Wednesday, September 11th at 11:30 AM**

Every second Wednesday of the month.  
Located in the dining room.

## Coffee Chit-Chat

**Friday, September 27th at 10 AM**

Located in the dining room.

## Memoir Writing

**Mondays**

**12:30 PM - 1:30 PM**

*On Hiatus.*

## Commodities

**Monday, Tuesday, Thursday and Friday**

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

Food donations available for pick-up. Located in the dining room.

## Palmer Police Dept. Presentation : Fraud

**Thursday, September 5th at 11 AM**

in the dining room. Slideshow on Fraud

## Fall Prevention Program

**Monday, September 23rd at 11 AM**

Presentation on fall prevention provided by Enhabit Home Health.

## Quilting

**Mondays 10 AM - 4:30 PM**

Located in the activities room.  
Bring your own machine.

## Estate Planning Workshop

**Tuesday, September 10th  
from 9:30 AM to 4:30 PM**

Law Office of Constance A. Aschenbrenner hosting a free workshop. Appointments can be scheduled at 907-334-9200.

## Senior Strength

**Every Monday & Friday at 10 AM**

Located in the Fitness Studio, using an exercise video by Craig Willis.



## Shufflin' Country Dance Lesson

**Thursday, September 12th at 3:30 PM**  
All levels of learning welcome! Located in the Fitness Studio.

## Tai Chi

**Every Tuesday at 9:30 AM**  
Located in the fitness studio on the bottom floor. Participants follow videos.

## Spanish Group

**Every Tuesday at 10:30 AM**  
Conversational Spanish group. Located in the activities room unless noted otherwise.

## Watercolor Art Class














**Friday, September 13th 12 PM - 3 PM**  
All skill levels welcome.  
In the activities room. Materials provided.

## Strong Women

**Every Monday, Wednesday & Friday from 11 AM - 12 PM**  
Located in the fitness studio on the bottom floor.

## Wills Clinic : AK Legal Services

**Thursday, September 26th from 10 AM - 3:30 PM**  
Wills clinic provided by AK Legal Services. Located in the Activity Room.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCCURRING WEEKLY				
10AM SENIOR STRENGTH  10AM - 4:30PM QUILTING  11AM - 12PM STRONG WOMEN  11:30AM - 12PM COMMODITIES	9:30AM TAI-CHI  10:30AM SPANISH GROUP  11:30AM - 12PM COMMODITIES	10AM A NEW YOU  11AM - 12PM STRONG WOMEN  12PM - 4PM GAME DAY	10AM KNIT ALONG  11:30AM - 12PM COMMODITIES 	10AM SENIOR STRENGTH  11AM - 12PM STRONG WOMEN  11:30AM - 12PM COMMODITIES
9/2  <b>CLOSED LABOR DAY</b>	9/3  10AM BOOK CLUB	9/4 	9/5  11AM PALMER POLICE DEPT. PRESENTATION	9/6 
9/9  10AM BOARD MEETING	9/10  9:30AM - 4PM ESTATE PLANNING 	9/11  11:30AM MEMBERSHIP MEETING	9/12  1PM BINGO  3:30PM SHUFFLIN' COUNTRY DANCE LESSON	9/13  12PM - 3PM WATERCOLOR ART 
9/16 	9/17 	9/18 	9/19  1PM BINGO  1PM LIVING WITH VISION LOSS	9/20 
9/23  11AM FALL PREVENTION PRESENTATION	9/24 	9/25 	9/26  10AM - 3:30PM WILLS CLINIC AK LEGAL SERVICES	9/27  10AM COFFEE CHIT-CHAT
9/30				



# BLACKOUT BINGO

# \$100 PAYOUT!

*for the blackout game only*

Blackout game is  
last game of the day

**September 12th  
September 19th  
at 1pm**

# \$5

***Per Packet***

*Must be 19 years old to play*

## ***Board of Directors Position Vacant***

Positions on the Board of Directors are open and new Directors need to be appointed by the Board.

Please contact a board member if you would be interested in serving on the Board.

We have an active Board of Directors who are passionate about our mission and committed to provide strategic leadership, financial support, and fiduciary governance for our organization. The purpose and basic responsibilities of the MSSS Board are described on page three of the application. Board meetings are the Monday, before the Membership meetings held on the second Wednesday, each month at the MSSS Headquarters building in the second floor conference room. In addition to attending the monthly Board meetings, Board members are expected to actively participate in at least one Board committee, attend an annual Board retreat, support fundraising activities, make annual personal financial donations, and advocate on behalf of the organization in the community.

**If you are interested, contact a member of the Board of Directors.**



# Happy Birthday

GINA A.  
WILDA B.  
ARLENE B.  
DELORES B.  
KATHRYN C.  
CHARLENE C.  
NORMA C.  
MICHAEL C.  
DONNA E.  
JEANNE E.

ROXANNE H.  
MARY J.  
EDWARD K.  
ROSS K.  
JOHN K.  
JANE M.  
DAVID M.  
DENNIS O.  
MARY O.  
WILETTA S.

EUGENE S.  
BONNIE T.  
DEJUAN T.  
JANYCE W.  
WILLIAM Y.  
KIT Y.



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[facebook.com/matsuseniorsofficial](https://facebook.com/matsuseniorsofficial)

Senior Citizens Center Inc. dba Mat-Su Senior



# A Letter from Board Member

## Russ Ingram



In Maryland my wife Glenda and I always planted a small garden. I love tomatoes. Usually 4-5 plants. Plus, some pepper plants. Glenda planted Morning Glories. They would usually take over the garden, but I didn't have the heart to weed them out, because in their one little corner of my yard they were more beautiful than the taste of the tomatoes.

As I travel in Alaska I am amazed at the variety of gardens that I see. Big, Small or Medium. We can all have thriving gardens. We can all be gardeners. We can all dabble in the dirt. We can prepare a beautiful garden. As Summer comes to a close, let me tell you about the year-round garden I have in mind:

HERE IS HOW TO PLANT A THRIVING, PRODUCTIVE GARDEN, ONE THAT YOU WILL WANT TO GROW:

FIRST: Plant five rows of peas

Preparation

Promptness

Perseverance

Praise

Politeness

SECOND: Plant five rows of lettuce

Let us be faithful

Let us be obedient

Let us be service oriented

Let us love those around us.

THIRD: Plant three rows of squash

Squash impatience

Squash procrastination

Squash indifference



AND - TO COMPLETE YOUR GARDEN:

You gotta have turnips!

Plant four rows of turnips

Turn up for your meetings

Turn up with a smile on your face

Turn up with a renewed love of your fellow man

Turn up and lend a helping hand

BUT WITHOUT MANY HOURS OF WORK AND CARE, YOUR GARDEN WILL NOT GROW

Don't wait to be reminded — Start Now!

Don't say "I can't" — Just Do It!

Don't wait for someone else — Be first!

REMEMBER - WITHOUT HARD WORK AND DILIGENCE, YOUR GARDEN WILL NOT THRIVE.

SOOOOO:

Say your prayers - ask to be guided to those in need and seeking the truth.

Be thankful every day for the privilege of being alive and part of the world.

And oh yes,

Smile a big smile as you work that garden.





## **Starting October 1st. You can enroll for 2025 Annual Membership!**

Membership for one year is \$24 and is also tax deductible! Lifetime memberships are also available and cost varies by age. If you enroll as a member of the Palmer Senior Citizen's Center, you are a part of something great. Your enrollment gives you access to our monthly newsletter sent to your mailbox or email address, voting rights at membership meetings, and enables you to apply for the Board of Directors. Being a member also means, .. being a member! You stand for supporting and being involved with senior citizens in the valley, including a communal place where seniors can come and engage in activities with other senior Alaskans. We have a library, billiards room, exercise room and workout studio on the basement level. If you want to read a book, play pool, get some steps in, or attend a guided strength building workshop, we invite you to come and see what we're all about! Our main floor boasts our beautifully windowed dining room, gift shop, and activity rooms. Come chat with friends, have a cup of hot coffee, shop for friends -or yourself-, or attend an activity of your interest. The top floor has many offices of warm and friendly faces who are always happy to help with questions. Just around the corner from the elevator is the Golden Heart Lounge, where computers, tables, televisions with comfortable chairs, and a wii gaming system are set up for anyone's use! Pick a puzzle, board game, audio book or movie from the shelf and take some quality time for yourself or with friends.

Being a member of the Palmer Senior Citizen's Center is about seniors helping seniors. Members are part of all facets of their community. In this age, more than ever, connection is a foundation important to our overall wellbeing. The center is open from eight in the morning until five in the evening, but time is no matter when it comes to being a member. Being a member is a badge of honor, something worn to say you are involved, quietly or loudly. Palmer Senior Citizen's Center Incorporated doing business as Mat-Su Senior Services is a short drive down South Chugach Street, and is in dire need of more helping hands to bring life and love to seniors in need. If you want to become a member, or volunteer and learn about what it means to help senior citizen's quietly or loudly, stop by the administrative office for an application. Applications are also available on our website. If you have questions about being a member or volunteer at the Palmer Senior Citizen's Center, call  
Mat-Su Senior Services at 907-745-5454.



# ***March in and See all that's New at the Gift Shop!***

We are proud to introduce a limited line of Moissanite jewelry to the gift shop's fine jewelry collection. Moissanite is a naturally occurring stone that look so much like diamond, that jewelers are often fooled by it. Unlike cubic zirconia, which is quite fragile and meant only for costume jewelry, moissanite is as durable as diamond and nearly as hard. It was discovered by French chemist Henri Moissan in the late 1800's, hence the name. It is currently used only in fine jewelry and though it looks like a diamond, its price is significantly lower. Come by and check it out at greatly reduced introductory prices.



Check out the many new aprons that have just arrived from Sharon Blades Originals. These multi-themed colorful creations come in both the hostess design, covered with numerous pockets for all sorts of goodies, and the kuspuk design in traditional Alaskan prints. Blades has also added padded writing kits to her offerings, a great gift for those who enjoy letter writing.



The gift shop is fast becoming the go-to place for fine woolen yarns of all types including musk ox, merino, alpaca, cashmere, and other specialty yarns. This week we have added a wide selection of Mountain Meadow woolen yarns that must be felt and see to be appreciated.



Laura Pennick of Krafts with Kare recently dropped by with a huge basket of baby gifts in beautiful child friendly fabrics and bright playful colors. From hooded bath towels to burpers and changing pads, a great selection of build-a-gift baby products have joined the line up in the children's department of the gift shop.



Franki Hillman is an entrepreneur with some great ideas and even better products which she has shared with the gift shop. Stop by to see her plant jewelry designed to perk up any planter in your home. She also features hair sticks festooned with sparkling crystals in a variety of colors, and nail manicure sticks-each unique and each a labor of love.

Drop by and see us soon!

**10** ***We are open 11 am to 2 pm Monday through Friday.***



# Come See Our Library!



If you stop by our center, feel free to check out a book!  
Books are loaned on the honor system.  
Our library is located on the basement level, accessible by elevator or stairs.



## RESOURCES

Questions about resources that may be available to you.



**ADRC**  
**(Links Resource Center)**  
907-376-3632



**Connect Mat-Su**  
Local support for local needs

**Connect Mat-Su**  
907-373-2628

**Support for Caregivers and their Loved Ones who experience ADRD**



**Alzheimer's Resource of Alaska**

**Alzheimers Resource of Alaska (Wasilla Location)**

907-746-3413

*Support for Alaskans affected by Alzheimers disease and related dementias.*

**Durable Medical Equipment Lending**



**ACE Lending Closet**  
907-232-4848



**Valley Charities & Turn a Leaf**  
907-521-1908





Palmer Senior Citizen's Center, INC. dba  
**MAT-SU SENIOR**  
SERVICES

1132 S. Chugach Street  
Palmer, AK 99645

RETURN SERVICE REQUESTED



Are you over 50?  
If so, YOU can be a member!

Our next Membership Meeting is  
Wednesday, September 11th,  
at 11:30am.