

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.

Seward's Day is an Alaskan state holiday commemorating the signing of the treaty between the United States and Russia.

The treaty was signed on
March 30, 1867.

Alaska was purchased for \$7.2 million dollars on August 1st, 1868.

CLOSED
3/25/2024
Seward's Day

Our Services

- Home-Delivered Meals.....Call-in by 9:00 a.m., Monday - Friday
- Commodities.....Monday thru 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 Cassandra 907-761-5045
- 55+ Senior Housing.....Chugach and Colony Estates. Call 907-761-5001
- Transportation.....Medical Appointments Only

Board of Directors

- | | |
|---------------------------|---------------------------------|
| President.....Russ Ingram | Vice President.....Dora Wheeler |
| Secretary.....Elda McCraw | Treasurer.....Ginger Sweeney |
| Director.....Linda Combs | Director.....Merle Beeter |
| Director.....Tom Schulman | Director.....Vacant |
| Director.....Meg Smith | |

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
- ACCOUNTING.....Heather Grato
- Adult Day Services...Christopher Koops
- Chore/Respite Services.....Lisa Mecham
- Kitchen/Food Services.....Yossi Assis

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



We deeply appreciate the dedication and compassion shown by both our new and current volunteers at the senior center. Your selfless commitment to supporting our elderly community does not go unnoticed. Your kindness and generosity bring joy and comfort to those in need. Thank you for your invaluable contributions and for making a positive difference in the lives of our seniors. To those considering joining our volunteer team, we warmly welcome you. We invite everyone to experience the joy of giving back by volunteering with us. Together, we can create positive change and enrich the lives of those around us.

Volunteers are still needed for:

- **Bingo / Split the Pot Floor Personnel**
 - Enthusiastically assist with calling back & verifying winners

If you are interested in volunteering, please contact the
Volunteer & Activities Coordinator

by phone
907-761-5045
or by email

cassandrap@matsuseniors.com



MARCH Activities

1st Tuesday Book Club

Tuesday, March 5th at 10 AM

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

ADRC Presentation

Tuesday, March 19th 9:30 AM - 11:30 AM

Workshop hosted by the Law Office of Constance A. Aschenbrenner. In the activities room.

A New You

Every Wednesday at 10 AM

Located in the Fitness Studio. Instructed by Toni Truesdell.

Art Class : Watercolor

Friday, March 8th 12 PM - 3 PM

Beginners welcome and encouraged! Supplies are provided. In the activities room.

Bingo (Blackout Bingo This Month!)

Thursdays, March 14th & 28th at 1 PM

Must be 19 years old to play. Located in the dining room. Final game of the day's payout is \$75.

Blood Pressure Clinic

Wednesday, March 6th at 10 AM

Clinic provided by Enhabit Home Health & Hospice. Cards will be presented with blood pressure reading.

Board of Directors Meeting

Monday, March 11th at 10 AM

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

Coffee Chit-Chat

Friday, March 8th at 10 AM

Located in the dining room.

Commodities

**Monday thru Friday
11:30 AM - 12:00 PM**

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

Fall Prevention Class

Thursday, March 7th at 10 AM

Class provided by Enhabit Home Health & Hospice.

Knit-Along

Every Thursday at 10 AM

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

Living with Vision Loss

Thursday, March 21st at 1PM

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

Mattboard Art Project

Every Wednesday at 12:30 PM

Located in the activities room. Crafting book related art projects.

Membership Meeting

Wednesday, March 13th at 11:30 AM

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

Memoir Writing

**Monday, March 11th & 25th
12:30 PM - 1:30 PM**

Writing workshop on the 2nd and 4th Monday of the month. Hosted by Marilyn Bennett in the activities room.

Move, Dance, Laugh

Every Friday at 3 PM

Located in the Fitness Studio. Hosted by Kay Slack.

Pinochle

Every Wednesday 11 AM - 4 PM

Located in the Golden Heart Lounge. Sign up sheet available to connect with players.

Senior Strength

Every Monday & Friday at 10 AM

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

Spanish Group

Every Tuesday at 10:30 AM

Conversational Spanish group. Located in the activities room unless noted otherwise.

Tai Chi

Every Tuesday at 9:30 AM

Located in the fitness studio on the bottom floor. Participants follow videos.

Strong Women

Every Monday, Wednesday & Friday at 10 AM

Located in the fitness studio on the bottom floor.

Young at Heart Art

Every Tuesday at 1 PM

Located in the dining room. Instructed by Taylor York

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCcurring WEEKLY				
10AM SENIOR STRENGTH 11AM - 12PM STRONG WOMEN 11:30AM - 12PM COMMODITIES	9:30AM TAI-CHI 10:30AM SPANISH GROUP 11:30AM - 12PM COMMODITIES 1PM YOUNG AT HEART ART	10AM A NEW YOU 11AM - 12PM STRONG WOMEN 11AM - 4PM PINOCHLE 11:30AM - 12PM COMMODITIES 12:30PM MATTBOARD ART PROJECT	10AM KNIT ALONG 11:30AM - 12PM COMMODITIES	10AM SENIOR STRENGTH 11AM - 12PM STRONG WOMEN 11:30AM - 12PM COMMODITIES 3PM MOVE, DANCE, LAUGH
				3/1
3/4	3/5 10AM BOOK CLUB	3/6 11AM - 12:30PM BLOOD PRESSURE CLINIC	3/7 10:30AM FALL PREVENTION CLASS	3/8 10AM COFFEE CHIT-CHAT 12PM - 3PM ART CLASS : WATERCOLOR
3/11 10AM BOARD MEETING 12:30PM MEMOIR WRITING	3/12	3/13 11:30AM MEMBERSHIP MEETING	3/14 1PM BINGO	3/15
3/18	3/19 10:30AM ADRC PRESENTATION	3/20	3/21 1PM LIVING WITH VISION LOSS 1PM BINGO	3/22
3/25 CLOSED SEWARDS DAY	3/26	3/27	3/28	3/29

Thank you to
Umialik Insurance for
kindness cards for
our seniors.



UMIALIK
INSURANCE COMPANY
Peace of mind. Made in Alaska.®

AARP Foundation
Tax-Aide

*Appointments are held at
several locations in the
Mat-Su Valley.*

*Call 211 or
1-800-478-2221 to
schedule an appointment.*

Director of the Board Position Vacant

Seat 4 has become vacant and a new Director needs 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 providing 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 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.

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

A Letter from Board Member

Linda Combs



I know many of you and look forward to having the opportunity to meet many more of our members. My name is Linda Combs, and I am currently serving on the Board of Director's as the immediate Past President because I served as President of the Board for the two years prior to the current one.

Most folks think that it is too soon to be celebrating Spring because March in Alaska can still look like winter on numerous days. However, by the time this letter is published, and you are reading it, I hope you will be thinking like I do that it is time to think of it as a time to "Spring into Action!" A wonderful time to begin to put into action the latest ideas and plans that have been presented to you or that you would like to see put into place. Hopefully, those new plans will include a resolve to help us, the Board of Directors, bring more members and programs to our wonderful senior center.

A fantastic way to start such a resolve would be to share with others that you know and encounter, information about the center and urge them to become members as well. There have been many changes over the past several years out of necessity but the core mission at our center has never changed and we are so fortunate to have a dedicated staff and a terrific board of directors working hard to make sure our center is a vibrant community family we all can be proud of and love.

I urge you to take this occasion to "Spring into Actions," reflecting on just how you as a member of the Palmer Senior Center can share your experiences with the center to friends and family, encouraging them to join you and the rest of us here at the center.

I am looking forward to seeing you soon and would love to help you welcome new Members to the Palmer Senior Center.

Linda Combs
Director of the Board

**WORKING TOGETHER, WE CAN MAKE
STATE GOVERNMENT WORK FOR YOU!**



with
REP. DELENA JOHNSON

SATURDAY, MARCH 9

AT PALMER SENIOR CENTER

1:00 PM - 2:30 PM

**MID - SESSION REPORT + ISSUES IMPORTANT TO YOU
AND YOUR FAMILY + ENERGY CHALLENGES**



Did you know?

You could be notified when the center is closed due to holidays or weather conditions?

If you are a current member of the Palmer Senior Citizen's Center, you are eligible to enroll in our Closure E-Mail List!

Be notified of when the center is closed without having to pick up the phone!

To enroll, contact us at

907-745-5454 or by email at matsuadministrative@matsuseniors.com

COME SEE US AT THE NEXT MEMBERSHIP MEETING!



**Wednesday March
13th at 11:30 AM**

A Message from the CEO

Spring time in Alaska doesn't quite fit what you would expect from spring time anywhere else. We are just now beginning to thaw our many layers of snow, emphasis on the just beginning. Our staff and volunteers have showed up when it counted time and time again during these many days of inclement weather. Wind, snow and ice proved a challenge they surmounted to make it to the center to help in providing services for our elder Alaskans. I would like to extend our gratitude for efforts made by our volunteers and staff to keep doors open, lots plowed, meals delivered, cars warm, homes tidied, and caregivers given respite. Thank you, on behalf of our seniors.



Tim Pettit
CEO

Dace B
Paula B
Renee D
Mary D
Tiuu E
Lorna G
Patty H

Sally H
Theodore H
Pamela H
Donaldeen L
Kris L
Phyllis M
Elda M

Virginia M
Linda N
Sigmund R
Mike R
Kay S
Kenneth S
Ruth W



Happy Birthday!

COMMODITIES ANNOUNCEMENT

*Commodities are Monday thru Friday,
now including Wednesday!*


*From 11:30am to 12:00pm, stop by ANY day Monday thru
Friday for donated items provided by Palmer Carrs and
Food Bank of Alaska. A HUGE thank you to these
businesses for making something like this possible!*

FOOD BANK
of ALASKA



CARRS

THANK YOU!



*Interested in helping
support this program?
Volunteers are needed!*

Contact Cassandra

907-761-5045

or

cassandrap@matsuseniors.com

Letter from the Gift Shop : *The Lions and Lambs of March*

March comes in like a lion and goes out like a lamb, an old colloquial saying to describe the extreme weather of the month of March: the month begins with fierce wild weather (lion) and ends with the gentle beginnings of spring (lamb). For Alaska lions seem to predominate, especially the last few years, and March is definitely Not the end of winter. As a response to the lion in us all, the gift shop is not only extending their winter warm up selections, but adding to them with a beautiful array of woolen blend scarves in a very springy color palate. These scarves must be seen and touched to be appreciated. To encourage you to drop by, we are featuring a number of our regular winter scarves, hats and mitts at great spring sale prices.



It seems like the year is rushing by with Valentine's Day in the rearview mirror, and Easter on the horizon. Baby chicks, bunnies and crosses are in our very near future. The gift shop features plush baby chicks, horses, and bunnies-and several wonderful new animals from the crochet hook of Melaine Kopperud, (think green monkey). We also have a great selection of metal and crystal Easter crosses. In addition, we have added nearly a hundred new spring earrings from Classy Glass Expressions, Sue Shaw and Sienna Sky (an all-woman company) to the shop's jewelry collections. If you are recycling last year's spring clothing, new jewelry is a great way to freshen your look.



The gift shop has recently added exciting selections from Born Fuzzy and Dancing Skies, companies owned by Annette Born and Somer Snider. Long time artisans and crafters, the sisters decided to get serious about their passion for fabric and fiber during the Pandemic and launched their companies. Born Fuzzy features joyful zipper bags in a variety of sizes just perfect for organizing your life. Born also crafts 100% cotton bowl cozies (this insures 100% microwave safety). Keep fingers cool and hot food servings hot with bowl cozies. They are also great for cradling snack time ice cream concoctions. Add a few of Born's pot holders to your kitchen for some spring zing. In great colors and patterns, they will bring a smile to the kitchen chef's face.



Dancing Skies focuses on hand dyed woolen products and yarns. Snider's hand dyed yarns must be seen to be appreciated. In exquisite colors, these largely variegated yarns will get any crafter's knitting needles quivering with delight. For those who are craft-impaired, Snider produces vibrant hats in pure wool, as well as cable and twisted design ear warmers. The gift shop also features Snider's baby booties. With leather bottoms and a mukluk option, these are the perfect newborn gift and are featured in sizes ranging for newborn to twelve months.



The gift shop greeting card department is growing as well. Crafter Rebecca Jensen has just added a great collection of unusual blank greeting cards ready for you to fill with news for the edification of all your distant friends and family. Each card is unique and elegant, and at unbelievably low price points! Watercolor artist Ken Harris has added additional assorted cards to his collection. They are sold both individually and in boxed collections.



Drop by the gift shop in March and let the lion in you roar or celebrate your inner lamb with all our great new selections. We continue with winter hours: 11 am to 2pm Monday through Friday through the month of March.

10 Happy Easter to each of you from the staff at the gift shop.

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
907-373-2628

Support for Caregivers and their Loved Ones who experience ADRD



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, March 13th,
at 11:30am.