



FEBRUARY 2023



Palmer Senior Center dba Mat-Su Senior Services

SENIOR MONTHLY CHATTER

CORE VALUES

RESPECT | TRUST | INDEPENDENCE | SECURITY
COMPASSION | UNITY

A message from Tim...



Happy New Year to everyone!

This is the first CEO Message that I have had the pleasure to write to all of you. I am honored to have been chosen to become the new CEO for Mat-Su Senior Services.

The management team of Beth Westland and myself will work diligently to make the center a place for everyone to come and find something to do that they enjoy. We will work on increasing seniors participation in the activities around the center. We need all of you to help support and make the center a welcoming place with things to do. We welcome your ideas.

Remember we need you as volunteers. There are always areas we can use help in keeping services here going for the seniors. Show your support by volunteering your time.

All of us here want to wish Brandi our former CEO the best in all her future endeavors, wherever they may lead her. She gave us her heart and a great sense of joy in the center which was a pleasure to see. Her ideas were especially welcome, and we are committed to keeping those ideas going.

We here at the center hope that everyone's New Year is one of the best you will have.

Tim Pettit
CEO

**Annual Membership's Are Now Being Accepted,
Please See Administration Upstairs**



WHAT'S INSIDE

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Palmer Senior Citizen's Center, INC. dba
Mat-Su Senior Services

CORE PURPOSE

Seniors Quality of Life

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.

Services available:

- **CONGREGATE MEALS:** Monday - Friday, 11:30am - 12:30pm at the center
- **HOME DELIVERED MEALS:** Call-in by 9am Monday-Friday to start or make changes
- **ADULT DAY SERVICES:** Monday - Friday, 7:30am - 4pm
- **CHORE & RESPITE & SUPPLEMENTAL SERVICES:** Call Monday - Friday, 8am - 4pm
- **NOTARY SERVICE:** Traveling notary available
- **VOLUNTEER OPPORTUNITIES:** Call Admin 745-5454
- **SENIOR HOUSING CHUGACH & COLONY ESTATES:** Call 761-5001
- **FACILITY RENTAL & CATERING:** Call 761-5006
- **TRANSPORTATION:** Medical rides in the Palmer or Wasilla area, call 761-5050 one week in advance

Voluntary donations accepted for all services.

Suggested donation amounts are:

- CONGREGATE MEALS: \$5
- HOME DELIVERED MEALS: \$6.50
- TRANSPORTATION: \$5 (Palmer, RT)
\$8 (Wasilla, OW)



Proud member of

FOOD BANK
of ALASKA



United Way of Mat-Su
Food Bank of Alaska
Coalition of Mat-Su Senior
Centers ACAO



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.

A note from Linda...



Dear Members:

The New Year began again with a reminder that we live in Alaska and that Mother Nature will occasionally demand that we pay attention. Yes, back to back storms left us with heavy snowfalls and high winds. By now the debris and extra heavy snow has been carted away enough to enable many to safely travel around the Borough again. With attitudes of kindness, compassion and grace, this was overcome. Now we are left to do what is most often done in January and February, even March....plan for the months and year to come.

As I looked back through old journals, notebooks, calendars etc., I realized that this planning is just like recognizing the changing of the seasons, that there is a rhythm to it all. I believe strongly that everyone's seasons took on a different look and feel with the side effects of the Pandemic. It doesn't matter if you're looking at a non-profit, a municipality, sole proprietors, corporations, or partnerships of all sizes. They have all had to make adjustments that reflect the challenges of today. I certainly don't own a crystal ball that provides all the answers, however I am unwilling to put my head in the sand ignoring the necessity of meeting these tasks directly and to grasp the truths that, at times, consist of tough decisions.

It's not all gloomy. Consider that often the answer to many obstacles can be found with cooperation amongst local groups combining their strengths in order to provide a service to those in need. Please take a few minutes to look at the advertisement regarding weekly transportation being provided for seniors free of charge. This is a result of a plan of cooperation between the City of Palmer and Valley Transit. These types of partnerships, in my opinion, are what we should be looking for in order to have valued services available to the community and seniors in particular.

Please join myself, the Board of Directors and the Administration of the Palmer Senior Center in entering into these months of planning and challenging changes with a clear and continuing vision born out of our passion for the seniors of our community.

Busy times, challenges to be met and more to come. The year 2023 looks to be shaping right up for all of us at the Palmer Senior Citizen's Center, Inc. dba as Mat Su Senior Services. Remember to be kind to all. AND.....

Don't forget your Valentine!

I never forget since February 14th is our Wedding Anniversary (# 41 this year) !!!!!

Linda A. Combs

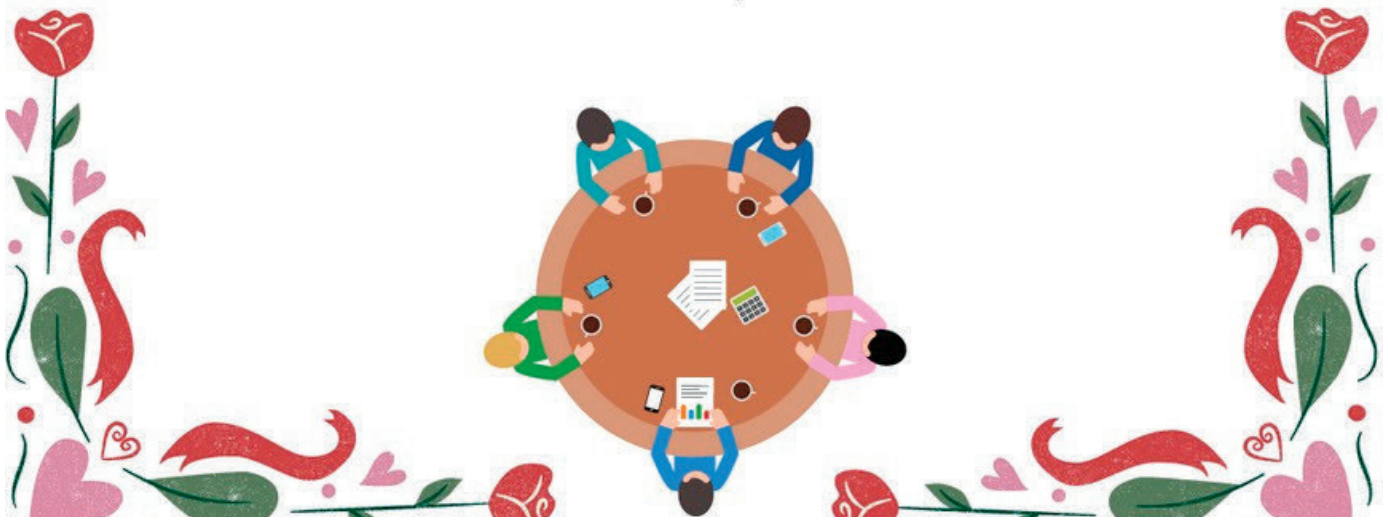
Board President



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

Join us at our next
**MEMBERSHIP
MEETING**

**WEDNESDAY
FEBRUARY 8, AT 11:30AM**



Puzzle 1

5		2	8			3		7
								2
							9	
		3			8		6	
6	5		7	2				
7	9		1		5	8		
	3					9	7	1
	1	7		9		5		
							8	

Puzzle 2

9	3		1				5	
5	8			6			7	
2	6			7		3		5
		8				4		
	9		3		8	1		
	2		8					
				3				
		6	9	5	7			8



2023 ACTIVITIES

MON

TUE

WED

THU

FRI

WEEK 1

NOTICE

Coffee Chit-Chat &

Movie Matinees have been canceled.

1 10AM A NEW YOU W/TONI TRUESDELL

1PM PINOCCHLE

3PM YOGA (439 W ELMWOOD)

2 10AM KNIT ALONG: COME KNIT OR CROCHET WITH YOUR FRIENDS

3 10AM SENIOR STRENGTH
12:30PM BIBLE STUDY
3PM MOVE. DANCE.
LAUGH W/KAY SLACK

WEEK 2

6 10AM SENIOR STRENGTH
12:30PM BOARD MEETING

7 10AM 1ST TUESDAY BOOK CLUB - TONI TRUESDELL - IN THE LOUNGE
10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS W/GLENN
12PM ZUMBA (439 W ELMWOOD)
1PM YOUNG AT HEART W/TAYLOR YORK
6PM ESTATE PLANNING - LAW OFFICE OF C. ASCHENBRENNER

8 10AM A NEW YOU W/TONI TRUESDELL
11:30AM MEMBERSHIP MEETING
1PM PINOCCHLE
3PM YOGA (439 W ELMWOOD)

9 10AM KNIT ALONG: COME KNIT OR CROCHET WITH YOUR FRIENDS
1PM BINGO

10 10AM SENIOR STRENGTH
12:30PM BIBLE STUDY
3PM MOVE. DANCE.
LAUGH W/KAY SLACK

WEEK 3

13 10AM SENIOR STRENGTH
11:30AM CLOSE ENOUGH

14 VALENTINES DAY
10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS W/GLENN
12PM ZUMBA (439 W ELMWOOD)
1PM YOUNG AT HEART W/TAYLOR YORK

15 10AM A NEW YOU W/TONI TRUESDELL
1PM PINOCCHLE
3PM YOGA (439 W ELMWOOD)

16 10AM KNIT ALONG: COME KNIT OR CROCHET WITH YOUR FRIENDS
1PM LIVING WITH VISION LOSS - JACKIE OLSEN

17 10AM SENIOR STRENGTH
12:30PM BIBLE STUDY
3PM MOVE. DANCE. LAUGH W/KAY SLACK

WEEK 4



20 *CLOSED*
21 9:30AM ESTATE PLANNING - LAW OFFICE OF C. ASCHENBRENNER
10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS W/GLENN
12P ZUMBA (439 W ELMWOOD)
1PM YOUNG AT HEART W/TAYLOR YORK

22 10AM A NEW YOU W/TONI TRUESDELL
1PM PINOCCHLE
3PM YOGA (439 W ELMWOOD)

23 10AM KNIT ALONG: COME KNIT OR CROCHET WITH YOUR FRIENDS
1PM OSTEOARTHRITIS: WEIGHING THE TREATMENT OPTIONS - W/ STEPHANIE PACKARD - FROM ARCTIC MEDICAL CENTER

24 10AM SENIOR STRENGTH
12:30PM BIBLE STUDY
3PM MOVE. DANCE. LAUGH W/KAY SLACK

WEEK 5

27 10AM SENIOR STRENGTH

28 10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS W/GLENN
12P ZUMBA (439 W ELMWOOD)
1PM YOUNG AT HEART W/TAYLOR YORK

FOR QUESTIONS AND ROOM

LOCATIONS PLEASE
CONTACT ADMIN AT
907.745.5454



Interested in playing
Chess? All levels
welcome! Contact Ginger
Sweeney at 907-354-3933.

FEBRUARY 2023

LUNCH MENU | 12PM - 1PM MON-FRI



MON

TUE

WED

THU

FRI

WEEK 1

MEAL COST FOR NON-ELIGIBLE INDIVIDUAL

\$14 - FULL MEAL UNDER 60
\$6.00 - KIDS 8-12 YEARS
\$5.00 - KIDS 0-7 YEARS

1

CHILI
RICE
VEGGIE
DESSERT

2

SPAGHETTI
NOODLES
VEGGIE
DESSERT

3

FISH
MONGOLIAN BEEF
FRIES
VEGGIE
DESSERT

WEEK 2

6

BAKED TURKEY
SCALLOPED
POTATOES
VEGGIE
DESSERT

7

HOT DOGS
FRIES
VEGGIE
DESSERT

8

LIVER & ONION
BAKED CHICKEN
RICE
VEGGIE
DESSERT

9

CHICKEN
SCHNITZEL
MASHED
POTATOES
VEGGIE
DESSERT

10

FISH
LASAGNA
FRIES
VEGGIE
DESSERT

MEMBERSHIP
MEETING

WEEK 3

13

CHICKEN CUTLET
RICE
VEGGIE
DESSERT

14

MEATBALLS
PASTA
VEGGIE
DESSERT

15

GOULASH
PASTA
VEGGIE
DESSERT

16

ROAST BEEF
MASHED POTATOES
VEGGIE
DESSERT

17

FISH
SAUSAGE
VEGGIE
DESSERT

WEEK 4

20

CLOSED



21

ROAST TURKEY
RICE
VEGGIE
DESSERT

22

BEEF SCHNITZEL
MASHED POTATOES
VEGGIE
DESSERT

23

SMASH HAMBURGER
FRIES
VEGGIE
DESSERT

24

FISH
MONGOLIAN
BEEF
FRIES
VEGGIE
DESSERT

WEEK 5

27

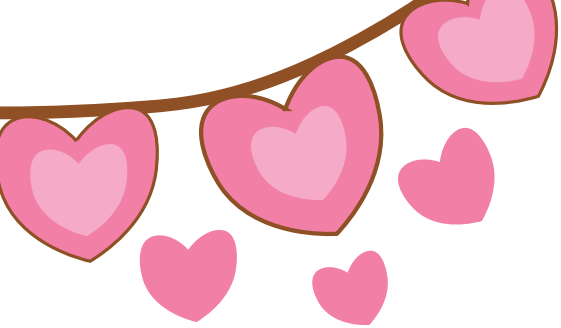
SPAGHETTI
PASTA
VEGGIE
DESSERT

28

HAM & BEANS
MASHED POTATOES
VEGGIE
DESSERT

FISH
ALTERNATIVE
LISTED FOR
FRIDAYS





Hours: Tuesday through Friday, 10am - 2pm
Questions? Call 907-761-5043

From the Gift Shop

Hearts, Flowers and Friendships

Valentine's Day is nearly upon us, a time for hearts, flowers, and cards filled with sugary verses tucked in pink and red envelopes. According to some, a holiday created to build up flagging greeting card sales. Not so!

Valentine's Day, officially established in 498 AD, was a religious holiday created to honor Saint Valentinus. Romance flowered as a part of the story because Valentinus ignored a state-ordered ban on performing marriages for soldiers. It was believed that romantically unencumbered soldiers were more willing to fight to the finish for their country than those with wives. Valentinus' continued defiance of the edict resulted in his arrest and execution.

On the night before his death, Valentinus wrote a sad good bye message to the daughter of his jailer. During his imprisonment, Valentinus has miraculously cured the young woman of her blindness. He signed his missive "from your valentine." Though Valentines and Valentine gifts are generally exchanged between sweethearts, as Valentinus demonstrated, they also prove important in non-romantic relationships.

Celebrate Valentine's Day as Valentinus did by remembering friends. The gift shop has a wide variety of blank and verse filled cards waiting for your special messages. Why not go farther with a small gift as well? The gift shop is featuring Valentine's Day scarves with values to \$40.00 for a special price of \$9.99 through February 14th. Shop early for the best selection.

Jewelry genius Vicki Randolph of Classy Glass Reflections has created a collection of Valentine specific earrings in both gold and silver just right for a friend (or yourself). We have also procured several other jewelry pieces from Vicki including necklaces, slides and bolos, as well as exciting zipper pulls and decorative key rings perfect for Valentine gift giving.

Denali Dreams Soap Company is featured this month with men's soaps such as Lager Beer, IPA Beer, Fisherman, Manly Man, and Handy Man at 10% off. Elbow Grease, a great salve for hard working hands is also featured this month at 10% off. Denali Dreams bath bombs are being featured at 40% off this month, while they last. These great bathtub relaxers in fragrances such as Permafrost, Tongas Forest, Blueberry and Fireweed, give the recipient a relaxing, ache relieving soak while softening roughened skin at the same time. So many great little gifts for all your friends are available at the gift shop. Happy Valentine's Day!

For Your Planning—The good news: our credit card machine has recovered from its malady and we are able to take credit and debit cards once again just as in the past—with no card fee! The bad news: the gift shop will be closed from Friday February 17th through February 22nd for inventory. We hope that this will not cause any great inconvenience.

For Your Consideration – Several years ago the gift shop instituted our layaway service. Unlike traditional layaway programs, there are no payments associated with our service. We simply ask that when you put an item or items on layaway, you choose a convenient day for pickup and full payment that is three weeks or less from the date you place item/s in layaway.

Time sensitive items (holiday, etc.) must be picked up no later than two weeks prior to the holiday or event. Any items exceeding the agreed upon pick up date will be returned to the sales floor. We will continue to hold items overnight for pick up the following day as a courtesy to you.



HAPPY BIRTHDAY



James Anderson
Frank Bird
Norma Christiansen
Marjorie Evans
Judy Foster
James Gleason
Deanna Gratrix
Rachel Greenberg
John Hayden

Janice Moore
Ron O'Dell
David Rudolph
James Schley
Jane Smith
Cordean Talcott
Dennis Wheeler
Helen Woodings



Palmer's Senior Shopping Bus

Every Friday catch **ValleyTransit** fare **FREE** to go grocery shopping.

Weeks will alternate between Carrs and Fred Meyer in Palmer

**Departing - 1pm from
Palmer Senior Citizens Center's main entrance.**

**Departing - 3pm from
store's main entrance, to return to Center**



Sponsored by the City of Palmer



FEBRUARY

Senior Shout!

Our seniors, volunteers and community members are amazing and we want to let everyone know how grateful we are for them.

This month we thank everyone!

THANK YOU TO OUR **Board Members!**

Linda Combs, Sue Welton, Russ Ingram, Elda McCraw,
Catherine Hall, Dora Wheeler, Ginger Sweeney,
Merle Beeter, Jim McCall

Solution 1

5	6	2	8	1	9	3	4	7
4	8	9	6	3	7	1	5	2
3	7	1	4	5	2	6	9	8
1	2	3	9	4	8	7	6	5
6	5	8	7	2	3	4	1	9
7	9	4	1	6	5	8	2	3
2	3	6	5	8	4	9	7	1
8	1	7	2	9	6	5	3	4
9	4	5	3	7	1	2	8	6

Solution 2

6	1	2	7	9	5	8	4	3
9	3	7	1	8	4	6	5	2
5	8	4	2	6	3	9	7	1
2	6	1	4	7	9	3	8	5
3	7	8	5	1	6	4	2	9
4	9	5	3	2	8	1	6	7
7	2	3	8	4	1	5	9	6
8	5	9	6	3	2	7	1	4
1	4	6	9	5	7	2	3	8

Get your taxes done for free.

Mat-Su Senior Services

1132 South Chugach Street, Palmer, Alaska 99645

Thursdays February 9 – April 13, 2023

10:00 am to 4:00 pm



By APPOINTMENT ONLY

Dial "211" or
1-800-478-2221

Scan to reach appointment website or Online: taxaide.aarpfoundation.org



**Working for
You**

Whether in person or virtually, we'll help you get every tax credit and deduction you've earned.



**Welcoming
and Free**

The program is open to taxpayers of all ages. AARP membership is not required.



IRS-Certified

Our volunteers are trained and IRS-certified every year.

To find a site near you, or to get information about virtual services, visit aarpfoundation.org/taxaide or call us toll-free at 1-888-227-7669.



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Those in Need**

**Please call 907-746-6304 for
more information.**

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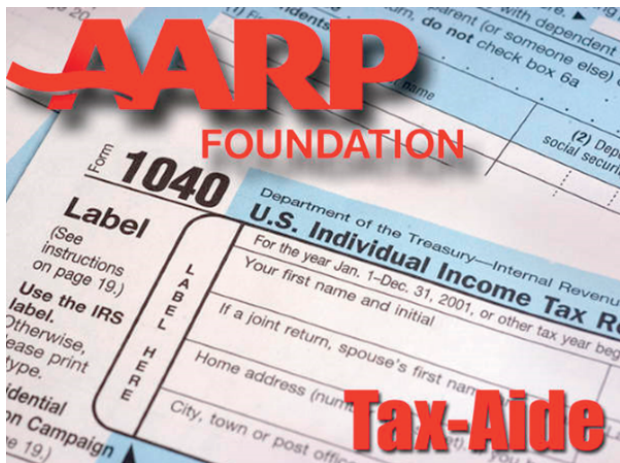
Palmer Senior Citizen's Center, Inc. dba

MAT-SU SENIOR
SERVICES

1132 S. Chugach Street
Palmer, AK 99645

RETURN SERVICE REQUESTED

NON-PROFIT ORG
U.S. POSTAGE PAID
PALMER, ALASKA 99645
PERMIT #99



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

Our next Membership Meeting is
Wednesday, February 8th,
at 11:30am.