

February 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



What's Inside

Pg 2: About Us

Pg 3: Volunteers

Pg 4: Activities

Pg 5: Activity Calendar

Pg 6: Announcements

Pg 7: Board Letter

Pg 8: Special Mentions
& CEO Letter

Pg 9: Birthdays &
Announcement

Pg 10: Gift Shop Letter

Pg 11: Resources

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.

Have you applied for your PFD yet?

When you apply for you PFD online, please consider giving towards local seniors in the Mat-Su area by choosing Mat-Su Senior Services when you

Pick.Click.Give.

Paper applications are still available for pickup at the Palmer Senior Citizen's Center on
1132 S Chugach St
Monday thru Friday, 8AM-5PM

♥ **CLOSED** ♥

2/16/2024 Staff Training Day

2/19/2024 Presidents 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.

Volunteers Needed - Things Get Solved if You Get Involved!

The center recognizes that it cannot run efficiently without our wonderful volunteers. Volunteers truly are the heart of the center. In order to keep all aspects of the center operational and to fulfill the needs of the seniors in the community we need volunteers like you. The center is always seeking individuals who want to give back to their peers. Below are a few areas in immediate need. Other volunteer opportunities are available and if you see a need, take the lead! Let us know if there is something specific that is not mentioned that you are interested in.

- **Welcome Desk: Thursdays and/or Fridays**
 - Warmly welcome visitors, assist with signing in, directing them to appropriate staff and answering general questions about the center
- **Bingo / Split the Pot Floor Personnel**
 - Enthusiastically assist with calling back & verifying winners
- **Cash Box**
 - Assist with selling of game sheets, issuing prize funds (background check required)
- **Gift Shop**
 - Run point of sale system, restock items, more info available for interested persons (background check required)
- **Library**
 - Sort and restock books, inspect material for wear and tear
- **Special Events**
 - Needs change depending on each event



Volunteering can take as much or as little time as you like.
Schedules can be set or on an as need basis.

What you do has a far greater impact than what you say.

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

by phone

907-761-5045

or by email

cassandrap@matsuseniors.com

February Activities

1st Tuesday Book Club

Tuesday, February 6th at 10 AM

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

Alaska Warrior Partnership Presentation

Tuesday, February 27th at 10 AM

Presentation of Resources available for Veterans.
In the dining room.

Presentation : Alzheimer's Resource of Alaska

Monday, February 12th at 10 AM

Educational presentation on Alzheimer's in senior citizen's. In the dining room.

A New You

Every Wednesday at 10 AM

Located in the Fitness Studio. Instructed by Toni Truesdell.

Art Class : Watercolor

Friday, February 9th 12 PM - 3 PM

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

Bingo (Blackout Bingo This Month!)

Thursdays, February 15th & 22nd at 1 PM

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

Board of Directors Meeting

Monday, February 12th at 10 AM

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

Coffee Chit-Chat

Friday, February 9th 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.

Estate Planning

Thursday, February 22nd 9:30 AM - 11:30 AM

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

Knit-Along

Every Thursday at 10 AM

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

Living with Vision Loss

Thursday, February 15th 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, February 14th at 11:30 AM

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

Memoir Writing

Monday, February 12th & 26th

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.

Strong Women

Every Monday, Wednesday & Friday at 10 AM

Located in the fitness studio on the bottom floor.

Tai Chi

Every Tuesday at 9:30 AM








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

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
			2/1	2/2
2/5 	2/6 10AM BOOK CLUB	2/7	2/8 12:30PM MATTBOARD ART PROJECT	2/9 10AM COFFEE CHIT-CHAT 12PM - 3PM WATERCOLOR ART CLASS
2/12 10AM PRESENTATION: ALZHEIMER'S RESOURCE OF ALASKA 10AM BOARD MEETING 12:30PM MEMOIR WRITING	2/13	2/14 11:30AM MEMBERSHIP MEETING 	2/15 1PM BINGO 1PM LIVING WITH VISION LOSS	2/16 
2/19 	2/20	2/21	2/22 9:30 AM - 11:30 AM ESTATE PLANNING 1PM BINGO	2/23 
12:30PM MEMOIR WRITING 2/26	10AM ALASKA WARRIOR PARTNERSHIP PRESENTATION 2/27	2/28	2/29 	

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.

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

2024



Membership Enrollment is OPEN!

Members must be 50 years of age. Annual dues for 2024 are

\$24.00. Lifetime dues are

available and dependent on age when applying for membership.

Dues are for the calendar year and are not refundable.

MEMBERSHIP MEETING

Wednesday,

February 14th

at 11:30 AM

A Letter from Board Member Russ Ingram



Dear members,

Hi Everyone! My name is Russ Ingram and I am your Board President. As I have thought about last year and the progress we have made, I am thankful for all those that have made the progress possible, the Board of Directors, the Administrative Staff, our CEO and COO, but most importantly the members of the organization. We were faced with having to make some complicated and hard decisions that had they not been made would have resulted in the Center not being able to operate. Because of the decisions made, although difficult, but necessary, we find ourselves in a much more secure financial position. We still have a ways to go. We have formed a new committee called Congregate Meals and Membership. We are exploring ways to provide congregate meals. The reality is however, until we have a sustainable income source, that will allow for both folks normally attending, as well as transportation and support for those unable to drive themselves to the center, we cannot commit to bringing congregate meals back. The worst thing we could do would be to bring meals back prematurely and have to cancel them in 2-3 months. The Center would not survive if we did that. We are working diligently to identify that sustainable income source. The committee is also looking at alternate plans for meals and also ways to increase and revitalize our membership. We have met hard challenges and overcome them and have survived the storm. We will persevere.

I challenge each and every member and staff to think of ways we can make ourselves stronger and more responsive to the needs of our members. If you have an idea call me at 301-788-2301 or email me at ingramwr@gmail.com.

Russ Ingram

President of the Board

COME SEE US AT THE NEXT MEMBERSHIP MEETING!

Wednesday February 14th at 11:30 AM



**First 24 Members in the door will
receive a small **goody bag**!**

Desserts will be served for the meeting.



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

A Message from the CEO

This month, I would like to extend my thanks to the volunteers who dedicate their time towards all the seniors, here at the center. We are not able to make the center what it is, without your aide. Volunteers are a critical part in making things happen here at the center. From helping prepare home delivered meals, keeping a tidy and welcoming dining room, to maintaining a well kempt library. Volunteers greet guests and members like you as you sign in. Volunteers keep the heart of the center beating. Do not underestimate the impact that you, as a volunteer, have on the lives of seniors in your community. If even for an hour, you would like to volunteer, please come to the center, and play a part in that vital role of helping seniors. When you see someone wearing a volunteer badge, please, thank them for helping all of us at the center.



Tim Pettit
CEO

James A.
Frank B.
Tommy B.
Norma C.
Arlene C.
Bonnie C.
Lenita D.
Marjorie E.

Judy F.
James G.
Deanna G.
Rachel G.
John H.
Mary H.
Julie M.

Danny M.
Janice M.
Marvin N.
Ronald O.
Art R.
David R.
Dave S.

James S.
Cynthia S.
Jane S.
Meg S.
Kimberly S.
Cordean T.
Dennis W.
Helen W.

**HAPPY
BIRTHDAY**

COMMODITIES ANNOUNCEMENT

Interested in helping
support this program?
Volunteers are needed!
Contact Cassandra
907-761-5045
or

cassandrap@matsuseniors.com

**Starting February 7th, commodities will be offered
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!

A Letter from the Gift Shop



February brings hearts, flowers, rotund cupids with bows drawn and arrows at the ready to pierce the heart of the unsuspecting with the result of instantaneous love and adoration for the recipient. Boxed chocolates in scarlet or pink heart shaped boxes and flowers, especially roses are also a part of February. For florists, the demand for flowers exceeds all other months combined! It is the month of romance, all centered on Valentine's Day, created by retailers to boost flagging post-Christmas 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.



The heart of the matter is to celebrate Valentine's Day as Valentinus did. Remember friends in thoughtful ways. The gift shop has a wide variety of blank and verse filled cards waiting for your special message. Everyone appreciates being remembered for their kindness, friendship, assistance or just because. Make someone's day with a special card that lets them know that you appreciate them. Go a bit 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.



Consider slipping a unique zipper pull in the envelope with that "just perfect" card. Vicki Randolph of Classy Glass Expressions has just filled her display with numerous new and unique designs at great price points. Check out her Valentine jewelry collection as well.

Our earring display is burgeoning with new product as well. We have added dozens of Sienna Sky designs featuring, birds, bees, flowers and even llamas, as well as a full collection of Alaskan puffins, eagles, bears, moose, otters and other native flora and fauna. Designed and executed by an all-woman consortium of artists, these earrings never tarry in the gift shop for long.

For the first time, the gift shop has added a collection of stunning signed ceramic mugs by a variety of well known artists. Each is boxed and would make a great gift especially when combined with one or more of Kobuk's signature teas. Choose Kobuk's Winter XXX tea and give the gift of chocolate without the calories! With a bit of honey and some cream, it's almost like drinking a hot chocolate. We will even wrap your gift at no charge.



Make February a special month for all your friends with the assistance of the helpful staff at the gift shop.



Please note our special winter hours: Monday, Tuesday, Thursday and Friday from 11 am to 2 pm. Special hours by appointment.



We're Hiring

**COME BE A PART OF
SOMETHING GREAT!**

**HELP SENIORS MAINTAIN
MEANINGFUL, QUALITY LIVES!**

Adult Day Services Relief Aid In Home Chore & Respite Worker In-Home Monitor Assistant Cook



All positions require passing the fingerprint background check. Must be 18+ years of age. Please email resume to COO, Beth Westland at bethw@matsuseniors.com, apply online at matsuseniors.com/jobs, or come fill out an application in person today! Call 907-745-5454 for more information.



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



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

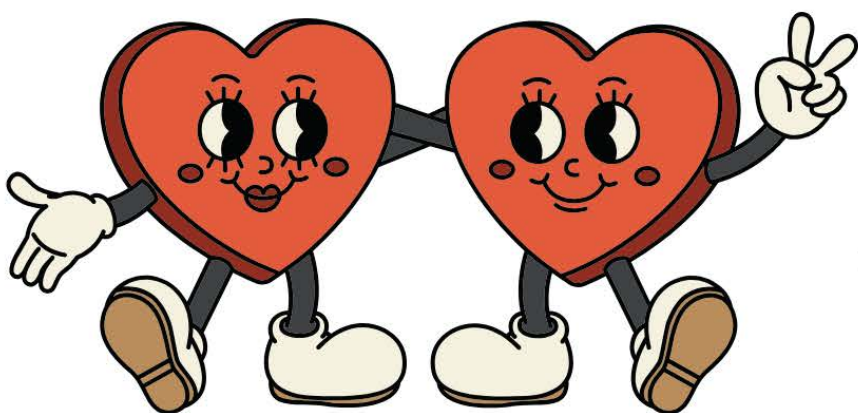


Palmer Senior Citizen's Center, INC. dba
MAT-SU SENIOR
SERVICES

1132 S. Chugach Street
Palmer, AK 99645

RETURN SERVICE REQUESTED

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 14th,
at 11:30am.