

May 2023

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.

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## May is Older American's Month!

**Did you know that spending even a brief amount of time outdoors is good for your wellbeing?**

**It is shown that spending at least 10 minutes outside is beneficial for both the mental and physical wellbeing.**

**Spending a little time to appreciate the flowers can boost your mood and energy!**



# Our Services

Home-Delivered Meals.....Call-in by 9:00 a.m., Monday - Friday  
Grab N' Go Meals.....Monday - Friday, 11 a.m., - Noon  
Commodities.....Monday, Tuesday, Wednesday and Friday, 11 a.m. - Noon  
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 Lisa 907-761-5026  
55+ Senior Housing.....Chugach and Colony Estates. Call 907-761-5001  
Transportation.....Medical Appointments Only

## Board of Directors

President.....Linda Combs	Vice President.....Vacant
Secretary.....Elda McCraw	Treasurer.....Russ Ingram
Director.....Dora Wheeler	Director.....Merle Beeter
Director.....Ginger Sweeney	Director.....Vacant
Director.....Vacant	

## Recommended

### Donations

Grab N' Go Meals: \$5  
Home-Delivered Meals: \$6.50  
Transportation:  
Palmer, round trip: \$5  
Wasilla, one way: \$8



## 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.*



# May Senior Shout-Out Christine Olsen

*A Little Bit About Yourself?*

**I was raised in Utah. At 18 I started traveling. I lived on Oahu, Hawaii for a short time. I've also lived in Florida, Washington state, Texas, Germany, and beautiful Alaska. I feel very much at home here.**



*What interested you to volunteer here?*

**I enjoy helping other people. Bringing a smile to their faces makes my day.**

*What are some ways that you volunteer here?*

**I helped at the lunch desk, with the planters outside, and the Gift Shop.**

*What are your future hopes / plans for the center?*

**More activities, trips to plays, general outings. Lunches.**

*Thank you for all you do for the seniors, Christine!*

## May Volunteer Meeting

May 2nd from 1:00 PM - 1:30 PM  
In the activities room

**New Volunteer opportunities available for upcoming activities and fundraising events**

**Please come for updates and answers to volunteer questions**

**Questions please call Lisa  
907-761-5026**

**Is there someone you would like to nominate for a Senior Shout-Out?**

**Send your suggestions via mail, phone, or email!**

**1132 S Chugach St, Palmer AK 99645  
907-745-5454**

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



# May Activities

## **1st Tuesday Book Club**

**Tuesday, May 2nd at 10 AM**

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

## **A New You**

**Every Wednesday at 10 AM**

Located in the Fitness Studio. Instructed by Toni Truesdell.

## **Bible Study**

**Every Friday at 12:30 PM**

Hosted by the Palmer Church of Christ, in the Activities Room.

## **Bingo**

**Thursdays, May 11th & 18th at 1 PM**

Must be 19 years old to play. Located in the dining room.

## **Board Games**

**Tuesdays and Thursdays 11:30 AM - 1:30 PM**

Checkers, chess, and board games enthusiasts encouraged to join in. Hosted by Glen Smith in the dining room. Co-host needed 12:30p.m.-1:30p.m.

## **Board of Directors Meeting**

**Monday, May 8th at 12:30 PM**

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

## **Estate Planning Consultations**

**Monday, May 15th 8 AM - 5 PM**

In person consultations with Constance Aschenbrenner. Call 907-334-9200 to reserve a spot.

## **Estate Planning Workshop**

**Monday, May 15th 9:30 AM - 11:30 AM**

Hosted by Law Office of C. Aschenbrenner. Constance will be hosting the event in person. Reserve your seat online at [www.akwillstrusts.com](http://www.akwillstrusts.com) or by calling 907-334-9200. Located in the Activity Room

## **Fundamentals of Pool**

**Tuesdays 1PM - 3PM**

Introduction to pool. Located on the bottom floor in the pool room.

## **Knit Along**

**Every Thursday at 10 AM**

Knitting, crocheting, and hand stitching. Located in the Golden Heart Lounge.

## **Membership Meeting**

**Wednesday, May 10th at 11:30 AM**

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

## **Memoir Writing**

**Monday, May 8th & 22nd 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 at 1 PM**

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

## **Living with Vision Loss**

**Thursday, May 18th at 1PM**

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

## **Osteoarthritis: Weighing the Treatment Options**

**Thursday, May 25th at 1PM**

Hosted by Arctic Medical Center Mat-Su. Located in the activities room unless noted otherwise.

## **Senior Strength**

**Every Monday & Friday at 10 AM**

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



**Spanish Class**

**Every Tuesday at 10:30 AM**

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

**Strong Women**

**Every Monday, Wednesday & Friday 11AM - 12PM**

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 while instructor is away.

**Young at Heart Art**

**Every Tuesday at 1 PM**

In the activities room on the main level. Instructed by Taylor York.

**Volunteer Meeting**

**Tuesday, May 2nd 1PM-1:30PM**

Contact Lisa with questions 907-761-5026. Located in the activities room.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCCURRING WEEKLY				
10AM SENIOR STRENGTH  11AM - 12PM STRONG WOMEN	9:30AM TAI CHI  10:30AM SPANISH CLASS  11:30AM-1:30PM BOARD GAMES  1PM-3PM FUNDAMENTALS OF POOL  1PM YOUNG AT HEART ART	10AM A NEW YOU  11AM - 12PM STRONG WOMEN  1PM PINOCHLE	10AM KNIT ALONG  11:30AM - 1:30PM BOARD GAMES	10AM SENIOR STRENGTH  11AM - 12PM STRONG WOMEN  12:30PM BIBLE STUDY  3PM MOVE/DANCE/LAUGH
5/1 	5/2 10AM BOOK CLUB  1PM-1:30PM VOLUNTEER MEETING	5/3	5/4	5/5 
5/8 12:30PM-1:30PM MEMOIR WRITING  12:30PM BOARD OF DIRECTORS MEETING	5/9	5/10 11:30AM MEMBERSHIP MEETING 	5/11 1PM BINGO	5/12
5/15 9:30AM ESTATE PLANNING	5/16	5/17	5/18 1PM LIVING WITH VISION LOSS  1PM BINGO	5/19
5/22 12:30PM-1:30PM MEMOIR WRITING	5/23	5/24	5/25 1PM OSTEOARTHRITIS: WEIGHING THE TREATMENT OPTIONS	5/26
5/29 CLOSED FOR MEMORIAL DAY 	5/30	5/31	OLDER AMERICANS MONTH  AGING UNBOUND: MAY 2023	





**May Membership Meeting** 10th of May  
at 11:30 AM





# Happy Birthday To You!

Ted Bell

Linda Loven

Louise Bidondo

Nancy Macforlane

Gloria Brown

Joyce Renner

Donna Carey

Edrea Resinger

Patricia Collier

Virginia Schwartz

Roma Ekemo

Darrell Shoop

Julise Feater

Carol Strouse

Trudy Huff

John Van Diest

Edward Hull

Elizabeth Wilsone

## 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*

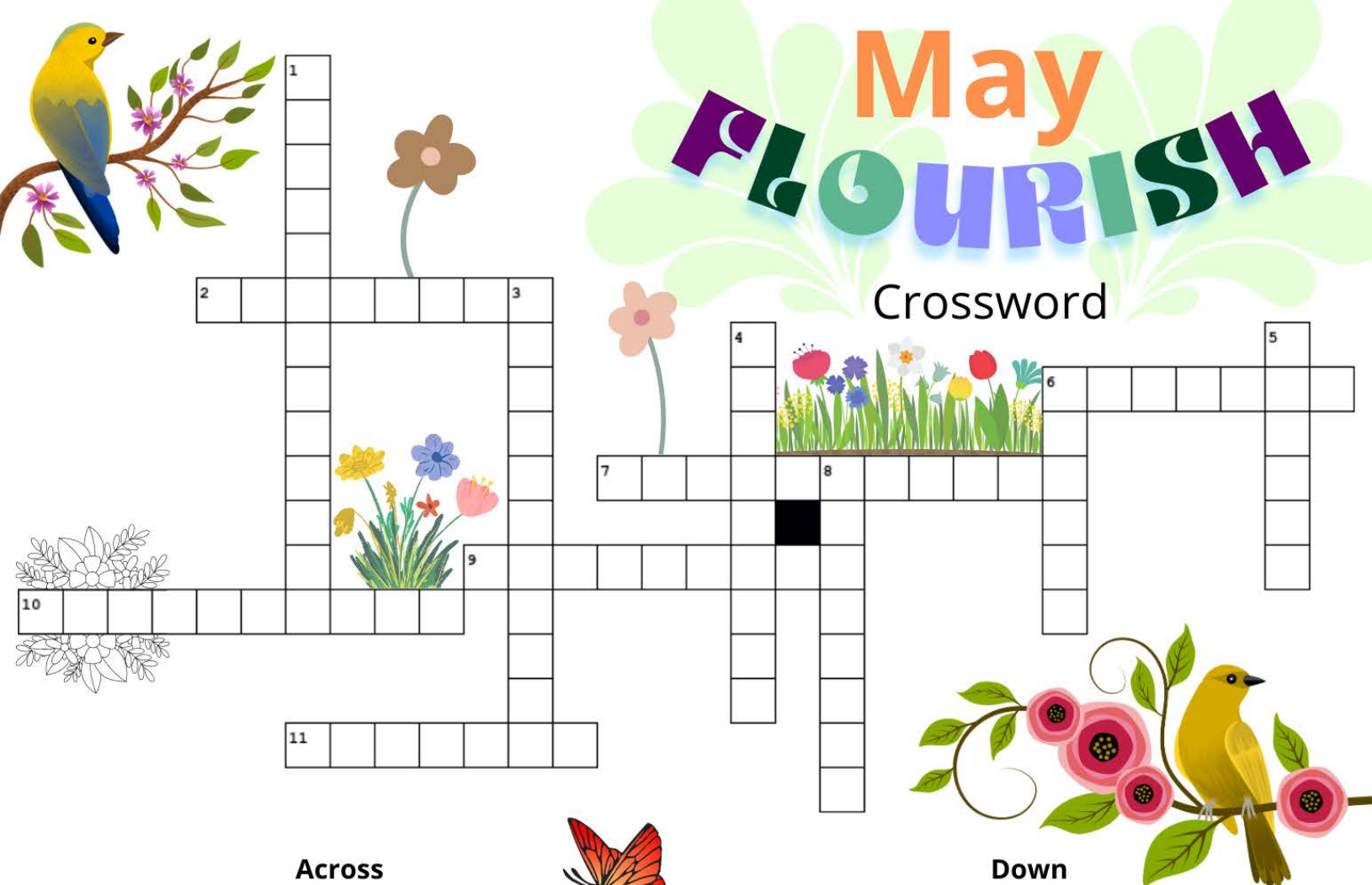
**Departing - 1pm from  
Palmer Senior Citizens Center's main entrance.**

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



Sponsored by the City of Palmer





### Across

2. Having a pleasant and distinctive smell.

6. An attractive arranged bunch of flowers, presented as a gift or carried at a ceremony.

7. Form of luminescence that is emitted of light by a substance that has absorbed light.

9. Begin to grow and develop (of a seed or spore)

10. The celebration honoring Mothers.

11. Begin to grow rapidly or flourish

### Down

1. The process of transformation

3. Celebration of the Mexican victory over French forces at the Battle of Puebla.

4. An older woman who is powerful within a family or organization.

5. Appropriate to spring.

6. A gentle current of air or wind.

8. A young plant, raised from seed and not from a cutting.

**Hello everyone,**

As the thaw begins, we ask that you share your charity with your senior center. Volunteers are specifically needed for the kitchen, bingo, and our center's beautification. We are glad and thankful for those who continue to share their time in our center, over the phone and in person. We look forward to your continued support at your senior center.



Tim Pettit  
CEO



# A Letter from Board Member

~~~~~  
Dora Wheeler



Well equinox has happened and hours of daylight have been getting longer each day. We sure enjoy the days of sitting in our lawn chairs and soaking in the sun! But then Alaska will decide we need just a bit more snow. Oh well, Spring showers bring June flowers

Let's get down to the business as a Board member...we have been busy! I happened to chair the By Law committee and Membership Elections.

1. We have been actively busy with teamwork amending the By Laws. Now in the process of working on the Policies and Procedures. I want to thank members Tom Schulman, Bob Shaw, BOD Elda McCraw and Merle Beeter

2. At the May Membership meeting we will hope to introduce the candidates that are present and then elect for the 3 Board of Directors vacancies. It will be held on June 14, 2023, Membership's meeting day.

I'm not saying goodbye, but want to say to the members, board members, and members of our committee teams, thank you for teaching me, and for the friendship we have built.

My family is grateful of my representation for the seniors in the Palmer area, which has been our home since July 1980. My husband of 47 years, and we have his, mine, and our family, which 3 daughters graduated from Palmer High School. They have all successfully built their careers here or where their home is now. Alaska, British Columbia, Minnesota, Michigan, and Missouri. So our children, grandchildren and now our great grandchildren have kept me busy with sewing projects, that I really enjoy making. Kuspuks, duffel bags, quilts, wallets, knitting, crocheting, beaded zipper pulls, and other little projects!

My husband and I are busy retirees, he enjoys gardening, creating, modifying and building stuff. We also have our summer get away place in Copper Center, AK along the mighty unforgiving Copper river where we fish for the season and with that, we process our salmon for year around use, we do the same with our game meat, plus the garden harvesting keeps us quite busy throughout the fall season..

Why not, let's put our heads together and yell YEAH!! Spring has sprung. Time is here or near for Barbecue parties, cabin camping, planting flowers and/or vegetables, fishing season! And when you see or hear your first seagull, summer begins!

*Dora Wheeler*

*Director of the Board*



From the Gift Shop

# For Mothers and Others



Sunday May 14th is Mother's Day, a day we honor that special someone who repeatedly had our backs, helped us when we were down, and convinced us that we were capable of doing anything that we put our minds to. That might just describe a lot of people, not just mom. Maybe Mother's Day should be expanded to Mother's and Others Day. Maybe it is time to thank all those people who have helped us improve our lives. Should you be moved to give "Others" a small token of your appreciation or a card to simply thank them for their contributions to your life, the gift shop has your back. With a huge variety of thoughtful gifts, and totally appropriate cards, our helpful staff will not only assist you in making the right choice, we will even gift wrap your selection at no extra charge!



For both mom and others, we have a great selection of Lazy One sleep-shirts emblazoned with witty art and design such as Trophy Wife featuring a coy mare, Hogs and Kisses complete with smooching piglets, Sorry, I'm Booked splashed across a knee-high pile of best sellers, and many other witty wonders. Our collection of spring tees is second to none with bright cheery colors and a huge variety of subject matter in sizes to 5X.



We even have a collection of hoodies in comfort fit styles featuring native designs lined in French terry. We also have the largest collection of kuspuks in the state of Alaska with traditional styles as well as parkas, city kuspuks (mid sleeved, sans hood, and pullover in style), shirts, vests and aprons. Be sure to check out all the bright florals. Spring may be a bit slow in arriving outside, but the fresh brightness and energy of the season is in full display within the walls of the gift shop ready to brighten Mom's special day.



## Spring Into Summer!

Presented by The Pioneers of Alaska, Palmer  
Pioneer Women's Igloo #11

**The Annual** (yes! it's back!)

## Style Show & Salad Luncheon



**WHEN: MAY 5, 2023**  
11:30 a.m. - 1:30 p.m.

Give Mothers and Others a special treat. On May 5th the Pioneers of Alaska Women's Igloo #11 will host their popular annual Style Show and Salad Luncheon featuring fashions from the gift shop and other merchants. It is always a fun time. Attendees will receive a 10% discount on regular gift shop merchandise that day following the event with proof of attendance (sale and consignment items excluded). The shop will remain open following the event until five pm. See you there!



To better serve all of our customers, we are changing our hours to reflect your buying habits. Beginning May 2nd, we will be open Tuesday through Friday from 11 am to 3 pm rather than from 10 am to 2 pm. We hope that this change will be more convenient for all of our customers.





# 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

## Estate Planning Workshop

Don't miss out on the Law Office of Constance A. Aschenbrenner's upcoming **in-person** workshop and consultation activity! Mark your calendars for May 15th, from 9:30-11:30 am!

Constance will be available for in person consultations from 8 am to 5 pm.

### Located in the Activities Room

Reserve your space online at [www.akwillstrusts.com](http://www.akwillstrusts.com) or call our office at (907) 334-9200.



## Facility Rental

Rent a room in our beautiful building today!

Call us at **907-745-5454**  
or email

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



MAT-SU SENIOR  
SERVICES





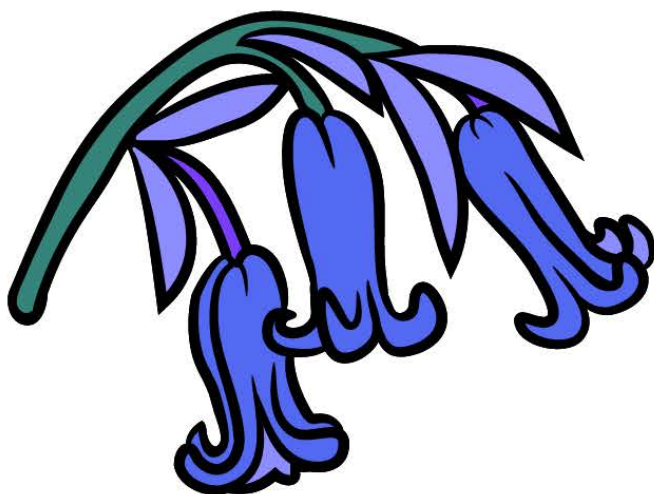
Palmer Senior Citizen's Center, Inc. dba

**MAT-SU SENIOR**  
SERVICES

1132 S. Chugach Street  
Palmer, AK 99645

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PERMIT #99

**RETURN SERVICE REQUESTED**



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

Our next Membership Meeting is  
Wednesday, May 10th,  
at 11:30am.