

March 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



Seniors Helping Seniors

What's Inside

Pg. 2: Senior Shout

Pg. 3: Activities at the Center

Pg. 4: Congregate Notice

Pg. 5: Membership Meeting

Pg. 6: Birthdays & Palmer

Grocery Bus

Pg. 7: Activity Page

Pg. 8: CEO Message & Closure

Notice Sign-Up Info

Pg. 9: This Month at Our

Center

Pg. 10: Gift Shop

Pg. 11: A Note from Your

President & General Info

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.

Did you know?

Seward's Day became a holiday in 1917. While the holiday was named for William H. Seward, the annual celebration is actually hosted in Sitka, Alaska.

Originally called the 'Department of Alaska,' the name changed to the 'District of Alaska' in 1884, then it became the 'Alaska Territory' in 1912, until it *finally* became the State of Alaska in 1959.

St. Patrick's Day is celebrated on March 17th, to commemorate the death of the patron Saint of Ireland.

The first recorded St. Patrick's Day Parade was actually held in, what is now, St. Augustine, Florida. The event was organized by the Spanish Colony's Irish vicar, Ricardo Artur.





Tom & Twyla

Schulman

Senior Shout!

Meet Tom, a senior volunteer at Mat-Su Senior Services



A little bit about yourself?

I've been married to my wonderful wife, Twyla, for 47 years. We have two boys and one girl, as well as four grandchildren, and one great-granddaughter!

As it relates to kitchen work, I graduated (many moons ago!) with a degree in Culinary Arts. I worked in several, family and high-end restaurants as both a chef and a manager. After I injured my back, however, I was told that I couldn't be on my feet all day; so I went back to school for an education in legal and business management.

What interested you to volunteer here?

I was recruited! I first came to lunch, because I heard how wonderful the meals were at the Center. I was soon asked to help with the Commodities, and leading in the Pledge and Prayer for the meals and I began to volunteer in August of 2022.

I am so thankful that I was asked. When I learned about the need for volunteers in the kitchen, I thought "I'd be comfortable in that role."

What are some ways that you volunteer here?

I've been doing kitchen aide volunteering on Mon/Wed/Fri to help pack up the Meals on Wheels deliveries. I help with those first thing in the morning and then assist with cooking and other kitchen tasks including assisting with Commodities and even Costco runs. The Administrative Office tells me that I've logged nearly 300 hours just in the kitchen! It's been a blast!

Some of you may have recognized my wife, Twyla, and I behind the camera, taking photos for the first annual, Holiday Ball fundraiser. My wife also assisted with the silent auction.

The best thing, is working with such a great group of employees, meeting the wonderful seniors and the blessing I get, knowing that I am contributing to the needs of the Palmer community in some small way.

What are your future hopes / plans for the Center?

The Center's Mission Statement is "to promote honor, dignity, security, and independence for older Alaskans and to assist them in maintaining meaningful, quality lives." That's a huge mission and it takes a lot of helping hands to accomplish this. As part of this, we need to demonstrate respect, trust, and compassion in every step of that relationship.

Several seniors have mentioned to me that they used to volunteer but are not able to do so any longer. Others may have never thought about donating their time. I think it's important to realize that, in addition to our time, monetary donations are another way to contribute to the mission here at the Center. Contributions can be made through the administrative office upstairs or utilizing the donation box located just outside the entrance to the Dining Room. Giving, either by volunteering or by providing donations, aids in providing a helping hand to those who depend on the many, many services offered by the Center.

Whether it's a place to meet and visit, eat a scrumptious and healthy meal, exercise, learn, take part in the Center's activities, or just stop by and recreate, the Center is working hard to fill those roles and each of us can contribute to that success. In fact, this success depends upon all of us being involved.

So, my future hopes and plans for the Center is that it continues to be one that we can all be proud of, because of the small part that we had in making it that way.

Thank you for all you do for the seniors, Tom!



If you would like to nominate a Senior for the Senior Shout, please send your suggestions upstairs to Admin! Send a shout out to any Senior who lends a helping hand or who always brightens your day with a smile!

Admin is at the top of the elevator or can be reached at:

907-745-5454

matsuadministrative@matsuseniors.com

MANDATORY VOLUNTEER MEETING

Wednesday: March 8th, 2023

In the Activities Room

10:00am - 11:00am

or

1:00pm - 2:00pm

ALL VOLUNTEERS MUST ATTEND
ONE OF THE TWO TIMES SHOWN.
WE HAVE UPDATES, TRAININGS,
AND MORE!



**CALL LISA MECHAM IF YOU
ARE UNABLE TO ATTEND AT
907-761-5026**








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



March Activities



Monday	Tuesday	Wednesday	Thursday	Friday
Every 10am: Senior Strength	Every 9:30am: Tai Chi	Every 10am: A New You	Every 10am: Knit-Along	Every 10am: Senior Strength
----- 3/6/23 @ 12:30pm: Board of Director's Meeting	----- Every 10:30am: Spanish Class	----- Every 1pm: Pinochle	----- 3/9/23 & 3/16/23 @ 1pm: Bingo	----- Every 12:30pm: Bible Study
----- 3/20/23 @ 11:30am: Close Enough	----- Every 1pm: Young At Heart Art	----- 3/1/23 @ 6pm: Estate Planning		----- Every 3pm: Move/Dance/Laugh
----- 3/27/23 - Closed for Seward's Day 	----- 3/7/23 @ 10am: Book Club	----- 3/8/23 @ 11:30am: Membership Meeting	----- 3/16/23 @ 1pm: Living With Vision Loss	----- 3/31/23 @ 10am: Coffee & Chit-Chat
	----- 3/21/23 @ 9:30am: Estate Planning Webinar			



HAPPY St. Patrick's Day



Exercise:

Senior Strength - Mondays & Fridays @ 10:00am in the Fitness Studio using an exercise video by Craig Willis.

Tai Chi - Tuesdays @ 9:30am in the Fitness Studio. Instructed by Sherry & Anna Metzger.

A New You - Wednesdays @ 10:00am in the Fitness Studio. Instructed by Toni Truesdell.

Move, Dance, & Laugh - Fridays @ 3:00pm in the Fitness Studio. Instructed by Kay Slack.

Activities:

1st Tuesday Book Club - The 1st Tuesday of each month @ 10:00am. In the Golden Heart Lounge on the 2nd floor.

Spanish for Beginners - Tuesdays @ 10:30am, in the activities room on the 1st floor. Instructed by Glen Smith.

Young At Heart Art - Tuesdays @ 1:00pm. In the activities room on the main level. Instructed by Taylor York.

Pinochle - Wednesdays @ 1:00pm. In the Golden Heart Lounge on the second floor.

Knit-Along - Thursdays @ 10:00am. In the Golden Heart Lounge. Open to knitting, crocheting, and hand stitching.

Living With Vision Loss - Every third Thursday of each month @ 1:00pm. Hosted by Jacque Olsen from the Alaska Center for the Blind and Visually Impaired. Located in the activities room on the main floor, unless otherwise noted.

Bingo - On given Thursdays of each month @ 1:00pm. Located in the dining room. Must be 19 years old to play.

Bible Study - Every Friday @ 12:30pm. Hosted by the Palmer Church of Christ. Located in the Activities room.

Estate Planning - On listed days during times given. Hosted by the Law Office of C. Aschenbrenner. This activity is a webinar. Reserve your seat in the online presentation at www.akwillstrusts.com or by calling 907-334-9200.

Coffee & Chit-Chat - Last Friday of the month @ 10:00am. Hosted by your Board of Directors, in the dining room.

Meetings:

Board of Directors Meeting - On the Monday prior to the Monthly Membership Meeting @ 12:30pm. Located in the second floor Conference Room.

Membership Meeting - Every second Wednesday of the month @ 11:30am. Located in the dining room.

March Events:

Close Enough - Polka Music. Every third Monday of the month @ 11:30am. Located in the dining room.



Date: 02/17/2022

Mat-Su Senior Services Membership,

Effective Monday 02/21/2023, the Board of Directors of Mat-Su Senior Services (MSSS) has made the challenging decision to stop congregate meal service at the Palmer Senior Center. Home delivered meal service will continue as this service serves many homebound seniors who are most in need and remains our top priority. Additionally, the Senior Center will remain open for volunteer ran and supported events, social interaction and other activities such as the library, computer room, gift shop, exercise rooms, pool table, commodities distribution and information/referral services. We hope you will continue to visit and utilize your senior center.

The decision to close our in-person congregate meal program was not an easy choice. As your Board, we understand its value firsthand. Likewise, we enjoy seeing one another to catch-up, share stories and fellowship together. Staff leadership, including Tim Pettit, CEO, and Beth Westland, COO, are working tirelessly each day to manage day-to-day activities at the Center. We hope you will join the Board in giving them your full support as we navigate these challenging decisions together.

Like you, MSSS has faced unprecedented challenges in recent years. First, a global pandemic that virtually changed life, as we knew it, on a moment's notice. As we slowly attempted to adjust to the pandemic, inflation began to soar to record levels not seen since the 1980s. We know you too have faced growing food costs, utility increases and of course, the pain associated with filling your vehicles at the pump, among other items. We were right along with you facing those exact same challenges, only on a much larger scale. The time has come we must be honest with you and ourselves and deal with those challenges directly. This is not easy, nor will it be painless.

Many are surprised to learn, Alaska has the fastest growing senior population per-capita of any state in the Union. A title Alaska earned in 2007 when we knocked off Nevada to take the lead. Today, that lead has only grown. What does that mean in terms of growth in Mat-Su? In 2010, the senior population (those 60 and older) in the Mat-Su Borough stood at 11,353. Today, the population of seniors 60 and over has grown 105% and now stands at 23,224. In 2010, seniors constituted about 13% of the Borough's overall population. In 2022, one in five Borough residents is now 60 or older. MSSS funds its meals programs, the focus of our correspondence with you today, through Title III of the Older American's Act. Those Federal funds are available to all persons aged 60 and older, but are targeted to those in greatest economic or social need, particularly low-income and minority persons, older individuals with limited English proficiency and older persons residing in rural areas. Participants are encouraged to make voluntary contributions for services they receive. Short significant adjustments in FY20 and FY21 (Covid 19 response), national funding for all states has seen only modest increases since 2012. State funding compliments federal receipts, but has been flat for many years. Legislation is currently proposed to increase senior grant funding by nearly \$1.5M statewide. While we applaud those efforts, it will take time. Mat-Su's share of both Federal/State funding remains to be seen for future years, but is currently just below \$650,000, which in turn is distributed between senior provider agencies in the area.

We trust the information provided helps explain the challenges we are facing and the financial picture before us. As we navigate these issues together, please know your Board and Staff are focused on working through these challenging times while continuing to do all we possibly can for seniors in the Greater Palmer area.

Sincerely,

Linda Combs,
President, Mat-Su Senior Services



HAPPY
ST.
PATRICK'S
DAY!

JOIN US ON THE 8TH OF
MARCH AT 11:30 AM!

MEMBERSHIP
MEETING





HAPPY Birthday



Mary Ann Anderson

Danny Barney

Dace Boyd

Paula Brown

Donna Campbell

Lois Conway

Renee Daniels

Tiiu Elizarde

Lorna Gleason

Patty Haugom

Emelda Hotchkiss

Theodore Hunter

Pamela Huyck

Donaldean LaCombe

Kris Laughlin

Phyllis Martin

Elda McCraw

Virginia Musgrove

Linda Nelson

Jeanette Owens

Joann Price

Charlotte Renfrow

Sigmund Restad

Dale Ringler

Jocelyne Rodrigue

Kay Slack

Kenneth Smith



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

March Mischief crossword



Across

Down

2. refraction of sunlight by rain or other water droplets
4. at the end of a rainbow, you may just find a pot of ____
5. denoting a signal or flag to proceed
6. you may be _____ if you don't wear 5. across
8. an Irish walking stick or club
9. the number of leaves 8. down has
10. stories of a community passed for generations
11. supernatural being in Irish folklore

1. a four leaf _____ will bring you good luck
3. salt-cured brisket of bovine origin
7. who mends shoes for work
8. a young sprig, used as a symbol of Ireland

Easy

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

Senior Sudoku

Difficult

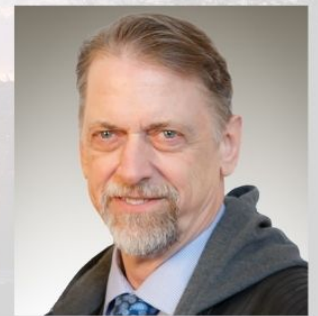
				2				
		6	5			9		7
			4			8	3	6
7				6	5			1
9			2					5
	3			7		6		
					9			
			3				5	8

Solutions on Pg. 8

Hello everyone.

Our month of February is coming to an end and spring will be right around the corner. I want to encourage everyone to come out to the center and participate in the activities we have ongoing. If there is an activity that you would like to see occur, at the center, come chat with us about it.

We want to grow the center in a way that welcomes all, and having something for everyone will help with that. Remember, this is your center and with your help, we will make it the way we all want it to be.



Tim Pettit
CEO



Shoutout to our Members!



During our membership meeting on February 8th, our members addressed the topic of how we, as a Center, can better communicate to our community regarding unforeseen closures; especially due to inclement weather.

We are pleased to announce, that any member can now sign up to join our Unforeseen Closure: Email Notification list!

Ways to sign up:

- 1) Speak with any of our staff in Administration
- 2) Send us an email request to join at matsuadministrative@matsuseniors.com

For those who don't have an email:

Don't worry, the established methods are still applicable!

Mat-Su School District will announce closures via their Facebook page, their website or you can know by calling their Main Number / School Closure Line at 907-746-9200.

You can also call us at 907-745-5454 after 8am, if we are here then we will answer!



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

Difficult

Sudoku Solutions

Puzzles on
Pg. 7

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

Easy

Knit-Along: Thursdays @ 10:00am in the Golden Heart Lounge

All experience levels are welcome to join our knitting / crocheting / hand stitching group! They had a blast this month and they are growing in size!

You can work on your own projects, or there is also an opportunity to volunteer to make lap size afghans to be donated to Seniors in need for next Christmas.

For those of you who quilt, the Center has received a donation of 30 yards of quilt batting (only) that can be made into fabric lap quilts as well.

If anyone is interested to make and donate, knitted or crocheted lap blankets or to make and donate quilted tops & bottoms to sew the batting into, please let Admin know you are interested to learn more details!

907-745-5454



Looking for a specific activity?
Want to volunteer your time to
host an activity with others?

Contact Admin at
907-745-5454 to
state your ideas!

Chess Players: Beginning or Experienced

Our Center has been given a wonderful donation of Chess boards and pieces.

If anyone is interested in organizing a club or signing up for a weekly chess meet-up, please contact Admin to state your interest at 907-745-5454.



We had some happy participants at **Bingo!**

March Bingo will be Thursday the 9th and 16th at 1:00pm in the dining room!

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 looks 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 seen 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.



The gift shop is open Tuesday through Friday from 10 am to 2 pm. Drop by and see us soon!

A note from Linda...



Dear Members:

I have planned to keep this portion of the Chatter short because I have asked that the notification letter be run so that we are hopefully not missing too many of our members with the news regarding the congregate meals no longer being available.

I did hear one analogy that made a bit of sense when you think about it. Remember growing up how exciting it was to have your shiny coin(s) to pay for "hot" lunch. Oh it was so special and what we always wished for when the lunch money was doled out at the beginning of the week. But then there were times when instead of coins to give the cashier, you were handed a brown bag (usually it held a PB &J) and told that there just wasn't any money for a "hot" lunch.

The Board of Directors and the Administration of the Palmer Senior Center continues 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. More information will be made available just as soon as possible. And yes, please reread the notification letter because it has a lot of information.

Be Kind

Linda A Combs

AARP FOUNDATION TAX-AIDE

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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

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1-800-478-2221

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

Facility Rental

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or email

matsuadministrative@matsuseniors.com

	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.



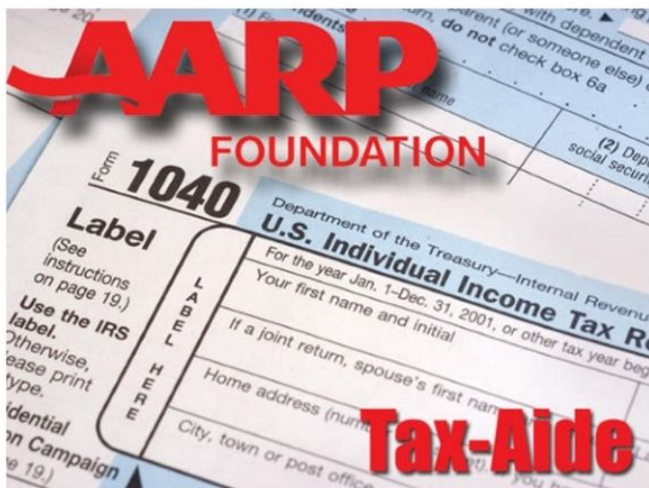
Palmer Senior Citizen's Center, Inc. dba

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Palmer, AK 99645

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

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