

2025 April

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 Needed

Pg 4: Activities

Pg 5: Activity Calendar

Pg 6: Community
Thank You

Pg 7: Board Letter

Pg 8: Happy Birthday

Pg 9: Membership
Announcements

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.

FUN Fridays at the Palmer Senior Center

Mat-Su Senior Services invite you to participate in FUN Fridays with us! FUN Friday themes are listed in the Activity Calendar on Page 5. If you are stopping by the center on that day, we invite you to dress up in accordance with the theme for that Friday!



OUR SERVICES

- Home-Delivered Meals.....Call-in by 9:00 a.m. for changes, Monday - Friday
- Commodities.....Monday, Tuesday, Thursday, Friday, 11:30 a.m. - 12:00 p.m.
- Adult Day Services.....Monday thru Friday 7:00 a.m. - 4:00 p.m.
- Chore & Respite Services.....Call the center for details
- Notary Services.....Traveling Notary available.
- Volunteer Opportunities.....Call 907-745-5454
- 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.....Phil Munger
- Director.....Clata Puryear
- Director.....Vacant
- Director.....Vacant
- Director.....Vacant

RECOMMENDED DONATIONS

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
- Chore & Respite Programs.....Lisa Mecham
- Kitchen/Food Services.....Yossi Assis



United Way of Mat-Su



This institution is an equal opportunity provider.

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



IS IN NEEDED OF VOLUNTEERS!

If you want to learn more
about volunteering for bingo,
give us a call!



Volunteers Needed in the Gift Shop!

Gift Shop hours are currently

11AM - 2PM Monday through Friday.

We are in need of people to volunteer
their time for at least one to two days

a week for one to three hours.

If interested please call 907-745-5454
or email

matsuadministrative@matuseniors.com

APRIL

Activities

1st Tuesday Book Club

Tuesday, April 1st at 10 AM

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

AARP Tax-Aide

**Every Thursday February 6th - April 10th
10 AM - 4 PM**

Help filing taxes. Must call 211 to make an appointment.
Located in the activities room

A New You

Every Wednesday at 10 AM

Located in the Fitness Studio on the bottom floor.
Instructed by Toni Truesdell.

Bingo (Blackout Bingo This Month!)

Thursdays, April 10th & 17th at 1 PM

Must be 19 years old to play. Located in the dining room. Final game of the day's payout is \$200.

Board of Directors Meeting

Monday, April 7th at 10 AM

Located in the second floor conference room.

Coffee Chit-Chat

Friday, April 25th at 10 AM

Located in the dining room.

Commodities

**Monday, Tuesday, Thursday and Friday
11:30 AM - 12:00 PM**

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

Game Day

Wednesdays from 12 PM - 4PM

Pinochle, Card Games & More! Located in the Golden Heart 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, April 17th at 1PM

Hosted by Jacque Olsen from the Alaska Center of the Blind and Visually Impaired. In the Golden Heart Room unless noted otherwise.

Quilting

Mondays 10 AM - 4:30 PM

Located in the activities room.
Bring your own machine.

Senior Strength

Every Monday & Friday at 10 AM

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

Shufflin' Country Dance Lesson

Thursday, April 10th at 3:30pm

Dance lesson for any level of experience.
Located in the studio on the basement level.

Strong Women

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

Located in the fitness studio on the bottom floor.

Tai Chi

Every Tuesday at 9:30 AM

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

Watercolor Art Class

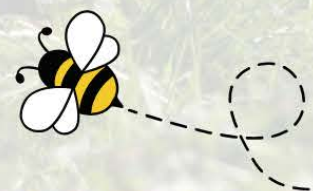
Friday, April 11th from 12 PM - 3 PM

All skill levels welcome. In the activities room.

Young at Heart Art

Every Tuesday from 10AM - 1PM

Art workshop located in the dining hall.





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OCcurring WEEEEKLY

10AM SENIOR STRENGTH

10AM - 4:30PM QUILTING

11AM - 12PM STRONG WOMEN

11:30AM - 12PM COMMODITIES

9:30AM TAI-CHI

10AM - 1PM YOUNG AT HEART ART

11:30AM - 12PM COMMODITIES

10AM A NEW YOU

11AM - 12PM STRONG WOMEN

12PM - 4PM GAME DAY



10AM KNIT ALONG

11:30AM - 12PM COMMODITIES

10AM - 4PM AARP TAX-AIDE

10AM SENIOR STRENGTH

11AM - 12PM STRONG WOMEN

11:30AM - 12PM COMMODITIES



4/1
10AM BOOK CLUB

4/2

4/3

4/4



CAMO DAY

4/7
10AM BOARD MEETING

4/8

4/9



4/10 1PM BINGO

3:30PM SHUFFLIN COUNTRY DANCE

4/11 12PM WATERCOLOR ART



DECADE DAY : 60'S



4/15

4/16



4/17 1PM LIVING WITH VISION LOSS

1PM BINGO

4/18



HAT DAY

4/21

4/22



4/23

4/24



4/25 10 AM COFFEE & CHIT CHAT

RAINBOW DAY

4/28

4/29

4/30 LAST DAY TO SUBMIT BOARD APPLICATIONS!

SEE PAGE 9 FOR MORE INFO



THANK YOU TO OUR SUPPORTERS!

Mat-Su Senior Services would like to extend our heartfelt gratitude to the following community members for their support in providing services to seniors in need in the Mat-Su valley!

Alvin M.

Ann & Frank K.

Anonymous

Bishops Attic

Bob W.

Cobb Street Market

Combs Insurance

Croxtton Trust

Fresh Start Farms

Guardian Alaska L.L.C.

Jeremy G.

Palmer Lions Club

Sylvia & Jack G.



A Letter from Board Member Russ Ingram



Dear Fellow Members,

Hi everyone! My name is Russ Ingram and I am serving as the President of the Palmer Senior Center Board of Directors. I want to wish everyone a beautiful Spring after the Winter that wasn't. First of all to take care of some business that all should be aware. We are electing some new directors this summer.

April 30th is the last day to submit board applications to the Election Committee, i.e. Dora Wheeler
May 14th Candidates speak to membership at the May Membership Meeting
June 11th Vote for new directors at the Annual Membership meeting.

Don't forget to Vote!

Recently, I have been thinking about what a Hero is. When we think of Heroes, most often we imagine someone that puts their life in danger to reach a successful conclusion of an act of selflessness.

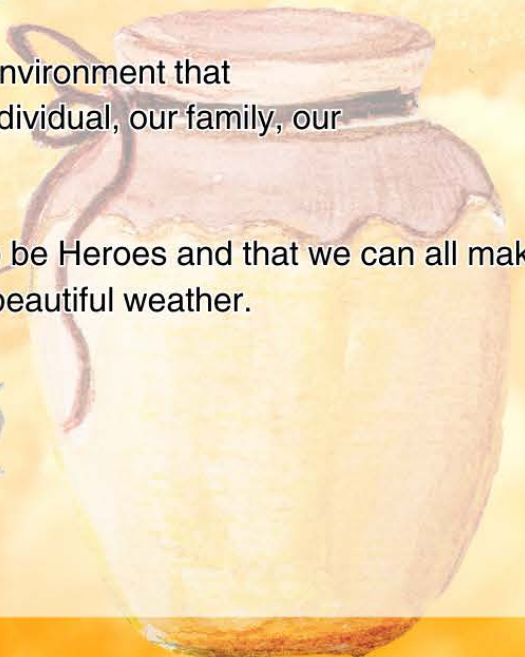
Instead, think of True heroism as being about showing up every day, doing your best to make the world a little better, a little safer, a little kinder. We can all make a difference.

We must come to realize the power of empathy, we must come to know the danger of prejudice, and we must be fully aware of the impact one person, one action, one change of heart, can have on an entire community.

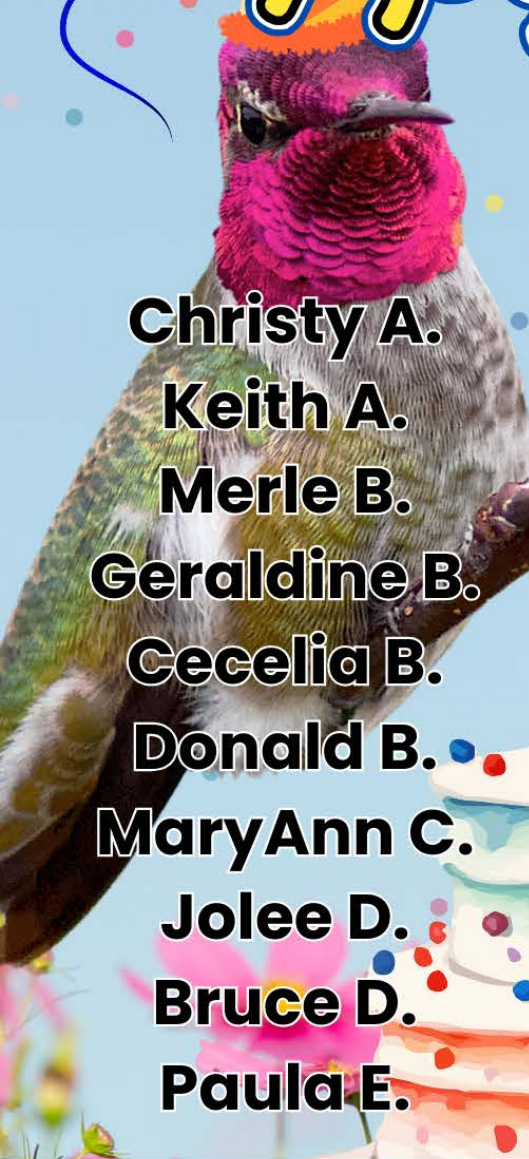
We must be creators of an environment that fosters love, an environment that allows gratitude and one that allows us to have hope in the individual, our family, our community and the future.

My prayer is that we learn this lesson and that we all strive to be Heroes and that we can all make a difference. I have faith that we can. Have Fun and Enjoy the beautiful weather.

Russ



Happy Birthday!



Robert G.
Gerald G.
Judy G.
April G.
Nancey H.
Roger H.
Claire J.
Deborah K.
Gerry L.
Mary L.
Ofelia L.



John M.
Connie M.
Sharon N.
Warren P.
Jerry S.
Yukon T.
Mary T.
Lee T.
April T.
Kathryn V.

2025 AARP Tax Aide

Beginning February 6th thru April 10th, AARP Tax-Aide volunteers will be providing tax services for the 2024 tax year by appointment only. Appointments can be made online starting the last week in January by accessing the following website:

<https://taxaide.aarpfoundation.org>.

Follow the steps on the website to find a location near you and book your own appointment or have a friend or family member book on your behalf.

Alternatively, if you are unable to make an online appointment, the "211" Services for Alaska can assist you with making an online appointment.

If you cannot access 211 from your phone, call 1-800-478-2221 for assistance.

Be sure to bring all the current tax year documentation, photo ID and Social Security Card, along with last year's tax return to your appointment. If filing a joint return, both taxpayers need to be present. Please make other arrangements for your children to be cared for during your tax appointment. If you have a prior year return (no more than 3 years prior), make a separate appointment for each year you need to have completed.

Membership Announcements

With Spring in the air, it is just about time for the Annual Membership Meeting and Board Election. There are important dates to remember for the months ahead.

April 30th : The Last Day to Submit Board Applications

Board applications can be found online at matsuseniors.com, or in person at the Palmer Senior Center.

Applications can be submitted via email to matsuadministrative@matsuseniors.com or upstairs in the Administrative office.



May 14th : Membership Meeting, Candidates Speak to Membership

Candidates for the election will be announced and will speak at the May membership meeting. A listing of candidates with introductions will be listed in the May Member Newsletter. **This is also the last day to apply as a member to be able to vote in the Annual June Membership Meeting.**

June 11th : Annual Membership Meeting and Voting

Annual membership meeting held in the dining room. Voting of Board Candidates and proposed bylaw amendments take place.

CURRENTLY PROPOSED BYLAW AMENDMENT

The following proposal would modify the bylaws to match the language in the Center's Articles of Incorporation which states the number of directors shall be not less than three nor more than nine. This language is also consistent with the Alaska State Statutes that govern the Center's affairs.

Following is a proposed bylaw amendment. Proposed language to be added is **underlined and in bold typeface like this.**

Article VI - Board of Directors
Section 1 Board of Directors:

The Corporation shall be governed by a Board of Directors (Board) consisting of **not less than three (3) and not more than** nine (9) Directors. Board action shall be by majority vote, provided a quorum of filled seats is present ("majority vote"), except when a supermajority vote of two-thirds (2/3) is required by these Bylaws, the Corporation's Articles of Incorporation, or state law.

July : Results Announced

Elected Board members announced in the July Member Newsletter. Elected candidates will go through due process of becoming a full fledged member of the Board. Proposed bylaw voting results announced in July Member Newsletter.



HOPE AND ANTICIPATION!

Happy Easter! Spring is upon us, if not in our heads, in our hearts: a time for birth and rebirth. We look longingly at our garden beds and celebrate the season of hope and anticipation. The heat of sunny days brings the promise of growth and renewal. Daffodils, crocus, and rhubarb are beginning to emerge, and an abundant summer is almost at our fingertips.

In the gift shop a great collection of spring tees has emerged in vibrant colors and exciting designs ready for gift giving or to add to your casual wardrobe. In sizes medium through 2X, and larger sizes available on order, everyone can enjoy these well priced tops.

Our scarf display is awash in the pinks of spring. Long, short, filmy, solid, printed and plain, they make wonderful gifts. Mention that you read about them here, and you will receive a 10% discount on each one you purchase (does not include consignment goods)! Add an Easter card and you will be everybody's favorite aunt, uncle, grandparent, friend, etc.

This year the gift shop features a collection of Easter gift cards of which we are extremely proud. Every card is individually hand crafted by local artists in a variety of styles and mediums. From the sophisticated to the sweet, each card is a unique and individual greeting, making them very exceptional remembrances for the special people in your life.

Though it may be a surprise to some, the gift shop features a small collection of books by local authors. We are excited to add Watchin' God, Book Two: Angels and Gas Cans by N C Carlson to our library of titles. An excellent read for this time of the liturgical year, the book features short vignettes from Carlson's life in which God has obviously intervened. Each chapter is short, preceded by a relevant scripture, and is thought provoking. Written in a very unique, personal, and engaging style, the book has definite staying power. This is a worthy read!

As always, the gift shop is filled with an outstanding collection of unique and desirable jewelry of all types. Both jewelry artists Sue Shaw and Vicki Randolph have outdone themselves with their spring collections. A great assembly of crosses, both earrings and necklaces, await patrons as do many other spring pieces designed to give new life and vibrance to recycled and often tired spring fashions. At the gift shop, we're sure that you will find just the piece your wardrobe requires, or a great gift for a friend.

Please drop by and welcome spring with us. Happy Easter!



Spot the oopsie!



We made an oops and if you find it, you can be entered into a drawing for a \$20 gift card! Call in at 907-745-5454 with your findings, with one entry for each validated discovery. Submissions due the day before the second Wednesday of the month. Drawing will be made the second Wednesday of the month.

Congratulations!

to March's Spot the oopsie! Winner

Thank you for being on the lookout!



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



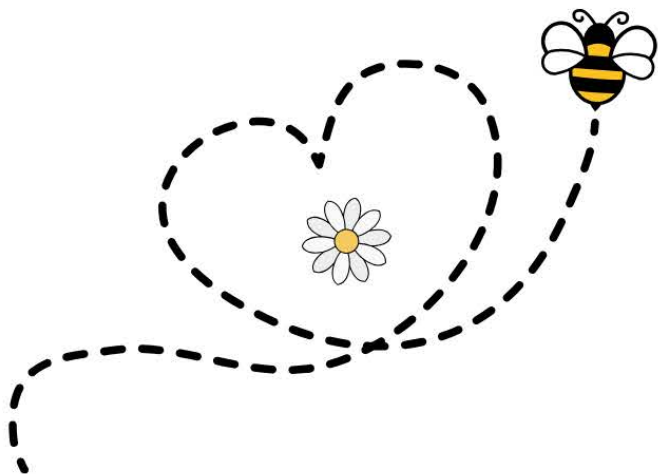
Valley Charities & Turn a Leaf
907-521-1908



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, May 14th ,
at 11:30am.