

# 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.

## **JUNE IS A MONTH OF SUN!**

With summer solstice coming up on the 20th of June this month, consider taking a break in your day to get in some sun! Even five minutes outside with the wind in your hair and sun on your skin can be beneficial for your overall health. If the day isn't quite working out to make it to the outdoors, a few minutes by an open window can also help to freshen up your day.



**CLOSED**  
**6/19/2024**  
**Juneteenth**



# Our Services

Home-Delivered Meals.....Call-in by 9:00 a.m., 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. - 4:30 p.m.  
Chore & Respite Services.....Call the center for details  
Notary Services.....Traveling Notary available.  
Volunteer Opportunities.....Call 907-745-5045  
55+ Senior Housing.....Chugach and Colony Estates. Call 907-761-5001  
Transportation.....Medical Appointments Only

## Board of Directors

President.....Russ Ingram  
Secretary.....Elda McCraw  
Director.....Linda Combs  
Director.....Tom Schulman  
Director.....Meg Smith

Vice President.....Dora Wheeler  
Treasurer.....Vacant  
Director.....Vacant  
Director.....Vacant

## 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.*



# SILENT AUCTION

*A huge thank you to all of these local businesses who gave towards Mat-Su Senior Services Silent Auction! Thanks to your donations, we were able to raise money to support programs and services that support seniors all around the valley!*

# THANK YOU!

Pizza Athena

Fred Meyer

Big Dipper Ice Cream

Turkey Red

Silvertip Designs

Frost Cupcake

B Bella Hair Design

NAPA

Alaska Chicks

Jacobson's Greenhouse

Raven Hair

Goshen Garden & Green House

Noisy Goose

Sunrise Grill

Country Cuts

Alpenglow Hair Spa

Feather & Flour

Spunky Monkey

Shear Fire Hair Design

Reyna's Hair Salon

Ken's Garden

Allen & Peterson

Alice Wear

Muse Hair Society

Mat-Su Miners



Palmer Senior Citizen's Center, INC. dba

**MAT-SU SENIOR**  
SERVICES





# Activities

## **1st Tuesday Book Club**

**Tuesday, June 4th 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.

## **Bingo (Blackout Bingo This Month!)**

**Thursdays, June 13th & 20th at 1 PM**

Must be 19 years old to play. Located in the dining room. Final game of the day's payout is \$100.

## **Board of Directors Meeting**

**Monday, June 10th at 10 AM**

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

## **Coffee Chit-Chat**

**Friday, June 28th 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.

## **Knit-Along**

**Every Thursday at 10 AM**

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

## **Living with Vision Loss**

**Thursday, June 20th at 1PM**

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

## **Membership Meeting**

**Wednesday, June 12th at 11:30 AM**

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

## **Memoir Writing**

**Monday, June 10th & 24th**

**12:30 PM - 1:30 PM**

Writing workshop. Hosted by Marilyn Bennett in the activities room.

## **Move, Dance, Laugh**

**Fridays at 3pm**

*On Hiatus*

## **Pinochle**

**Every Wednesday 11 AM - 4 PM**

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

## **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, using an exercise video by Craig Willis.

## **Shufflin' Country Dance Lesson**

**Thursday, June 20th at 3:30 PM**

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



## Spanish Group

**Every Tuesday at 10:30 AM**

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

## Tai Chi

**Every Tuesday at 9:30 AM**

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

## Strong Women










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

Located in the fitness studio on the bottom floor.

## Watercolor Art Class

**Friday, June 14th 12PM - 3PM**

All skill levels welcome. In the activities room.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCCURRING WEEKLY				
10AM SENIOR STRENGTH  10AM - 4:30PM QUILTING  11AM - 12PM STRONG WOMEN  11:30AM - 12PM COMMODITIES	9:30AM TAI-CHI  10:30AM SPANISH GROUP  11:30AM-12PM COMMODITIES	10AM A NEW YOU  11AM - 12PM STRONG WOMEN  11AM - 4PM PINOCHLE	10AM KNIT ALONG  11:30AM - 12PM COMMODITIES	10AM SENIOR STRENGTH  11AM - 12PM STRONG WOMEN  11:30AM - 12PM COMMODITIES
6/3 	6/4 10AM BOOK CLUB	6/5 	6/6	6/7 
6/10 10AM BOARD MEETING  12:30PM - 1:30PM MEMOIR WRITING	6/11 	6/12 11:30AM MEMBERSHIP MEETING	6/13 1PM BINGO	6/14 12PM - 3PM WATERCOLOR ART CLASS
6/17 	6/18	6/19 <b>CLOSED FOR JUNETEENTH</b> 	6/20 1PM BINGO  1PM LIVING WITH VISION LOSS  3:30PM SHUFFLIN' COUNTRY DANCE LESSON	6/21 
6/24 12:30PM - 1:30PM MEMOIR WRITING	6/25 	6/26	6/27 	6/28 10AM COFFEE CHIT-CHAT



# Board Nominees

Vote at the next  
Membership Meeting!

Wednesday, June 12th

11:30 AM

in the Palmer Senior Center Dining Room

Members who enrolled by May  
8th that are present for the  
June membership meeting are  
eligible to enter a raffle for Two  
\$50 Visa Gift Cards!\*

Staff members excluded\*



**Dora Wheeler**  
*Board Nominee*

My name is Dora Wheeler and I have been a resident of the Mat-Su Valley since July of 1980, still living at our property on Soapstone Road.

My husband and I have 6 children, 10 grandchildren and 5 great grandchildren with 2 more on the way. Here in the Valley, we have seen the many changes and growth ... much more so in the last 10 years.

I have served on the Board of Director for the last 3 years, serving as Chairperson of both the Governance Committee and the Election Committee. This last year, I also served as Vice President of the Board.

One of the reasons for running again this year is for continuity on the Board and with 3 additional years, I look forward to actively participating in future missions of the Center, whether it's chairing a fundraising event, participating on a committee or just meeting and greeting you, our members!

Thank you.



**Phillip Munger**  
*Board Nominee*

I moved to the Mat-Su Valley from Prince William Sound in September, 1983. I worked in Corrections for seven years, eventually running Alaska's biggest halfway house, the Cordova Center, for two years.

In 1995, I began teaching at UAA's Mat-Su College, directing the college's band until 2007. I began teaching various courses at UAA's main campus in 2000, where I remained until 2018. From 2010 until 2018, I directed the Anchorage Civic Orchestra. From 2019 until 2022, I worked locally, helping mentally ill men in group home settings. I am now fully retired.

I moved into Colony Estates here in Palmer last summer. I currently serve on the Board of the Anchorage Civic Orchestra. I look forward to serving our community here as a Mat-Su Senior Services board member.





**Russ Ingram**  
*Board Nominee*

Hi! My name is Russ Ingram. My wife Glenda and I moved to Palmer in 2014. This was after I retired from Bechtel Corporation. With Bechtel I had significant experience in project management, contracts, and procurement. Glenda is a retired schoolteacher, born and raised in Palmer. She currently is a substitute teacher for MSBSD.

I have served on the Palmer Senior Center Board of Directors for over 2 years. In 2022 and 2023 I served as Treasurer and for the past year as the President of the Board. I am passionate about the Senior Center and work hard to make it a success. This includes ensuring that our board is fiscally responsible and attuned to the needs of the center and its members.

I own and operate Old Man Russ Fine Food and Catering and McKinley Birch B&B. My hobbies include cooking, barbecuing, collecting cookbooks, landscape, animal and macro photography and genealogy.

I am a member of the Palmer Lions Club. I have served on its board for 6 years and served as President of the club for 2 years. I am the newly elected District Governor for Lions District 49A. I also serve as the Vice President of Membership the Great Alaska Council, BSA.

Glenda and I love Alaska, particularly the Palmer area. We look for ways to serve our community.

# HAPPY BIRTHDAY

**Lynne A.  
Betty B.  
Linda C.  
Donald C.  
Carol C.  
Rita D.  
Helen D.  
Bonna D.  
Sherron F.**

**Eileen G.  
Patricia G.  
Pansy H.  
Leonard K.  
Marilyn K.  
Jennifer M.  
Evelyn M.  
Phyllis M.  
Carol O.  
Mary P.**

**Grace P.  
Tom S.  
Geoffrey T.  
Beth T.  
Sevard W.  
Maria W.  
Sally W.  
Agnes W.  
Harold W.**





# A Letter from Board Member Dora Wheeler



It's that beautiful time of the year that summer for sure is around the corner!! Again time to clean the yard, get out the lawn chairs, open the windows, let the ole winter air out, and let fresh air in! Plant those seeds, or load up your vehicle go on that drive Glennallen, Chitina, Kenai, Seward, Talkeetna, Valdez, Delta or Fairbanks for camping, sightseeing, fishing or foraging!

There is always the Palmer Senior Center, where commodity days are available Mon., Tues, Thurs. and Fri., as well as these other activities; exercises, card games, book reading club, art classes, coffee morning get together, knitting and sewing groups.

My big throw out for June is on June 12, 2024, please join the present Board of Directors for our annual membership meeting, come in and vote for your by law changes, board members and stay for lunch!

Summer is finally here,

*Dora Wheeler*

*Director of the Board*

**COME SEE US AT THE NEXT MEMBERSHIP MEETING!**

***Wednesday June 12th***

***at 11:30 AM***







## JOIN US FOR OUR ANNUAL MEMBERSHIP MEETING LUNCH WILL BE PROVIDED

June 12, 2024, is the day for our Annual Membership Meeting. At this meeting, we will vote on three seats for the Board of Directors and two proposed Bylaw amendments.

Three candidates are running for those three seats on the Board. They include:

- Russ Ingram (Incumbent)
- Philip Munger
- Dora Wheeler (Incumbent)

The Bylaw proposals on the ballot will include one that would extend the number of director term limits from two (2) three-year terms to three (3) three-year terms to increase continuity on the Board. It also adds a non-voting, ex-officio, one-year term for an outgoing director who was the President, to provide advice and counsel the Board on matters before it.

The second proposal resolves a potential scheduling conflict when the Special Board Meeting to elect Board Officers falls on a federal holiday and the Center is closed. As currently written, the Special Board Meeting is to be held on the first Monday following the Annual Membership Meeting. In the past, that has fallen on a federal holiday. To resolve the potential conflict, this amendment would allow the Special Board meeting to be held any day in June before the end of the month.

### Voting Methods

- In person at the Annual Membership Meeting on June 12
- By early walk-in voting beginning at 9:00 a.m. on the day of the Meeting
- By absentee voting on the Friday, Monday and Tuesday immediately preceding the June Membership Meeting
- By US Mail if you request a ballot from the Administration Office

Finally, if you are a member and attend the Annual Membership Meeting, you will be entered to win one of two \$50 dollar gift cards.

We hope to see you there!

**June 12th At 11:30 AM Palmer Senior Center Dining Room 9**



# It's Summer At The Gift Shop

June is bursting with the promise of summer and the gift shop is filled with bright colors and fresh ideas. Like the myriad of plants emerging from the warm soil, great gifts are sprouting up all over the gift shop.

Several very delighted individuals are currently singing the praise of moissanite jewelry which they have purchased at the gift shop. Recently we have added several new pieces to our ever-growing collection. This looks-like-diamond is a real gem, and is much like its cousin in every way, including its sparkle. Though breathtakingly beautiful, this unique gem is far less expensive than its well-known cousin, the diamond. If you haven't dropped by to take a close look at this wonderous gem, we must ask—what are you waiting for?! You'll be sold on its brilliance and beauty the minute you view it.



In celebration of Father's Day, the gift shop has added a wonderfully unique food line, Adventure Harvest, from Haines, Alaska. This line of truly unusual delicious products features Alaskan foraged flavors. Think spruce tips, wild porcini mushrooms, etc. sourced in the wilds surrounding Haines. To ensure ultimate flavor, all recipes are produced in small batches and packaged by hand. The results are outstanding.

The gift shop is currently carrying a variety of Adventure Harvest products. Rhubarb B.B.Q. sauce is sweet and tangy. Made with locally harvested rhubarb, it's great on both pork and chicken or anything else such as egg rolls. Dads will love adding this tangy product to their culinary collection. Spruce tip jelly, with a raspberry citrusy flavor, is perfect for your morning toast or biscuit. It is also great with meats or slathered on a fresh baguette with brie cheese. Alaska Spice Mix is Adventure Harvest's most popular product. No wonder! Made of spruce tips, porcini mushrooms and secret spices, this condiment can be added to anything savory: chicken, fish, eggs, potatoes, veges, popcorn, pizza dough, breads and salads, and much more. Added to sour cream, it makes a truly fabulous dip. We are also carrying Spruce Tip Syrup. Add just a bit of it to tea, lemonade, cocktails, or serve over breakfast breads to create an exciting taste difference. Dad will be forever appreciative of any and all of the Adventure Harvest products. All Adventure Harvest products are being offered at introductory prices: 20% off through the month of June.



Classy Glass has recently added a collection of male oriented key chains featuring leather with metal fobs in all sorts of designs including phantom fish, silver fox heads, the state of Alaska and Man of God themes. These very attractive and very masculine designs are sure to please any dad.



The gift shop also features a collection of handmade knives with sheaths that any dad would be proud to call his own. The list goes on with many other unique gifts for that special guy. Drop by soon to make your selections.



**We are open 11 am to 2 pm Monday through Friday.**





# Come See Our Library!



If you stop by our center, feel free to check out a book! Books are loaned on the honor system. Our library is located on the basement level, accessible by elevator or stairs.



## 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



Alzheimer's  
Resource  
of Alaska

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, June 12th,  
at 11:30am.