

NOVEMBER 2022



Palmer Senior Center dba Mat-Su Senior Services

## SENIOR MONTHLY CHATTER

### CORE VALUES

RESPECT | TRUST | INDEPENDENCE | SECURITY  
COMPASSION | UNITY

### *A Message from Brandi...*

Thanksgiving is the perfect time for family and friends to gather together; enjoy good food, and spend quality time with one another in a festive atmosphere! At Mat-Su Senior Services:

- We give thanks to the amazing staff and volunteers who have been working tirelessly to ensure the needs of the center are met.
- We give thanks to all the people who work in essential services. The men and women who continue to stock the shelves, deliver the mail, fill our prescriptions, pick up our trash, care for the seniors, and keep our country safe.
- We encourage everyone to reach out to family and friends who cannot join you at the Thanksgiving table and take a moment to show your love and gratitude.
- We extend our appreciation to the ones who have paved the way for the life we are blessed to have.

Our Board meeting is Monday, November 7th, and our Membership meeting is that Wednesday the 9th, at 11:30 am. Coffee Chit chat will be Friday, November 18th, at 10 am.

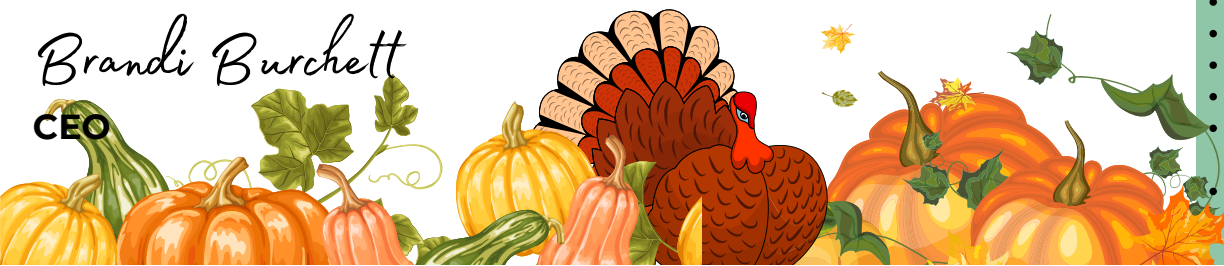
The month ends with our November 30th movie matinee of "Home for the Holidays" at 2 pm. We are looking forward to completing our First Annual Holiday Ball & Fundraiser on November 5th thanks to your support and volunteerism. Our Seniors will be planning a dance in December. More details to come later. Lastly... (drum roll please), I am excited to announce that BINGO, BINGO, BINGO is back. We will have Bingo in the dining room on Thursday, November 10th, and Thursday, November 17th, from 1-3 pm.

Our seniors have so much to be thankful for, such as vast knowledge and the many contributions they've made to society. Sometimes, it's easy to forget the enriching opportunities you each have experienced. Our seniors have taught us important lessons, have shared stories we'll never forget, have offered the best advice, and have become our biggest cheerleaders in life. Mat-Su Senior Services is eternally grateful for the unconditional support we receive from all of you. We happily return that sentiment. To all of our Seniors, we wish you a Happy Thanksgiving and send our warmest wishes for a holiday filled with everything that brings you joy. Most importantly, it is in this spirit that we say simply, but sincerely, **Thank You!**

*Brandi Burchett*  
CEO

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

## CORE PURPOSE

Seniors Quality of Life

## 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.

### Services available:

- **CONGREGATE MEALS:** Monday - Friday, 11:30am - 12:30pm at the center
- **HOME DELIVERED MEALS:** Call-in by 9am Monday-Friday to start or make changes
- **ADULT DAY SERVICES:** Monday - Friday, 7:30am - 4pm
- **CHORE & RESPITE & SUPPLEMENTAL SERVICES:** Call Monday - Friday, 8am - 4pm
- **NOTARY SERVICE:** Traveling notary available
- **VOLUNTEER OPPORTUNITIES:** Call Admin 745-5454
- **SENIOR HOUSING CHUGACH & COLONY ESTATES:** Call 761-5001
- **FACILITY RENTAL & CATERING:** Call 761-5006
- **TRANSPORTATION:** Medical rides in the Palmer or Wasilla area, call 761-5050 one week in advance

### Voluntary donations accepted for all services.

#### Suggested donation amounts are:

- CONGREGATE MEALS: \$5
- HOME DELIVERED MEALS: \$6.50
- TRANSPORTATION: \$5 (Palmer, RT)  
\$8 (Wasilla, OW)



*proud  
member  
of*

FOOD BANK  
of ALASKA



United Way of Mat-Su  
Food Bank of Alaska

Coalition of Mat-Su Senior Centers  
ACAO



## DEPARTMENT MANAGERS

CEO.....Brandi Burchett  
COO/HR.....Beth Westland  
HR CONSULTANT.....Kirk Henke  
ACCOUNTING MANAGER.....Anna Weiss  
Transportation/Facilities.....Tim Pettit  
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.*



## *A note from Linda...*



Dear Members,

When I hear the words November and December, it engages all of my senses. The smell of hot cider and crisp apples in November, and of course the peaceful, joyous lights and sounds of December.

November is a time of preparation for the joyous season! It is no different for the Palmer Senior Citizen's Center dba Mat-Su Senior Services. The execution of careful planning has shown that we are prepared. Our CEO, Brandi Burchett, has been with us for just over six months and there are not enough adjectives to describe her desire, commitment and passion for our mission. Our organization is certainly all the better for having her at the helm.

It pleases me very much that my last month's suggestion to you, the membership, about reaching out and bringing your ideas for activities and programs at the center has proved fruitful. A very heartfelt thank you to those who volunteered to physically put together this Chatter for example. Great for the organization as well as great for the volunteers.

We have a HUGE fundraiser on November 5th. The money raised from this fundraiser will benefit our programs and we are excited to make this an annual event. If you would like to attend or volunteer, please contact our office.

I am looking out at the sunset and close this out enjoying the clear and crisp serenity of the mountain views. Whispers of possibilities are in the air. Embrace the fall and above all things, please remember to be kind to everyone.

*Linda A. Combs*  
Board President







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

# Join us at our next

## MEMBERSHIP MEETING

### WEDNESDAY NOVEMBER 9TH AT 11:30AM



Puzzle 1

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

Puzzle 2

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





# 2022 ACTIVITIES

MON

TUE

WED

THU

FRI

## WEEK 1

1  
9:30AM TAI CHI (9 PERSON LIMIT)  
W/SHERRY & ANNA  
10AM TUESDAY BOOK CLUB W/TONI  
TRUESEDELL: WEST WITH GIRAFFES  
BY LYNDA RUTLEDGE  
10:30AM CONVERSATIONAL SPANISH  
FOR BEGINNERS W/GIL SMITH  
12PM ZUMBA (439 W ELMWOOD)  
1PM YOUNG AT HEART W/TAYLOR YORK

2  
10AM A NEW YOU W/TONI  
TRUESEDELL  
1PM PINOCHLE  
3PM YOGA (439 W ELMWOOD)

3  
10AM KNIT ALONG: COME KNIT OR  
CHROCHET WITH YOUR FRIENDS  
10:30AM SLOW & GENTLE W/TONI  
TRUESEDELL  
12:30PM OSTEOARTHRITIS:  
WEIGHING THE TREATMENT OPTIONS  
W/STEPHANIE PACKARD FROM  
ARCTIC MEDICAL CENTER

4  
10AM SENIOR STRENGTH  
12:30PM BIBLE STUDY

## WEEK 2

7  
10AM SENIOR STRENGTH  
12:30PM BOARD OF  
DIRECTORS MEETING  
9:30AM TAI CHI (9 PERSON LIMIT)  
W/SHERRY & ANNA  
10:30AM CONVERSATIONAL SPANISH  
FOR BEGINNERS W/GIL SMITH  
12PM ZUMBA (439 W ELMWOOD)  
1PM YOUNG AT HEART W/TAYLOR YORK

9  
9:30AM ESTATE PLANNING - LAW  
OFFICE OF C.ASCHENBRENNER  
10AM A NEW YOU W/TONI TRUESEDELL  
11:30AM MEMBERSHIP MEETING  
12:30 LISTENING SESSION W/THE  
ALASKA COMMISSION ON AGING  
1PM PINOCHLE  
3PM YOGA (439 W ELMWOOD)

10  
10AM KNIT ALONG: COME KNIT OR  
CHROCHET WITH YOUR FRIENDS  
10:30AM SLOW & GENTLE W/TONI  
TRUESEDELL



## WEEK 3

14  
10AM SENIOR STRENGTH  
9:30AM TAI CHI (9 PERSON LIMIT)  
W/SHERRY & ANNA  
10:30AM CONVERSATIONAL SPANISH FOR  
BEGINNERS W/GIL SMITH  
12PM ZUMBA (439 W ELMWOOD)  
1PM YOUNG AT HEART W/TAYLOR YORK  
6PM ESTATE PLANNING - LAW OFFICE OF  
C.ASCHENBRENNER

16  
10AM A NEW YOU W/TONI TRUESEDELL  
1PM PINOCHLE  
3PM YOGA (439 W ELMWOOD)

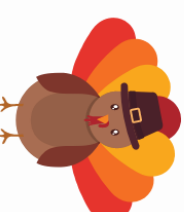
17  
10AM KNIT ALONG: COME KNIT OR  
CHROCHET WITH YOUR FRIENDS  
10:30AM SLOW & GENTLE W/TONI  
TRUESEDELL  
1PM LIVING WITH VISION LOSS  
W/JACKIE OLSEN

18  
10AM SENIOR STRENGTH  
10AM COFFEE & CHIT-CHAT  
W/CEO, BRANDI BURCHETT  
12:30PM BIBLE STUDY  
3PM MOVE, DANCE, LAUGH  
W/KAY SLACK

## WEEK 4

21  
10AM SENIOR STRENGTH  
11:30AM POLKA MUSIC - CLOSE  
ENOUGH  
9:30AM TAI CHI (9 PERSON LIMIT)  
W/SHERRY & ANNA  
10:30AM CONVERSATIONAL SPANISH  
FOR BEGINNERS W/GIL SMITH  
12P ZUMBA (439 W ELMWOOD)  
1PM YOUNG AT HEART W/TAYLOR  
YORK

23  
10AM A NEW YOU W/TONI TRUESEDELL  
11AM-3PM MEDICARE PRESCRIPTION  
DRUG ENROLLMENT W/THE AGING &  
DISABILITY RESOURCE CENTER  
1PM PINOCHLE  
3PM YOGA (439 W ELMWOOD)



## WEEK 5

28  
10AM SENIOR STRENGTH  
9:30AM TAI CHI (9 PERSON LIMIT)  
W/SHERRY & ANNA  
10:30AM CONVERSATIONAL SPANISH  
FOR BEGINNERS W/GIL SMITH  
12P ZUMBA (439 W ELMWOOD)  
1PM YOUNG AT HEART W/TAYLOR  
YORK

30  
10AM A NEW YOU W/TONI TRUESEDELL  
1PM PINOCHLE  
2PM MOVIE MATINEE: HOME FOR THE  
HOLIDAYS - HOSTED BY CEO, BRANDI  
BURCHETT  
3PM YOGA (439 W ELMWOOD)

ALL ACTIVITY LOCATIONS WILL

BE LISTED IN THE LOBBY  
UNLESS OTHERWISE NOTED

FOR QUESTIONS  
CONTACT LISA MECHAM AT

907.761-5026

# Ghost Making with Lisa



# NOVEMBER 2022

## LUNCH MENU | 12PM - 1PM MON-FRI

MON

TUE

WED

THU

FRI

WEEK 1

**FISH  
ALTERNATIVE  
LISTED FOR  
FRIDAYS**

1  
SPAGHETTI  
RICE  
VEGGIE  
DESSERT

2  
BAKED TURKEY  
STUFFING  
VEGGIE  
DESSERT

3  
SCHNITZEL  
MASHED  
POTATOES  
VEGGIE  
DESSERT

4  
FISH  
LASAGNA  
FRIES  
VEGGIE  
DESSERT

WEEK 2

7  
CHILI  
FRIES  
VEGGIE  
DESSERT

8  
CHICKEN A LA KING  
RICE  
VEGGIE  
DESSERT

9  
GOULASH  
PASTA  
VEGGIE  
DESSERT

MEMBERSHIP  
MEETING

10  
SHEPHERD'S PIE  
MASHED  
POTATOES  
VEGGIE  
DESSERT

11  
\*\*CLOSED\*\*



WEEK 3

14  
BEEF MEATBALLS  
PASTA  
VEGGIE  
DESSERT

15  
CHICKEN MARSALA  
MASHED  
POTATOES  
VEGGIE  
DESSERT

16  
HAMBURGERS  
FRIES  
VEGGIE  
DESSERT

17  
HOT DOGS  
CHIPS  
VEGGIE  
DESSERT

18  
FISH  
LASAGNA  
FRIES  
VEGGIE  
DESSERT

WEEK 4

21  
BRISKET  
MASHED  
POTATOES  
VEGGIE  
DESSERT

22  
PORK LOIN  
RICE  
VEGGIE  
DESSERT

23  
TURKEY  
STUFFING  
VEGGIE  
DESSERT

24  
\*\*CLOSED\*\*



25  
\*\*CLOSED\*\*



WEEK 5

28  
PORK CUTLET  
BATTER BITES  
VEGGIE  
DESSERT

29  
TIBS  
MASHED  
POTATOES  
VEGGIE  
DESSERT

30  
CHICKEN MEATBALLS  
RICE  
VEGGIE  
DESSERT

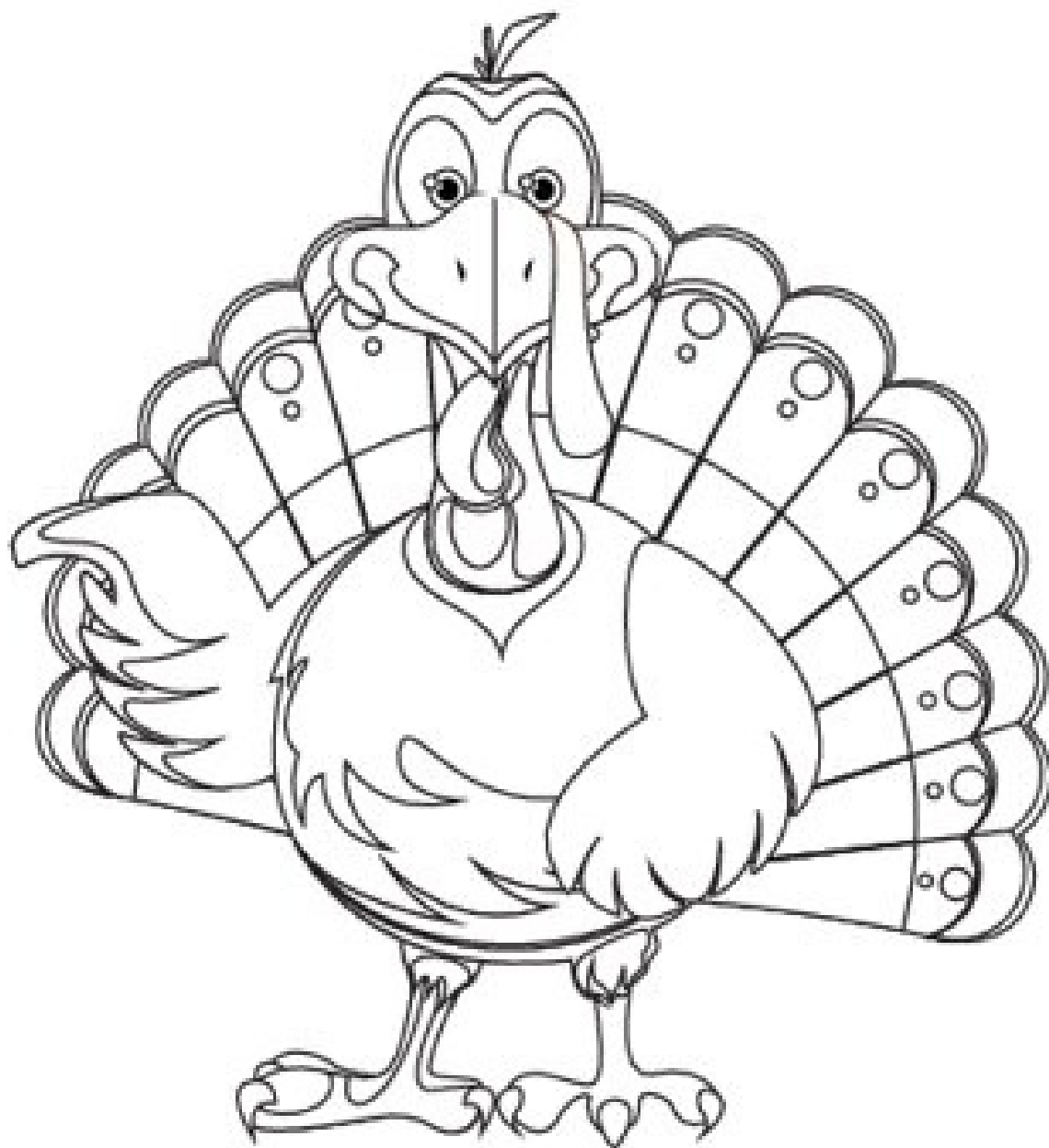
**MENU IS SUBJECT TO CHANGE**

**MEAL COST FOR  
NON-ELIGIBLE INDIVIDUAL**

**\$14 - FULL MEAL UNDER 60  
\$6.00 - KIDS 8-12 YEARS  
\$5.00 - KIDS 0-7 YEARS**



Happy



Turkey Day



# From the Gift Shop

Before you sit down to consume your share of 736 million pounds of turkey and 250 million pounds of mashed potatoes this Thanksgiving, pause to consider all your many blessings. Consider friends, family and the relative safety and security in which you live. We are all blessed in many ways. Go around the table this Thanksgiving and share a blessing with one another. Remember that Thanksgiving is a time to celebrate all that is good in our lives much like those first fifty pilgrims and ninety Wampanoag Indians who were simply grateful to be alive. Like them, plentiful sustenance and camaraderie amongst our fellows are linked to the celebration of Thanksgiving. The last two years have been very tough for most of us. Fortunately, things are much improved. Covid seems to be in the rearview mirror and two years of isolation are behind us, so CELEBRATE!

Add to the quality of your Thanksgiving celebration with shrubs. No, not those plants populating the area around your abode, but a trendy and healthy new drink in the form of mocktails and cocktails to kick off your Thanksgiving celebration. Shrubs are drinking vinegars made from fruit, vinegar and spices. They actually have great health benefits including the stabilization of blood sugars, lowering of cholesterol, and the promotion of liver detoxification while tasting great. Long ago the Romans and Babylonians mixed vinegar and water and consumed it as a tonic. The term shrub is derived from the Arabic “Shabah” which means drink. Even sailors from the 16th to the 18th century drank shrubs to prevent scurvy!

The gift shop carries the perfect Alaskan shrub bases with birch syrup infused vinegars in flavors such as Birch and Blueberry, Birch and Jalapeno, Birch and Chokecherry Rhubarb and Birch and Apple Pie. Make yourself and your guests a shrub in your favorite Alaskan flavor. Fill a glass with ice, pour in a splash of infused vinegar mixed with a large dollop of honey or guava nectar, add a shot of gin or vodka (or not, for a mocktail), and fill with seltzer or sparkling water. Here's to your healthy and happy Thanksgiving!

With Christmas right around the corner, the gift shop is adding many new gifts. Come by frequently to see all that is new. Quantities are limited and inventory does not last long. Currently we have added a huge collection of tees, hoodies, shawls and ponchos from Native Northwest as well as decorative mugs and hot cups. Give the gift of light with whimsical nightlights in rustic metals featuring antique cars, tractors, Alaskan animals and native flora.

The gift shop has a great array of stocking stuffers thanks to senior Dave Troutman who was forced to find “small” hobbies after retiring to an apartment size home. He has created a colorful line of paracord keyrings, survival bracelets, deer horn necklaces and a great variety of wire wrapped rings, all at very affordable prices.

If you're planning to send holiday greetings to friends and family, be sure to check out Pendelton Fine Arts Christmas cards. They feature whimsical Native art guaranteed to bring a smile to all who receive them. Many other unique and unusual cards are available as well. The gift shop also features a wide variety of tree trims beautifully rendered by local artists. They include everything from Alaskan native dolls and angels to a huge grouping of Alaskan wooden ornaments and gift tags. Holiday wall hangings, pillows, and bags are also in stock, all available to enrich your Christmas season.



**Hours: Tuesday through Friday, 10am - 2pm**  
**Questions? Call 907-761-5043**





# November Birthdays

Eleonor A Abadsantos  
Jane Ann Aldrich  
Sally G Allee  
Curtiss R Anderson  
Colleen M Bagot-Ferris  
Pencia Rose Beaton  
Janet C Beeter  
Cheryl Bell  
Carolyn Blydenburgh  
Jane L Brashear  
Eunice Briggs  
Clarence Briscoe  
Rodney C Christiansen  
Thomas Clements  
Clyde L Connolly  
Theresa D Cook  
Julia Crawford  
Nick G Damassiotis  
Harriet E Daniels  
Colleen Darrell  
Jane Domeier  
Kari Dwight  
Judith Flagan  
Kathryn Folsom  
Carl L Forrester  
Barbara Frank  
Teresa L Freitag  
Janette L Garrison  
Bryan Gearry  
William H Gilbert III  
Andrew B Gilda  
Becky Glenn  
Harry Godfrey  
Judith Goodman  
Rose A Goodman

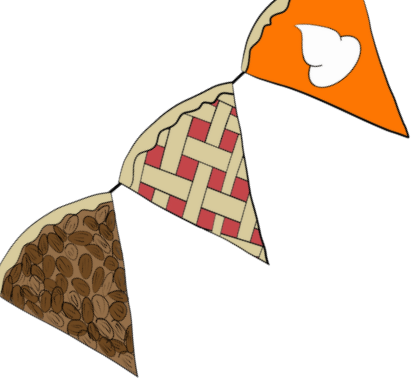
Valerie J Gorman  
Eileen M Haines  
Kathleen Hammaker  
James Hansen  
William Hendricks  
JG Hetland  
Teresa Hicks  
Frank P Huffman  
Lois M Hulien  
Laurie Johnson  
Elaine Karisko  
Ruth Lucas  
Alan MacNellis  
Patsy R Malone  
Leland G Marshall  
Barbara Maynard  
Darlene McCredie  
Kay S McKenzie  
Gary McMichael  
Patricia Mitchell  
John A Morin  
Barbara Nord  
Lydia Oblack  
Susan J O'Brien  
Arleta I O'Connor  
Tharon Lori O'Malley  
Joseph L Oswald Jr  
Ralph F Pelchat  
Margo Pierson  
Robert E Pistulka  
Camilla N Potts  
Kenneth J Pysz  
Ralph Ralstan  
Delores E Rayback  
Martha A Reinbold

Nancy K Root  
Susan A Shaw  
Lee A Smith  
Madonna S Southcott  
Harriet O Stevenson  
Lucille Stickman  
Winslow A Stiefel  
Barbara Swan  
Lyla L Sycks  
Lila Taylor  
Martha Thompson  
Betty Ulrich  
Janice Vroman  
Mardena J Williams  
JoAnn Wise  
Penney P Wiseowl

# HAPPY BIRTHDAY







# NOVEMBER

## Senior Shout!

Our seniors (and volunteers) are amazing and we want to let everyone know how grateful we are for them.

**This month we thank you ALL!**

A special thank you to our volunteers who help everyday around the center. We know who you are, we see your faces each and every day. You are appreciated! Thank you for taking the time to volunteer and support Palmer Senior Citizen's Center, dba Mat-Su Senior Services. We love our volunteers!



### Why Be A Volunteer?

*It's not for money, it's not for fame, and it's not for any personal gain.  
It's just for love of fellow man. It's just to lend a helping hand.  
It's just to give a little of self. That's something you can't buy with wealth.  
It's not the medals worn with pride. It's just for that feeling deep inside.  
It's feeling that you've been a part of helping others far and near.  
That's what makes you a VOLUNTEER.*



### Solution 1

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

### Solution 2

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

# SAVE THE DATE



## 1ST ANNUAL

PALMER SENIOR CITIZEN'S CENTER DBA  
MAT-SU SENIOR SERVICES

# Holiday Ball

## & Fundraiser

### SATURDAY, NOVEMBER 5, 2022

PALMER SENIOR CITIZEN'S CENTER | 1132 S. CHUGACH STREET  
DOORS OPEN AT 6:30PM | EVENT STARTS AT 7:00PM

### DRESS TO IMPRESS - BLACK TIE EVENT



#### SLOW & GENTLE EXERCISE CLASS

##### DO YOU HAVE A PHYSICAL CHALLENGE?

Do you prefer an exercise class tailored to your needs and abilities? Do you want to enjoy friendship and laughter while doing seated stretches and listening to great music?

Then come join Toni Truesdell Thursdays at 10:30 am starting Nov 3<sup>rd</sup> in the exercise room



## Move-Dance-Laugh



Those with minimal or no exposure to Move-Dance-Laugh can now learn the basic steps in this new class starting Friday, November 18 at 3:00 pm. Class is in the downstairs exercise studio. Our only rules include moving and having fun! Improve your flexibility, balance and strength with aerobic-style exercise that lets you move your body to music.,  
Kay 907-745-8526 (call or text).





# INDEPENDENT SENIOR HOUSING

---

**SAFE & SECURE | NON-SMOKING | 55+ COMMUNITY | PET FRIENDLY (1 PET) | HEAT, WATER & TRASH INCLUDED IN RENT**

## CHUGACH ESTATES

1102 S. Chugach Street, Palmer



- 3 floors, 31 units
- elevator
- on-site laundry
- in-floor heating
- community room
- additional storage

## COLONY ESTATES

920 S. Chugach Street, Palmer

- 1 floor, 24 units
- adult day services facility attached
- on-site laundry
- in-floor heating
- community room
- additional storage



**Palmer Senior Center, Inc. dba Mat-Su Senior Services**

1132 S. Chugach Street, Palmer, AK 99645

907.745.5454 Main | 907.746-5173 Fax | [info@matsuseniors.com](mailto:info@matsuseniors.com)







# JOIN OUR TEAM

## COME BE PART OF SOMETHING GREAT!

All positions require a fingerprint background check, must be 18+ years of age and have a valid ADL. Please email resume to COO, Beth Westland at [bethw@matsuseniors.com](mailto:bethw@matsuseniors.com), apply on indeed, or come fill out an application in person today! Call 907.745.5454 for more information.

### Now Hiring

Chore & Respite Worker  
Kitchen Worker

### Volunteers Opportunities

Gift Shop  
Kitchen  
Lunch Desk  
Class Instructors (arts, exercise)  
Membership Support

give  
THANKS  
WITH A  
GRATEFUL  
heart

For more information about volunteer opportunities available, or to schedule your volunteer orientation, please contact Lisa Mecham at 907.761.5026

**ALL VOLUNTEERS MUST ATTEND ORIENTATION.**



THANK YOU TO OUR

# Board Members!

Linda Combs, Sue Welton, Russ Ingram, Elda McCraw,  
Catherine Hall, Dora Wheeler, Ginger Sweeney, Merle Beeter



# Looking for an event space?

Have you seen our beautiful building?

Did you know we rent it out?

Weddings | Receptions | Anniversaries | Reunions | Business | Fundraising Events  
And so much more...



for more information

email [rentals@matsuseniors.com](mailto:rentals@matsuseniors.com)





Palmer Senior Citizen's Center, Inc. dba

**MAT-SU SENIOR**  
SERVICES

1132 S. Chugach Street  
Palmer, AK 99645

NON-PROFIT ORG  
U.S. POSTAGE PAID  
PALMER, ALASKA 99645  
PERMIT #99

**RETURN SERVICE REQUESTED**



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

Our next Membership Meeting is  
Wednesday, November 9th,  
at 11:30am.