



**JANUARY 2023**

**Palmer Senior Center dba Mat-Su Senior Services**

## **SENIOR MONTHLY CHATTER**

### **CORE VALUES**

**RESPECT | TRUST | INDEPENDENCE | SECURITY**

**COMPASSION | UNITY**



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

**For Immediate Release**

**Date: December 29, 2022**

**Contact: Darlena Fritzler**

Development & Communications

**P: 907.761.5006 | [darlenaf@matsuseniors.com](mailto:darlenaf@matsuseniors.com)**



### **MAT-SU SENIOR SERVICES NAMES NEW CEO AND SHARED WORK PARTNERSHIP**

**PALMER SENIOR CITIZEN'S CENTER dba MAT-SU SENIOR SERVICES (MSSS)** is excited to name a new CEO and announce a shared work partnership!

**TIM PETTIT**, long-time employee and current Senior Facilities & Transportation Manager of Palmer Senior Citizen's Center dba Mat-Su Senior Service (MSSS) has been promoted as the new CEO effective December 14, 2022.

**BETH WESTLAND**, long-time employee and current COO of Palmer Senior Citizen's Center dba Mat-Su Senior Services (MSSS) will share CEO duties and shall serve as acting CEO in the absence of the CEO.

Both TIM PETTIT and BETH WESTLAND have decades of extensive experience with MSSS. Over the years they have met a variety of challenges and supported numerous CEO's, preparing them for this new leadership role. Both positions will report to the Board of Directors.

#### **ABOUT MAT-SU SENIOR SERVICES**

Founded in 1980, Palmer Senior Citizen's Center dba Mat-Su Senior Services, has the most diversified nonprofit offerings for seniors in the Mat-Su Valley. The Agency serves a wide geographical area from its full-service headquarters in Palmer. In 1983, Mat-Su Senior Services became the first senior service Medicaid Waiver (CHOICE) Program provider in Alaska.

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.

#### **WHAT'S INSIDE**

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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.....Tim Pettit  
COO/HR.....Beth Westland  
HR CONSULTANT.....Kirk Henke  
ACCOUNTING MANAGER.....Anna Weiss  
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...*



Hope this finds everyone well and having had a safe, great Christmas.

I will remember this one. By 8:00am on Friday, I had six ft or higher drifts in front of my garage that filled in the front door walkway. The patio doors are and have been covered completely as well as another window on the west side of the condo.

On Christmas Eve, a snow plow did the drive and my son and grandson dug out the front entry. We had literally been trapped with no access to the outside for close to 48 hours. In addition, we lost power multiple times and had a complete loss of land lines. We had no cell service and sketchy internet as well. So, if you sent something to me or vice versa, it may be out past Neptune by now.

Other than that heck it was an Alaskan Christmas.

*Linda A. Combs*

Board President





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

*Join us at our next*

# MEMBERSHIP MEETING

**WEDNESDAY  
JANUARY 11TH AT 11:30AM**



## Puzzle 1

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

## Puzzle 2

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



# January

## 2023 ACTIVITIES

MON

TUE

WED

THU

FRI

ALL ACTIVITY LOCATIONS WILL

BE LISTED IN THE LOBBY  
UNLESS OTHERWISE NOTED

FOR QUESTIONS  
CONTACT LISA MECHAM AT  
907.761-5026

### WEEK 1

2 10AM SENIOR STRENGTH	3 10AM 1ST TUESDAY BOOK CLUB W/TONI TRUESDELL	4 10AM A NEW YOU W/TONI TRUESDELL 1PM PINOCCHLE 3PM YOGA (439 W ELMWOOD)	5 10AM KNIT ALONG: COME KNIT OR CROCHET WITH YOUR FRIENDS	6 10AM SENIOR STRENGTH 12:30PM BIBLE STUDY
12PM ZUMBA (439 W ELMWOOD) 1PM YOUNG AT HEART W/TAYLOR YORK				

### WEEK 2

9 10AM SENIOR STRENGTH	10 10AM 1ST TUESDAY BOOK CLUB W/TONI TRUESDELL	11 10AM A NEW YOU W/TONI TRUESDELL 11:30AM MEMBERSHIP MEETING 1PM PINOCCHLE 3PM YOGA (439 W ELMWOOD)	12 10AM KNIT ALONG: COME KNIT OR CROCHET WITH YOUR FRIENDS 1PM BINGO	13 10AM SENIOR STRENGTH 12:30PM BIBLE STUDY
10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS W/GLENN				
12PM ZUMBA (439 W ELMWOOD) 1PM YOUNG AT HEART W/TAYLOR YORK				

### WEEK 3



16 *CLOSED*	17 10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS W/GLENN 12PM ZUMBA (439 W ELMWOOD) 1PM YOUNG AT HEART W/TAYLOR YORK	18 10AM A NEW YOU W/TONI TRUESDELL 1PM PINOCCHLE 3PM YOGA (439 W ELMWOOD)	19 10AM KNIT ALONG: COME KNIT OR CROCHET WITH YOUR FRIENDS 1PM BINGO	20 10AM SENIOR STRENGTH 12:30PM BIBLE STUDY 3PM MOVE, DANCE, LAUGH W/KAY SLACK
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### WEEK 4

19 10AM SENIOR STRENGTH	20 10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS W/GLENN 12P ZUMBA (439 W ELMWOOD) 1PM YOUNG AT HEART W/TAYLOR YORK	21 10AM A NEW YOU W/TONI TRUESDELL 1PM PINOCCHLE 3PM YOGA (439 W ELMWOOD)	22 10AM KNIT ALONG: COME KNIT OR CROCHET WITH YOUR FRIENDS	23 10AM SENIOR STRENGTH 12:30PM BIBLE STUDY
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### WEEK 5

23/30 10AM SENIOR STRENGTH	24/31 10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS W/GLENN 12P ZUMBA (439 W ELMWOOD) 1PM YOUNG AT HEART W/TAYLOR YORK	25 10AM A NEW YOU W/TONI TRUESDELL 1PM PINOCCHLE 3PM YOGA (439 W ELMWOOD)	26 10AM KNIT ALONG: COME KNIT OR CROCHET WITH YOUR FRIENDS	27 10AM SENIOR STRENGTH 12:30PM BIBLE STUDY
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# JANUARY 2023

LUNCH MENU | 12PM - 1PM MON-FRI



WEEK 1

MON

2  
BAKED CHICKEN  
RICE  
VEGGIE  
DESSERT

TUE

3  
HAMBURGER  
FRIES  
VEGGIE  
DESSERT

WED

4  
MEATBALLS  
PASTA  
VEGGIE  
DESSERT

THU

5  
MEATLOAF  
MASHED POTATOES  
VEGGIE  
DESSERT

FRI

6  
FISH  
LASAGNA  
FRIES  
VEGGIE  
DESSERT

*Happy New Year*

WEEK 2

9  
CHICKEN CUTLET  
FRIES  
VEGGIE  
DESSERT

10  
ROAST BEEF  
RICE  
VEGGIE  
DESSERT

11  
CHILI  
RICE  
VEGGIES  
DESSERT

12  
SPAGHETTI  
VEGGIE  
DESSERT

13  
FISH  
CHICKEN MEATBALLS  
VEGGIE  
DESSERT

MEMBERSHIP  
MEETING

WEEK 3

16  
\*CLOSED\*



17  
BAKED CHICKEN  
RICE  
VEGGIE  
DESSERT

18  
PORK ROAST  
MASHED POTATOES  
VEGGIE  
DESSERT

19  
SCHNITZEL  
MASHED POTATOES  
VEGGIE  
DESSERT

20  
FISH  
SAUSAGE  
VEGGIE  
DESSERT

WEEK 4

23  
MEATBALLS  
PASTA  
VEGGIE  
DESSERT

24  
CHICKEN MARSALA  
VEGGIE  
DESSERT

25  
SHEPHERD'S PIE  
VEGGIE  
DESSERT

26  
SMASH HAMBURGER  
VEGGIE  
DESSERT

27  
FISH  
SPAGHETTI  
VEGGIE  
DESSERT

WEEK 5

30  
PORK CUTLET  
VEGGIE  
DESSERT

31  
HAM & BEANS  
VEGGIE  
DESSERT

**FISH  
ALTERNATIVE  
LISTED FOR  
FRIDAYS**

**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

2023

HAPPY NEW YEAR





# 2023

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

*From the Gift Shop*

Happy New Year to All

With a new year comes the chance of new beginnings, a chance to get right those things that just didn't work last year. Our New Year's Resolutions come in waves, all those things that we can and must do better. We're going to lose weight, eat right, exercise daily. Almost before we begin we are often defeated. Why not try a new approach, simply try to be good to yourself and others. Slow down and gain joy from simple pleasures. Look at glasses half full rather than half empty. Rejoice in your surroundings. See the beauty not only in nature, but in those around you and within yourself.

Though the gift shop cannot provide you with anything that can make your year new in meaningful ways, we can provide products that make you smile or may lighten your load. Stop by and be entertained by Avanti greeting cards. Send a chuckle to a friend and make their day better.

Make cleaning an easier task with Native Northwest's sponge cloths. These attractive concentrated sponge squares are great for washing dishes, cleaning counters and soaking up various messes. They are designed to soak up liquids quickly and replace the need for paper towels. When dirty, they can be washed in the dishwasher or thrown in with the laundry. Not only do they make your work load lighter, they save money on paper towels and are an environmentally sound choice.

We are experiencing the coldest (and snowiest) winter in short-term memory. That means skin, especially on hands, is suffering. Eczema is on the upswing with many individuals experiencing its painful and incessant itch for the first time. The gift shop has a variety of products that will bring relief. Wool Wax is a pure lanolin-based product produced in the tiny hamlet of Terry, Montana. Its owners apologize for its humble packaging. It just doesn't have the visual pizzazz of many hand creams. It was developed for industrial customers. Most of the company's customers are still industrial. In fact, the gift shop is the only outlet for this super rich product in the state of Alaska. Used regularly, this cream will keep painful hangnails at bay as well as bringing life back to the driest skin. Wool Wax is available in a small trial size, medium sized tube, and the 9-ounce tub.

Snowy Summit, a Fairbanks based family company, also offers a wide variety of skin supporting ultra-rich hand and body creams in enticing fragrances such as spruce tip, blueberry, lupine and others. The line also includes a variety of intense healing lip glosses and balms especially created for dry, chapped lips.

Cold weather, especially sub-zero weather, encourages the aches and pains of arthritis. The gift shop has two product lines created to deal specifically with this type of pain. Devil's Club has long been used by indigenous peoples in topical unguents and ointments for deep pain. Snowy Summit uses Alaskan Devil's Club to create several strengths of pain-relieving ointment. Recently Snowy Summit has added cannabis (hemp oil) to their Devil's Club product.

These cannabis plus products have developed a following of users at the senior center. Many have found real relief from pain using them. Ask our gift shop staff for more information on all of the Snowy Summit products.

Please remember that the staff at the gift shop will be here Tuesday through Friday from 10 am to 2 pm to serve you. Stop in for a chat, a smile and some great products.

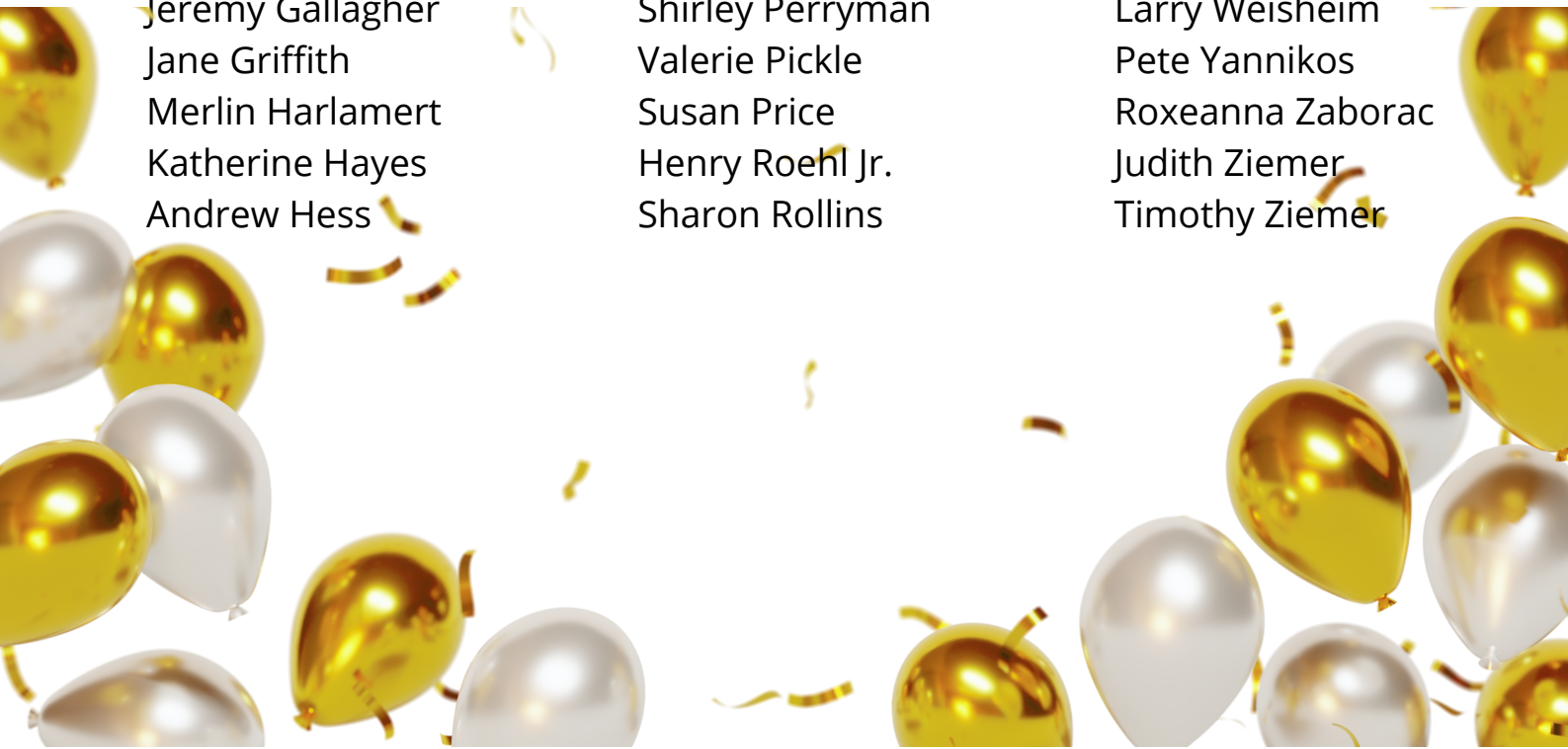


# January Birthdays

Freda Arnold  
Marilyn Bennett  
Mary Brist  
Sherrill Brown  
Lous Brubaker  
John Burnett  
Mary Cerami  
Grace Chang  
John Combs  
Kristine Conquergood  
Ethelwyn Couch-Sprenger  
Nancy Coyle  
Charles Deda  
Kathryn Eberhart  
Laurel Flynn  
Jeremy Gallagher  
Jane Griffith  
Merlin Harlamert  
Katherine Hayes  
Andrew Hess

Michelle Heun  
Charles Hickman  
Shelly Hughes  
William Ingram  
Sharon Jaeger  
Richard Jensen  
Thelma Koppenberg  
Michelle McCreary  
William McCreary  
Connie McCune  
Janet McDowell  
Joyce Middleton  
Timothy Miller  
Joyce Momarts  
Mary Olson  
Shirley Perryman  
Valerie Pickle  
Susan Price  
Henry Roehl Jr.  
Sharon Rollins

Daniel Sailors  
Jackie Schakel  
Twyla Schulman  
Judy Scrup  
Barbara Shaw-Hadden  
Helene Sheehan  
Gloria Simoni  
Lisa Smayda  
Jamieson Smyth  
Lois Snavley  
Debra Theurich  
George Towarak  
Toni Truesdell  
Ranae Truitt  
Ginny Walter  
Larry Weisheim  
Pete Yannikos  
Roxeanna Zaborac  
Judith Ziemer  
Timothy Ziemer





# JANUARY

## *Senior Shout!*

Our seniors, volunteers and community members are amazing and we want to let everyone know how grateful we are for them.

**This month we thank Alaska Chicks Co.!**

A special thank you to Alaska Chicks Co. for donating male and female hats to EVERY resident in our housing units!



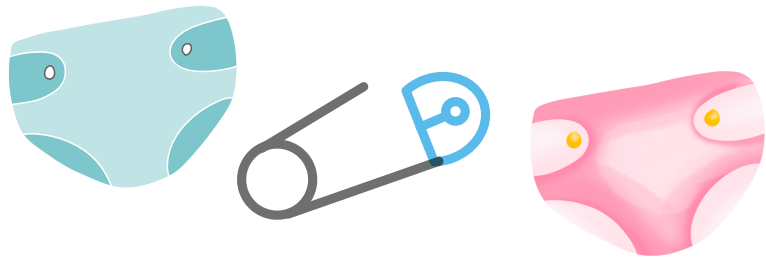
### Solution 1

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

### Solution 2

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





### Diaper Pantry

AFS is proud to announce the opening of the AFS diaper pantry. We have disposable diapers, cloth diapers, wipes, pullups, adult incontinence and feminine hygiene needs.

### Who Can Receive Diapers?

Any individual who needs diapers, wipes, or feminine or adult hygiene products is eligible. There is NO application process and AFS does not discriminate based on race, ethnicity, class, gender identity, sexual orientation, religion, or age.

### What You Can Get

Parents of children ages 3 and under (or a child with special needs) will receive 30 diapers and 1 package of wipes OR 20 pullups and 1 package of wipes. Feminine hygiene or adult diapers; participants will receive 30 feminine/adult sanitary products.

### Process & Pickup

Diapers will be disbursed the last Wednesday of every month from 1:30-5:30 pm at 403 S. Alaska St. Palmer, AK

**Please call 907-746-6304 for more information.**

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## Palmer's Senior Shopping Bus

Every Friday catch **VALLEYTRANSIT** fare **FREE** to go grocery shopping.

Pick up 1p at the main entrance. Weeks will alternate between Palmer Fred Meyer and Palmer Carrs. Returning meeting at store's main entrance at 3p. Starting January 6<sup>th</sup>

Sponsored by the City of Palmer.





# 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

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.**

Happy  
New  
Year



THANK YOU TO OUR

# Board Members!

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





## **Law Office of Constance A. Aschenbrenner**

***In response to the Corona Virus, my office is offering  
Free Virtual Estate Planning Webinars  
"The 7 Threats to Your Estate Plan"***

There is no cost or obligation. Open to the public.



**This Workshop covers frequently asked questions and misconceptions on:**

**WILLS & TRUSTS, POWERS OF ATTORNEY, MILLER'S TRUSTS, and MEDICAID PLANNING**

**It's all About Family!**

- **Have you Protected Them?**

**If Crisis Strikes, You Risk:**

- **Losing Control**
- **Additional Stress on Your Family**
- **The Loss of What You Spent a Lifetime Building**

**Proper Planning Ensures You:**

- **Maintain Control of Your Assets for the Sake of The Family**
- **Give Control, to Those you Trust Most, When You're not Able**
- **Remain Home Without Stress on the Family, Should the Need for Long Term Care Arise**
- **Keep Your Family's Business Private**

**January 4, 6:00-8:00 p.m.**

**January 18, 9:30-11:30 a.m.**

**February 7, 6:00-8:00 p.m.**

**February 21, 9:30-11:30 a.m.**

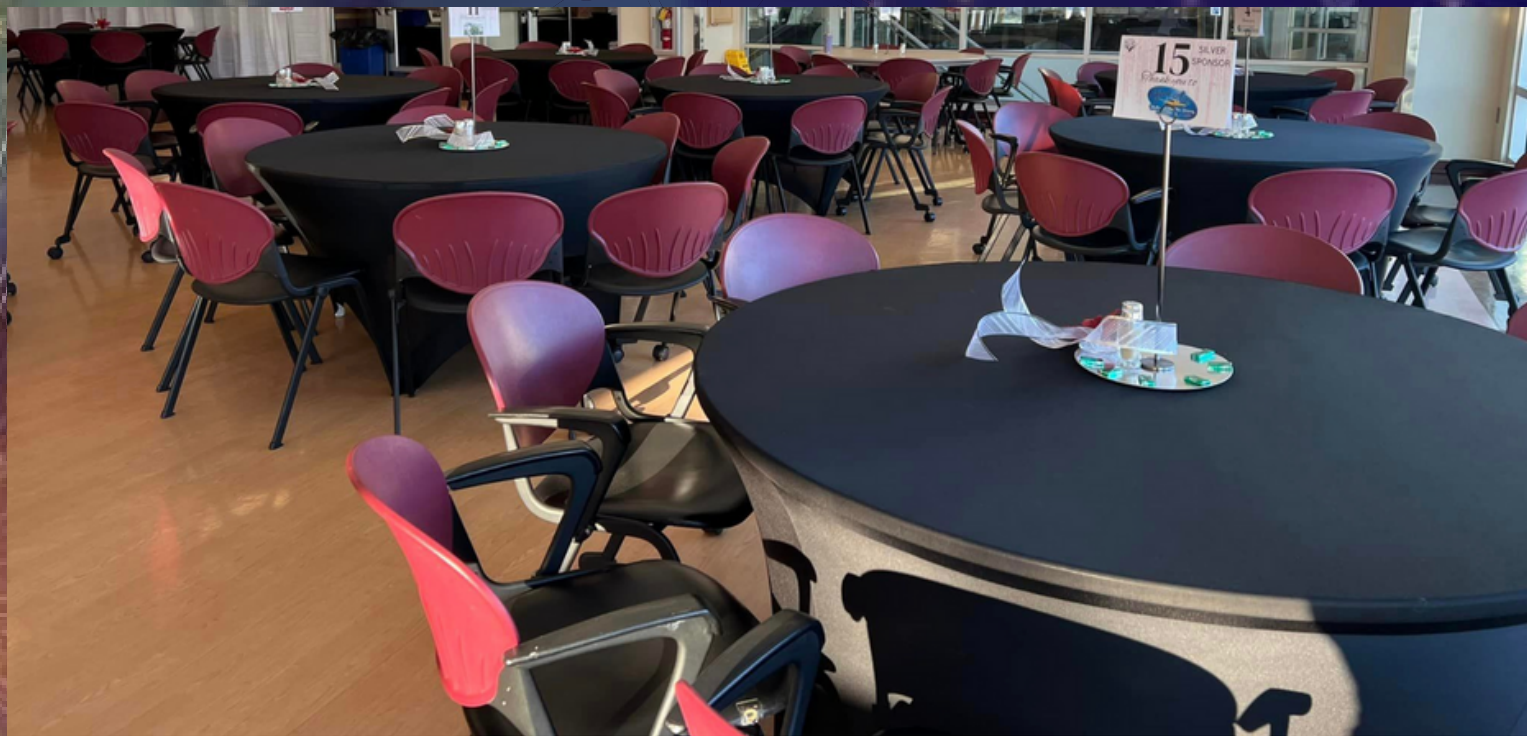
**March 1, 6:00-8:00 p.m.**

**March 21, 9:30-11:30 a.m.**

**Reserve your space online at**

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





# 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, January 11th,  
at 11:30am.