

# Mat-Su Senior Chatter

September 2021

1132 South Chugach Street, Palmer, Alaska 99645  
Phone (907) 745-5454 Fax (907) 746-5173

Monday thru Friday, 8:00 a.m. to 5:00 p.m.

## Core Values

Respect • Trust • Independence • Security • Compassion • Unity



## What's Inside

Pg. 2 MSSS  
Services

Pg. 3 President's  
Report

Pg. 5 CEO Message

Pg. 6-Chronic Pain  
Awareness Month

Pg. 7 Birthdays

Pg. 8-9 Puzzles

Pg. 9-11 Activities

Pg. 12 Gift Shop

Pg. 13 Mind  
Aerobics

Pg. 14-15  
Debunking Myths

Pg. 16 Volunteer  
Spotlight

Pg. 17 Menu

Pg. 18 Resources

Pg. 19 Flower Beds  
Coming Soon!

Today's senior centers are delivering vital connection to help all older adults age well. Senior centers offer a vibrant, action-packed combination of activities, meals and fitness classes.



During the pandemic, senior centers pivoted to provide these services and much more. September is National Senior Center month, and the Palmer Senior Center is celebrating these shared experience that deliver vital connection to aging well for older adults. Keep an eye out on our Facebook Page and around the Palmer Senior Center for opportunities to share your stories and enjoy fun activities.

Senior Center Month emphasizes the tremendous potential that senior centers deliver in their communities, including programming that empowers older adults to holistically age well and strengthen mind, body, spirit and community connections.



**Sept 12-18<sup>th</sup> 2021**

MSSS would like to give a **special shout out and thank you** to all of our amazing staff in the role of caregivers in our Adult Day Services and Chore and Respite departments! The work you do every day makes such a difference in the lives of our seniors and for that we thank you.

We would like to take a moment to ask anyone who has a caregiver in your or a loved one's life to take time to give a special thank you to those who give so much to us !

**MAT-SU SENIOR SERVICES**

1132 South Chugach Street, Palmer, Alaska 99645

Phone (907) 745-5454 Fax (907) 746-5173

**Hours: Monday through Friday, 8:00am to 5:00pm**

**Interim Chief Executive Officer: Fred Traber**

**For Information about the below services,  
please call: 745-5454**

**CONGREGATE MEALS:** Served Monday through Friday 11:30am to 12:30pm at Center.

**HOME DELIVERED MEALS:** Call-in by 9:00am, Monday - Friday.

**ADULT DAY SERVICES:** Monday thru Friday 7:30am to 4:00pm.

**CHORE & RESPITE SERVICES**

**NOTARY SERVICE:** Traveling notary available.

**VOLUNTEER OPPORTUNITIES:** Please call Jackie at 761-5045

**SENIOR HOUSING CHUGACH AND COLONY ESTATES:** Senior Apartments. Call 761-5001 for more information.

**FACILITY RENTAL AND CATERING AVAILABLE**

**TRANSPORTATION:**

For medical trip in Palmer or Wasilla, call ahead for an appointment– one week notice is preferred.

**VOLUNTARY DONATIONS ARE ACCEPTED**

**FOR ALL SERVICES**

**SUGGESTED DONATIONS – PER PERSON/SENIORS AGE 60+**

**CONGREGATE MEALS: .....\$ 5.00**

**HOME-DELIVERED MEALS:.....\$ 6.50**

**TRANSPORTATION:**

**Palmer, round trip.....\$ 5.00**

**Wasilla, one way.....\$ 8.00**

MEMBER OF UNITED WAY OF MAT-SU,  
FOOD BANK OF ALASKA, COALITION OF MAT-SU SENIOR CENTER,  
AGENET, AND ACOA

Funding for this Newsletter was provided in part by:

**DIVISION OF SENIORS AND DISABILITIES 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. Eligibility includes older Alaskans, individuals with Alzheimer’s Disease or Related Disorders and anyone of any age on the Home and Community Based Medicaid Waiver Program. Our Core Purpose is accomplished through programs including, but not limited to, the following:

- **Congregate Meals** providing nutritious meals and socialization in a congregate setting;
- **Home Delivered Meals** providing nutritious meals at home;
- **Transportation** to/from medical appointments,
- **Family Caregivers Support** providing support for the family caregiver;
- **Adult Day Services** a day program for eligible individuals;
- **Chore** assist individuals in maintaining their home;
- **Respite** provides family caregiver a much needed break;
- **Information and Referral** helping seniors reach needed services;
- **Outreach** for those unable to get to the Center;
- **Colony Estates and Chugach Estates Senior Housing** for individuals 55 years and older;
- **Activities** which include Card & Board Games, Bingo, AARP driving courses, Classes, Bible Studies, Veterans’/First Responders Circle, etc.;

**DEPARTMENT MANAGERS**

**Interim CEO.....Fred Traber**  
**Chief Operating Officer.....Beth Westland**  
**Human Resources .....Beth Westland & Focus Solutions**  
**Chief Financial Officer .....Amanda Watson**  
**Adult Day Services Manager..... Christopher Koops**  
**Chore & Respite Manager.....Lisa Mecham**  
**Temp. Kitchen Manager.....Gayle Wagner-Carlson**

# A Note From Scott...



Last month we talked about ways to support the senior center. Included in that was to volunteer your time. We are in a period that I alluded to back in July of turbulent times. Yet in spite of that turbulence we will land safely and successfully. The board and management have great long term plans for our center! Everyone is on the same page for that. This includes an update to our logo that places the name Palmer Senior Citizens Center in equal prominence to Mat-Su Senior Services. We are both, and must be. While that new logo may take some time to be placed on all we do, the initial stages are in place. We need to be patient on that. It had been a contentious issue for too long and is now resolved. Your volunteer board led the way on that and the current management team is on board with us.

Your board is totally voluntary. We get no pay for all the things we do on your behalf. Please thank board members when you see them. But we have several other places where volunteers are key and where you can help. One is our amazing gift shop. We offer unique gifts that are mainly Alaska made and mainly on consignment from various creative souls in the community. It is an under used and perhaps underappreciated aspect of our business. And they need more help in there so we can open five days per week. It is totally operated by volunteers. We also have both the front desk and the dining hall desk which are totally staffed by volunteers. The front desk is the first face of our operation when folks come in the door. It is an important job. Both the gift shop and dining hall desk require the same thing as employees, a state background check and fingerprints. That system went down in May after being hacked and they are still not fully functional. That creates issues in those volunteer areas and especially for hiring new staff. Another area where we use volunteers is folding and taping the monthly newsletters. We have less than optimal staffing to take on that simple task. We also have volunteer opportunities for activities and for our library. The latter is another unsung benefit of our facility.

The biggest area where we can use volunteers is in our kitchen. Part of that problem is finding people willing to work. We are seeing that all across the state and across the country. Another hold up is those pesky background checks that the state mandates for us. So, we rely heavily on volunteers. Some of that includes those of you who bag up our commodities. Yet another all-volunteer effort that provides bread and dessert for meals on wheels. But let's get back to the kitchen. I want to thank Jennifer, April, Carol, and Connie for their invaluable help there. We literally could not do it without you. Having worked over three years in the kitchen I know it all too well. And I'm in there now as much as I was when I was on staff for pay. There is no choice.

We are short staffed in several areas throughout the agency. We appreciate the kitchen staff, drivers, ADS, facilities, and chore and respite employees. Vacancies are difficult to fill, and the extra efforts of our people are incredible. So, volunteers are a huge thing! We so appreciate all of you who have chosen to serve our community in that way. You may never know how much. But we need many more volunteers to help us meet our needs. There are many ways to support PSCC/MSSS and volunteering is one many important ways. Thank you for serving!

*Scott Manke,* Board President

---

Thank You for Supporting Mat-Su Senior Services!

Support Mat-Su Senior Services by donating at [www.matsuseniors.com](http://www.matsuseniors.com)



Become a Member!



## Annual & Lifetime Options

*Call Us to Learn More or to Learn About Lifetime Memberships.*

**907-745-5454**

**Sept. Membership Meeting: Sept. 15 at 11:30am**

### Officers

President Scott Manke

Vice-President Linda Combs

Treasurer Jennifer McCrary

Secretary Dora Wheeler



### Members

Dee Brown

Catherine Hall

Sally Weiland

Elda McCraw

## *Donation Policy*

Palmer Senior Citizens Center Inc., dba Mat-Su Senior Services is a 501©(3) organization that utilizes monetary and in-kind donations to serve the seniors of the Mat-Su Valley.

Monetary donations are accepted in person at the Palmer Senior Center at 1131 South Chugach Street, Palmer, AK during normal business hours at:

- Donation Box at the entrance to the Dining Room on the main floor
- Accounting Office on the 2nd Floor, Room 206

Donations may be mailed to Mat-Su Senior Services, Attn: Accounting Department, 1132 South Chugach Street, Palmer, AK 99645 or made via the website at: [www.matsuseniors.com](http://www.matsuseniors.com)

Individuals other than MSSS accounting staff are not authorized to receive donations or payments on behalf of MSSS. If you have questions or have been approached by someone seeking donations on behalf of Mat-Su Senior Services please contact Chief Financial Officer Amanda Watson at 907-761-5037.

In-kind donations must be approved by the Chief Executive Officer, Chief Operating Officer, or Development and Communications Coordinator before being accepted by MSSS personnel . Each donor will receive a receipt for donated goods.

# A Note From Fred...



The other day, I subscribed to the online edition of the *Frontiersman*. I'm happy I did. The reporting is timely and focused, and their archives are rich. I came across an article first published in June, 2008, titled "Senior Center Needed in Palmer." This article includes many reasons why:

Now housed in a 50-year-old building that used to be the city's Mormon church, the Valley's growing senior population needs projects like the new Palmer Senior Citizens Center. With the recent state windfall and about \$1.1 million from a combination of sources over the past year, the effort is off to a good start, and the quest for funds continues.

With rising fuel and construction material costs, local seniors are still a far cry from the estimated \$8 million it will take to build a new facility. That there's a need for more and better senior care in the Mat-Su is evident. In addition to the services at the Veterans and Pioneers Home in Palmer and the Wasilla Senior Center, the Palmer Senior Citizens Center is busy preparing up to 300 meals a day and driving about 1,000 miles delivering those meals and shuttling seniors around town.

As state lawmakers consider the future of the proposed Alaska Gasline Inducement Act and Mat-Su Borough officials look for creative ways to fund the millions of dollars in local transportation needs, we must not forget those segments of our local population that need our support the most. Growth brings more families, children, schools, cars, roads and health care. It also brings more seniors who depend on the services provided by agencies like the Palmer Senior Citizens Center.

Seniors want and need a place to congregate, eat a healthy meal, exercise, learn, engage in activities and recreate. The Palmer center tries to fill those roles in a building that is ill-suited for the purpose and too small for the growing senior population. In the same way that the Latter-day Saints congregation outgrew that building and constructed a large, modern facility, so must the Palmer Senior Citizens Center have a facility that does what Wasilla's does — provide easy access and adequate space for seniors to get both the services they need and the camaraderie they desire under one roof and on one level.

As the center seeks additional funding through private, state and federal grants, making the care and welfare of our seniors must remain a priority. Palin's approval is a good start. The Palmer Senior Citizens Center, its staff and volunteers have been working hard for 19 years to improve the quality of life for Valley's seniors. If our state coffers are flush enough to help alleviate the effects of escalating fuel prices (as Palin proposes), then every effort must be made to find the remaining funds to build this new center.

## Support Local Journalism

**Fred Traber,** Interim CEO

# September is Chronic Pain Awareness Month

For more information please visit: [www.painmed.org](http://www.painmed.org)

## **Managing Medical Conditions.** This is step No.1

Seek treatment for painful chronic illnesses such as arthritis, osteoporosis, headache, back problems or digestive disorders.

## **Medications**

Prescription pain relievers, antidepressants, muscle relaxants and steroids can be effective, but are used with caution today. Over-the-counter pain medications, such as acetaminophen, NSAIDs and topical pain relievers, are other choices.

## **Mindfulness Practices**

Meditation, tai chi, yoga, and other mind-body practices have all been shown to increase brain chemicals that reduce the sensation of pain.

## **Physical Therapy**

This might include massage, ultrasound, biofeedback and electrical stimulation, as well as training to use the body in ways that reduce pain.

## **Counseling**

Pain isn't "all in your head," but how you think about pain can actually reduce painful sensations. It helps to talk about it with a counselor or support group.

## **Education**

Recent studies show that when patients understand what's causing their pain, and learn how pain works, they experience decreased anxiety and a lower pain level.

## **Exercise**

Physical activity can reduce painful sensations and even the causes of pain. Ask your doctor to "prescribe" an exercise plan that is safe and beneficial for you.

## **Nutrition**

Eating a healthy diet helps manage underlying health conditions. It also helps us maintain a healthy weight to avoid putting extra pressure on the joints.

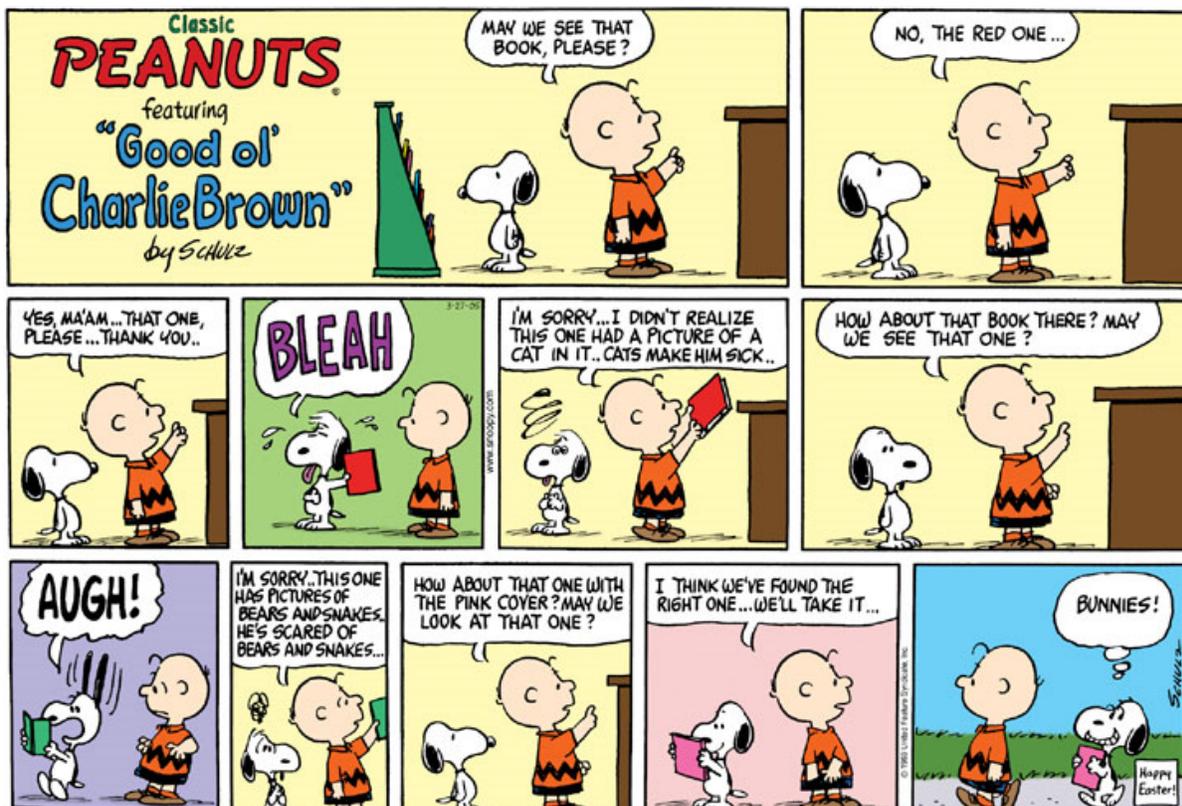


# Word Find

Y	U	A	L	N	C	F	Y	C	B	M	S	E	A
R	N	B	I	A	A	D	A	B	D	L	C	N	A
B	L	C	K	E	U	R	Y	C	A	A	F	L	I
E	C	A	L	C	S	T	R	S	H	A	C	A	A
W	I	K	P	C	O	M	U	R	M	P	H	K	N
B	L	A	N	L	F	L	P	M	R	L	I	E	K
O	C	E	N	K	R	O	L	O	N	E	L	N	C
C	A	P	P	L	E	E	R	M	E	B	L	E	A
E	S	E	A	S	O	N	A	C	A	D	Y	W	L
N	F	A	E	K	A	R	Y	N	H	L	E	S	O
O	A	A	I	D	E	T	H	O	O	E	L	D	P
E	T	E	L	D	B	E	F	N	R	O	C	A	B
P	P	O	I	L	K	C	H	R	E	A	H	N	C
A	O	C	A	M	H	M	E	L	L	I	O	M	P



- Autumn
- Season
- Apple
- Chilly
- Acorn
- Fall
- Cider
- Cobweb
- Leaf
- Rake



## It is hard to believe that it is already September! Where did the summer go?

In August we had a blast here at the Palmer Senior Center during our Rock Painting Class. A fun time was had by all as they painted chickens with a clutch of chicks, ladybugs and many more creative designs. So what happened with all of these amazing works of art? Have no fear, they are not sitting on a desk or stuffed behind a book on a shelf. These painted rocks can be seen nested in our new rock garden in front of the Palmer Senior Center. If you are a rock painter please add to our growing rock garden. If you would like to add to our garden but don't have a rock to paint you can pick up a rock that has yet to bloom into a colorful work of art from the garden and help it blossom!



Classes September 7 & 21 at 2pm, supplies provided.

This month we are diving into the world of Española (Spanish)! Come and learn from the talented Mr. Smith, a fluent Spanish speaking teacher of 32 years, who is excited to share his talents with us. This class is perfect for those looking to sharpen their minds by learning a new language, or prep for that next trip to the beaches of Mexico! Please join us every Tuesday at 10:15am for class at the Palmer Senior Center.

## Senior Sudoku

Fill in the blank squares so each row, column and 3 by 3 square has all the numbers from 1-9

Answers for both games on Page 15

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

# September Activities

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<p>All events will take place at the <b>Palmer Senior Center</b> 1132 S. Chugach St. Palmer unless otherwise noted.</p>	<p>1 10am A New You 3pm Yoga</p>	<p>2 2pm String Art</p>	<p>3 10am Senior Strength</p>	<p>4 10am Senior Strength 1pm Allrich Recycling</p>
<p>6 10am Senior Strength</p>	<p>7 10am Book Club 10:15am Survival Spanish 1pm Volunteer Orientation 2pm Rock Painting 3pm Zumba</p>	<p>8 10am A New You 11:30am Membership Meeting 12:30pm Mindfulness Exchanges ‘How to deal with Grief’ 3pm Yoga</p>	<p>9 1pm Technology Class</p>	<p>10 10am Senior Strength 1pm Allrich Recycling</p>

13	10am Senior Strength	14	10:15am Survival Spanish 1pm Volunteer Orientation 3pm Zumba	15	10am A New You 3pm Yoga	16	1pm ADRC (LINKS) SS/ Medicare/Medicated/Public Transportation 2pm String Art	17	10am Senior Strength 1pm Jewelry Making
20	10am Senior Strength	21	10:15am Survival Spanish 1pm Volunteer Orientation 2pm Rock Paining 3pm Zumba	22	10am A New You 3pm Yoga	23	9:30am Estate Planning 1pm Technology Class	24	10am Senior Strength
27	10am Senior Strength 1pm CD Art Class	28	10:15am Survival Spanish 1pm Volunteer Orientation 3pm Zumba	29	10am A New You 3pm Yoga	30			

**New Classes and Activities may be added during the month.**

**For the most up to date class listings visit our website: [www.matsuseniors.com](http://www.matsuseniors.com)**

# A Kuspuk in Your Future

Mat-Su Senior Center Gift Shop is home to the largest collection of kuspuks and related garments in the state of Alaska. We are proud to boast about this exciting factoid!

They are all the products of Roberta “Bobbi” Lewis, an Alaskan designer who lives near Talkeetna. Trained as a fashion designer, Lewis, who found herself in Alaska, spent a number of years as a home economics teacher. She joined the Mat-Su Home Economics Club and soon was involved in selling tickets at many Palmer events including parades and the winter carnival. Though the club did well fundraising for charitable causes, folks often asked who they were. Lewis realized that they lacked “identity.” They needed something that would make



them a recognizable group and so the kuspuks were born. Lewis designed a simple style representative of Alaskan kuspuks in general, rather than following traditional designs of a particular village or area. She also made each generous enough to slip over a winter coat so that members could wear them during frigid outdoor events. Soon ladies were inquiring about adding a kuspuk to their wardrobe. Designer Lewis suddenly had a business: The Quilted Loon. For several years, it was housed in the boutique area of the then Westward Hilton. There, she and her partner not only sold kuspuks to Alaskan visitors, but sewed the traditional garments before their eyes. Product flew out the door so fast that the two entrepreneurs found it difficult to keep up with demand. Eventually the workload, though gratifying, became too much for either of them to handle. They closed the shop, and searched for a more reasonable venue. Thanks to Palmer Senior Center member Eunice Briggs, Lewis found her new retail outlet. Briggs was wearing one of Lewis’ kuspuks at the Center. It was so stunning that the staff of the gift shop insisted upon contacting Lewis immediately to

inquire about adding her line to the business, and rest is history.

Lewis’ kuspuks are available in a variety of styles in addition to the original front zip skirted version. They include the parka, a skirt-less jacket with hood and separating front zipper, and the city kuspuk that is pulled over the head. It has



three-quarter sleeves, lacks a hood, and is tunic length. It is a favorite of nurses as it features a full front pocket perfect for stethoscopes. Lewis also sells kuspuk style vests and shirts. Both kuspuks and parkas are available in a heavy lined version, perfect for out of doors. Infant, children’s, men’s and doll kuspuks are also available.



Lewis’ new fall collection is now available at the gift shop, featuring as always her blow-you-out-of-the-water colors, designs and trims. Don’t miss them!

Whether a kuspuk is in your future or some other special item, be sure to stop by as we are always getting in exciting new merchandise designed to make your life more enjoyable!

*Charice,* MSSS Volunteer





Alzheimer's  
Resource  
of Alaska



# Mind Aerobics™

for Alaskans worried about memory loss.  
12-week session, meeting twice a week for 1 hour

**To register or for more  
information contact:**

Anchorage [907-561-3313](tel:907-561-3313)  
Mat-Su [907-746-3413](tel:907-746-3413)  
Statewide [1-800-478-1080](tel:1-800-478-1080)

**\$240 for a 12-week session.**  
Scholarships available.  
*Pre-Screening required - call for eligibility.*

Made possible with support from:



This full-brain workout is designed to help people who have concerns about their memory and want to keep their mind sharp. The classes focus on exercising the six major areas of the brain:

- Memory
- Concentration
- Processing Speed
- Visual-Spatial Acuity
- Language
- Problem Solving

**NOTE: Classes are through ZOOM on a computer.**

In person classes available at the Palmer Senior Center  
call Jackie for more details: 907-761-5045

**Falls Prevention for Older Adults**

# Debunking the Myths of Older Adult Falls

## 10 Myths About Older Adults and Falls



### KEY TAKEAWAYS

**M**any people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

**Myth 1: Falling happens to other people, not to me.**

**Reality:** Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

**Myth 2: Falling is something normal that happens as you get older.**

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3: If I limit my activity, I won't fall.**

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

**Myth 4: As long as I stay at home, I can avoid falling.**

**Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

**Myth 5: Muscle strength and flexibility can't be regained.**

**Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

**Myth 6: Taking medication doesn't increase my risk of falling.**

**Reality:** Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

**Myth 7: I don't need to get my vision checked every year.**

**Reality:** Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

**Myth 8: Using a walker or cane will make me more dependent.**

**Reality:** Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

**Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.**

**Reality:** Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

**Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.**

**Reality:** Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a **fall prevention program** in the community, or setting up a vision exam.

# VOLUNTEER SPOTLIGHT

Volunteers are the heart of any organization and this month we would like to introduce to you to Mrs. Roxanne Hagar. You will often see the amazing Roxanne with her warm smile at the front desk as you walk through the main doors of the Palmer Senior Center.



Roxanne came to Alaska just over 4 years ago and has fallen in love with the beauty of the Alaskan mountains. Before enjoying retirement life Roxanne worked as a preschool teacher for 18 years, then moved into the health care field for another 18 years. Oh the stories she can share!

Roxanne says her favorite part of the Palmer Senior Center is the people. Please take a moment to say a hello and share a quick chat with Roxanne this month.

Thank you for donating your time and sharing your smile with the Palmer Senior Center. Roxanne.

---

## Palmer Senior Center at the State Fair Parade

"Seeing is Believing" and I really Believe that Palmer got to see the Palmer Senior Center being shown off in many ways. Happy Seniors were seated at tables comfortably and safely surrounded by fresh Hay Bales that were loaned to us by Kent Sandvik. Charise from our Gift Shop decorated these bales with wares from the shop and it was so attractive! The town knows now that we are here for Business. Signs were placed around those bales telling about our services available to our Town.

Thanks to Danny Schuetter of Schuetter Trucking for the awesome Truck and Trailer that the seniors rode on for 45 laughter filled minutes. Smiles and Kisses were thrown towards us and of course the wonderful Horn was blown in response to that sign given by every age. Butch Ehmann was so gracious to loan us his set of stairs enabling our seniors to safely get up onto the trailer. Thanks to Ron Harvey for transporting this set of stairs to and from in his pickup !

Thanks to Gary Feaster from Great Land Welding for donating time and material to make our huge eye glasses that went with our theme. Some of our Seniors wore huge Sun glasses. "Seeing is believing" is the 2021 Fair Theme and the Pictures on the Banner brought this HOME. Candy was passed out during our ride & enjoyed! Should have had Coffee too.

A big shout out to all who helped decorate and ride on our float! From stapling signs together to painting them. Balloons added a festive touch, thanks girls. Thanks to our President Scott Manke and Tony who organized the group with tables and chairs to be hauled to the proper spot and returned safely to our dining room. This was a group effort and we appreciate all who shared their day with us showing all of Palmer that we are alive and well. I hope we did our Center proud.

Sincerely Sally Weiland, Event Chair.

PS. Last but not least thanks to Nels and crew for always finding what we need.



\*Menu is Subject to Change\*

# SEPTEMBER MENU

<i><b>Mon</b></i>	<i><b>Tue</b></i>	<i><b>Wed</b></i>	<i><b>Thu</b></i>	<i><b>Fri</b></i>
		1. Chicken Fried Steak Mashed Potato Peas & Carrots Bread Birthday Cake	2. Spaghetti w/Meat Sauce Cauliflower Garlic Bread Dessert	3. CLOSED
6. CLOSED	7. Chicken Patty Rice Green Beans Biscuits Dessert	8. Beef Stew Peas Bread Dessert	9. Pork Chow Mien Rice California Blend Dessert	10. Cat Fish French Fries Capri Blend Bread Dessert
13. Board Meeting Baked Chicken Rice Winter Blend Bread Dessert	14. BBQ Pork Scalloped Potatoes Corn Bread Dessert	15. Membership Day Ham & Yams German Blend Bread Dessert	16. Hamburger Stroga- noff Green Beans Bread Dessert	17. Battered Cod French Fries Carrots Bread Dessert
20. Meatloaf Mashed Potato w/ Gravy Broccoli Bread Dessert	21. Pork Cutlet Rice Prince William Blend Dessert	22. Beef Roast Mashed Potato w/ Gravy Bread Dessert	23. Hot Dogs Sauerkraut Green Beans Bread Dessert	24. Cod Loins Batter Bites Mediterranean Blend Bread Dessert
27. Chili Corn Corn Bread Dessert	28. Beef & Broccoli Egg Noodles Winter Blend Dessert	29. Salisbury Steaks Mashed Potato w/ Gravy Green Beans Bread Dessert	30. Chicken Cordon Bleu Rice San Francisco Blend Dessert	

Grab N' Go Meals Suspended until further notice. On Fish & Liver days, there is an alternative choice.

Fish, unless otherwise noted is wild caught.



The ADRC can help connect you with resources that you may need, such as food, transportation, in-home services and supports, and eligibility for programs that can help meet your needs.

Website: [www.linksprc.org](http://www.linksprc.org)



Our mission is to "Support Alaskans affected by Alzheimer's disease, related dementias and other disabilities to ensure quality of life."

**Address:** 1750 Abbott Rd., Anchorage, Ak 99507

**Website:** [www.alzalaska.org](http://www.alzalaska.org) **Phone:** 907-561-3313 **Statewide:** 1-800-478-1080



The ACE Foundation is a non-profit organization that provides medical equipment and supplies to help people regain their mobility and independence through a lending closet.

Phone: 907-232-4848 [acelendingcloset@gmail.com](mailto:acelendingcloset@gmail.com)

### **Applications For You**

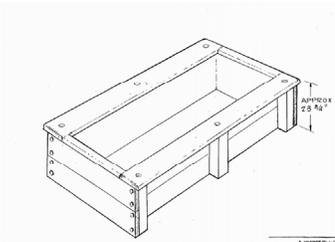
#### **Available in the Administration Office of Mat-Su Senior Services**

- Application For heating Assistance—State Of Alaska
- akCanConnect— Alaska's Deaf-Blind Equipment Distribution Program Application
- Senior Benefits Program Application— State of Alaska
- Application for Services— State of Alaska,
  - Medicaid from the State of Alaska
  - Chronic & Acute Medical Assistance from the State of Alaska
  - Supplemental Nutrition Assistance Program (SNAP) from the State of Alaska
  - Temporary Assistance Program from the State of Alaska
  - Adult Public Assistance from the State of Alaska

# Raised Flower Beds Coming Soon!

Big things are happening around the Center! We are happy to announce that soon we will have some new features around the Palmer Senior Center. If you are a flower or garden lover you are going to want to stick around and keep reading!

The Cooperate Extension Office, Agriculture and Horticulture program has graciously offered to build for the Palmer Senior Center two or three flower boxes. These flower boxes are not just any flower boxes. These flower boxes will offer raised seating so that gardeners are able to comfortably work in the garden for planting, weeding or harvesting items.

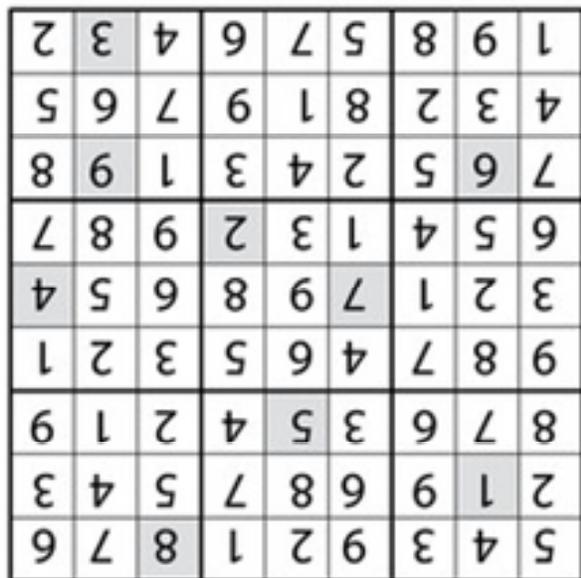
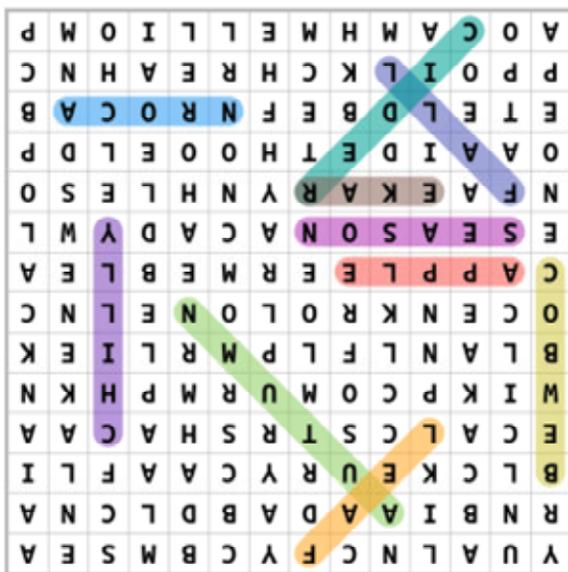


These flowerbeds are made possible by a generous AARP Community Challenge grant that the State of Alaska Cooperate

Extension office. Please join us in saying a huge thank you to both organizations. To the right of this article you will see a photo of the Georgeson Botanical Garden with a raised garden bed with seating that was recently completed. The flower beds at the Palmer Senior Center will be similar to these.



If you have any questions about the project or would like to help bring these flower beds to life with plants, please reach out to Jackie, MSSS Volunteer and Activities Coordinator at the Palmer Senior Center.





Palmer Senior Citizens Center, Inc. dba

Mat-Su Senior Services

1132 S. Chugach St.

Palmer, AK 99654

RETURN SERVICE REQUESTED

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

Call the office at 907-745-5454 or email [sweideman@gmail.com](mailto:sweideman@gmail.com) to sign up to get the chatter emailed to you each month!

Stop waiting for the  
chatter to arrive in your  
mailbox and get it in  
your inbox!

