

Mat-Su Senior Chatter

June 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



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Summer is finally here and the flowers and trees are blooming all over the valley bring with a boost in energy and morale that is always so welcomed after the dark winter months of Alaska. As Mat-Su Senior Services re-opens and new programs begin to blossom within the Palmer Senior Center we received word that the center has a new supporter to help our programs continue to grow.

The Richard L. & Diane Block Foundation has generously awarded us with a grant that allows for every dollar raised through new funding opportunities to be matched dollar for dollar up to \$60,000 over the next year. These funds will be used for our various programs here at the Palmer Senior Center as well as across the Mat-Su Borough.



We ask for your assistance to find new funding sources and additional supporters by sharing stories about the Palmer Senior Center and how your involvement with this community has positively affected your life with friends, family, and the community.

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

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

HOME DELIVERED MEALS: Please call the center for details.

ADULT DAY SERVICES: Monday thru Friday 7:30am to 4:00pm. Call 745-5454.

CHORE & RESPITE SERVICES: Contact us at 745-5454 for more information.

FAMILY CAREGIVER SUPPORT: Call 745-5454 for more information.

NOTARY SERVICE: Call 745-5454 for more information. Traveling notary available.

VOLUNTEER OPPORTUNITY: Call 745-5454 for more information.

SENIOR HOUSING CHUGACH AND COLONY ESTATES: Call 745-5454 for more information.

FACILITY RENTAL AND CATERING AVAILABLE: Call 745-5454 for more information.

TRANSPORTATION: (limited due to COVID-19)

*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

MAT-SU SENIORS IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER.



VISION

A community where all can thrive and live to our fullest potential.

MISSION

Promoting independence, security & quality of life as we age

CORE VALUES

Respect • Trust • Independence • Security • Compassion • Unity

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, the Center, Adult Day Services;
- 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.;
- Health Promotion & Disease Prevention Senior Strength, Strong Women, Zumba Gold, New You, Qigong, Yoga
- Volunteer Opportunities contact out administration office at 745-5454

DEPARTMENT MANAGERS

Chief Executive Officer	Elaine Phillipps
Chief Operating Offices.....	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.....	Phyllis Moore
Senior Facilities/Transportation Mgr.....	Tim Pettit

PRESIDENT'S REPORT



Members,

The days are getting warmer and the sun will be out almost 21 hours every day. I think we can declare summer is here in all its glory. Flowers are blooming, the grass is greening up, and the leaves on the trees have popped. It is a wonderful time of year!

Every June, one of the most important things the members do for the Palmer Senior Citizens Center, is to vote on fellow members who will serve on the Board of Directors for the next three (3) years. It is an important decision and commitment for those who apply to become a Director at PSCC. The Corporation has over \$15 million dollars in fixed assets and an annual operating budget of over \$2.5 million. Those members who serve on the Board, on behalf of the membership, need to have your support as they work through the executive management decisions for a far-reaching organization serving local Palmer Seniors and others throughout the Mat-Su Valley.

The elections will be held on June 9, 2021 at the Palmer Senior Center, during the Palmer Senior Citizens Center Annual Membership Meeting. Each member whose annual membership dues are up to date (paid by June 1st) is eligible to cast a secret ballot in person at the annual meeting.

You say you can't come to the annual meeting? I am so sorry! Be sure to call the PSCC Admin office and make arrangements to get an absentee ballot before June 1st. If you receive an absentee ballot, please remember the Ballot must be received at the Palmer Senior Center by noon June 9, 2021.

I hope each of you and your families have a great summer!

Bob Shaw Board President

Annual & Lifetime Options

Yearly Membership.... \$24.00

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

907-745-5454



June Membership Meeting: June 9 at 11:30am

Mark Your Calendars!

Membership Meetings at Palmer Senior Center

July 14th 11:30am

Aug. 11th 11:30am

Sept. 8th 11:30am

Oct. 13th 11:30am

Nov. 10th 11:30am

Dec. 8th 11:30am

Officers

President Bob Shaw

Vice-President Lisa Smayd

Treasurer Jennifer McCrary

Secretary Sally Weiland



Members

Dee Brown

Linda Combs

Jo Ehmann

Catherine Hall

Michael McGinty



Scott Manke

Candidate for Board of Directors

Hi Everyone! I'm excited to be running for the board of directors! I couldn't do that when I worked here, in the kitchen the past 3 3/4 years.

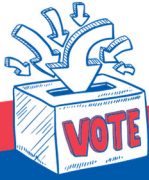
So, here are some of my qualifications; past President Lincoln Lutheran Athletic Association (1992-3), Board Member Lincoln Bowling Association (1990s), current Vice-President Church Council St. John Lutheran Church, Lay Minister (some call it Deacon), Former business owner in Nebraska and Colorado, lower and mid-level management in retail, bowling, and the Airlines.

My hobbies include: stamps, playing military simulation board games, historical research, projects on airlines, commercial airports, and military history.

Loved traveling back in normal times. Also a poet, lyricist, and novelist.

My vision for the board and center is one where we make the fullest use possible of our facilities, reduce dependency on grants, expand programs and services, and assist in making this an attractive place to work, visit, and support financially. Our demographic is only going to grow. We must be in a position to meet those needs. I look forward to bring part of the team and would appreciate your vote.





IT'S TIME FOR BOARD ELECTIONS!

Elda McCraw,

Candidate for Board of Directors



I recently joined MSSS and I'm looking forward to meeting and working with other members. I want to be involved in my community.

I am currently the Secretary/Treasurer for Palmer Rotary, the Membership Chair for Palmer Lions and a member of the Palmer Moose. I am a member and past officer of two professional clubs, ISM (Institute of Supply Management) and PMI (Project Management Institute).

I am looking forward to volunteer opportunities as well as participating in many of the MSSS events.

If elected to the board, I am most interested in learning more about MSSS Governance and the Facility Planning & Construction.

Dora Wheeler,



My name is Dora Wheeler, I am a born & raised Alaskan. Inupiaq is my culture or was. I left my hometown of Kotzebue, for the first time in 1967, returned in 1973, and left again in 1975. Married to Dennis since 1976, we share a family of 6 children. Now there are 8 granddaughters, 2 grandsons and 3 great grandchildren. We moved to the valley July 1980 where three of our daughters graduated from Palmer High School.

After 17 years, I'm a secretary retiree from the Mat-Su School District, I also hold a 2-year college degree in office technology. The committees I served on in the valley are the Indian Education, Kids are People Valley Women's Resource Center and four years as treasurer for classified employees of the Mat-Su School District.

Linda Combs

Candidate for Board of Directors



Hi! My name is Linda Combs & I am asking that you vote for me to be able to serve a second term on Palmer's Senior Services Board of Directors.

I first came to Alaska just a few weeks after High School graduation with my family because my father had been transferred to Elmendorf AFB in July of 1970. So I have spent my whole adult life in Alaska.

In 1986 I moved my husband John Combs and his two sons to Palmer. This has been home ever since. Nearly every job I have in the past 50 years has had a bookkeeping aspect to it. The community is easy to become involved in and to love.

Over the past 35 years I have been involved in the following ways; P.H.S. Booster Clubs, MYAC Fundraisers P.H.S. Grad Blast, Valley Hospice Resources, Santa's Helpers, Palmer Museum Member, Greater Palmer Chamber of Commerce, Santa Cops & Hero's, Palmer Sister City- Palmer Saroma Kai, Borough Wide Sexual Assault Response Team (SART) Task Force, Palmer Lions Club, Palmer Senior Center, Palmer Colony Express, Palmer Pride Picnic Organizer/Chairman, Palmer City Council Member for 9 years and Fist Lady of Palmer for 6 years, Alaska's Governor's Commission on Aging Sept. 2016 through August 2020 and the Mat-Su Coalition on aging since 2017.

I came to the Center the morning of my 60th birthday and happily applied for a Lifetime Membership. Some of my greatest Memories of my life in Palmer have happened at the Palmer Senior Center and I know that will continue to be true. Serving on the Board of Director's has been a great pleasure and one I hope to continue.



Camping

Marshmallow

Tent

Camp

Tree

River

Smoke

Smore

Sleepingbag

Pillow

Bugspray

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

Word Find

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

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 14

CEO MESSAGE



Dear Members,

The weeks since re-opening have been a whirlwind of emotions such as joy while many rekindle old friendships and frustrations as we were all forced to adapt to the changes at the Palmer Senior Center and in the community. As Seniors returned to the center enjoying activities with friends once again I find myself pondering many things. I think about how things have changed over the year that we were a part of and the significant impact those changes have had on our PSCC/MSSS community.

As the doors opened several operational changes were immediately noticed, such as our new key-carded computer system at the front desk. I am grateful for this new system as it offers us the ability to reliably track and report vital data for current and future funding opportunities; however, I know it has been a complicated process to learn. Your willingness to learn and use this system is greatly appreciated and I am sorry it has been a bit of a bumpy road to this point. We hope that we will be able to increase funding, thus enhance services, through the increase in data collection of seniors participating in programs. Additionally, many noticed a more robust volunteer program, an increase of onsite and virtual activities, and many new staff members throughout the center. The adage that “the more things change, the more they stay the same,” has never been truer. In true Alaskan fashion, our community has stuck together, supported each other, and will emerge stronger than ever.

My heart longs for a new kind of pandemic- the infection of grace, kindness, and curiosity to ask clarifying questions to avoid a conflicting situation. Please join me in an active effort to spread this kind of pandemic in the local community and across the world.



Warm regards,

Elaine Phillipps

Chief Executive Officer

Mat-Su Senior Services

Thank You for Supporting Mat-Su Senior Services!

Support Mat-Su Senior Services by donating at www.matsuseniors.com

Do you like to spend time in the kitchen?

Do you like to chat with people?

Are you familiar with FaceBook, Zoom, or YouTube?

Do you have a talent such as drawing, painting,
or other crafting expertise?

BECOME A VOLUNTEER - MAKE A DIFFERENCE



We would like to invite you to share your talents with our seniors
through virtual or in-person options!

Contact our office to learn more.

907-745-5454



Don Corey, Patricia Gray, Jennifer McCrary, Evelyn Mielke, Phyllis Moore, Carol O'Hara, Mary Patania, Geoffrey Tamplin, Marge Wheeler, Harold & Agnes Wilson Sr., Betty Brickel, Rita Davila, Pansy Herring, Sally Weiland, Phyllis Bottari, Dave Brown, Romie Deschamps, Catherine Hall, Marilyn Kvarford, and Carol Sizemore

New Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE	1.	2. 1:30pm Uno Tournament	3. 10am Palmer Museum Trip 3:30pm Mindful Water Color Class	4.
	7. 1pm Make a Birdhouse	9. 1:30pm Uno Tournament	10. 3:30pm Mindful Water Color Class	11. 1pm Jewelry Making
14. 10am Rock Painting	15. 2pm Knitting Class	16. 10am Mosaic Class 1:30pm Uno Tournament	17. 1pm Scarf Making	18.
21.	22. 1pm Prostate Cancer Awareness Presentation 2pm Knitting Class	23. 1:30pm Uno Tournament	24. 1pm Ceramics Painting	25. 1pm Jewelry Making 2pm Papa Murphy's Make Your Own Pizza
28. 10am Rock Painting	29. 2pm Knitting Class	30. 10am Mosaic Class		

New Classes and Activities may be added during the month.

For the most up to date class listings visit our website: www.matsuseniors.com

Ongoing Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE	1. 10am Book Club 11am Volunteer Orientation 3pm Zumba	2. 10am A New You 3pm Yoga	3. 10am Praise in Action 1pm Volunteer Orientation	4. 9am Coffee with the CEO 10am Senior Strength
	7. 10am Senior Strength	9. 10am A New You 3pm Yoga	10. 10am Praise in Action 1pm Volunteer Orientation	11. 10am Senior Strength
	14. 10am Senior Strength	16. 10am A New You 3pm Yoga	17. 10am Praise in Action 1pm Volunteer Orientation	18. 10am Senior Strength
	21. 10am Senior Strength	23. 10am A New You 3pm Yoga	24. 10am Praise in Action 1pm Volunteer Orientation	25. 10am Senior Strength
	28. 10am Senior Strength	30. 10am A New You 3pm Yoga		

Do you have a class idea?

Contact the Volunteer and Activities Coordinator today!



Must be 60
years or older

Income Restrictions
Apply

Coupons are Available

Limited Supply * First Come First Serve

in the Administrative office at Palmer Senior Center

Monday, Wednesday and Fridays 12-3pm

Call 745-5454 for more information

Starting June 1 pending arrival of coupons.

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

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



Palmer Mayor Edna B. DeVries shared her proclamation of the City of Palmer recognizing May as Older Adult Month.

~Special~ ~Announcements~

Governor Mike Dunleavy graciously issued an Executive Proclamation during our May Day Play Day event on May 1st recognizing May as Older Americans Month.



Matanuska Colony Project

Part 2 Tent City

On May 23, 1935 the preliminary drawing for the order the men would line up for the land drawing. A single cardboard box was brought out with small bits of paper, detailing a tract of land and the tracts number. The first tract of land was drawn by Arthur Hack of Minnesota. If unhappy with their tract drawing or who would like to remain closer to family or friends colonists were permitted to swap tracts.

Once the drawing was concluded construction on the colony could officially start. Ten tent camps throughout the valley. The transient housing was named Camp Perkins. The largest of the tent camps was named Palmer. The remaining camps were located around large clusters of land tracts.

Due to the high amount of timber in the area the original plan for the colonist homes to be made of logs, however due to the size of the logs it was determined that frame buildings. Originally the transients were going to build all the homes

but when project due dates lapsed and winter was coming, so colonist were able to begin building their own homes.

As the homes began to emerge work also began on the community centers such as the trading posts, warehouse, powerhouse, and garage were some of the first to be constructed.



Part 3.... Colonial Life July 2021

Thanking the “Fathers” in Your Life



What is a father? For many, it brings to mind the old television series, *Father Knows Best*. In his argyle vest, pipe firmly planted between his teeth; father solved all of life's problems with a smile, compassion, and a wink. Life was much simpler then, single parent families were rare and problems were never extreme. Much has changed, and as we approach this iconic holiday in a nearly post-covid world, we need to pause and reflect upon those who do today's fathering. Perhaps that caring choir director, the concerned swim coach, the patient overworked teacher, scout leader and many others do a lot of "fathering." Maybe it isn't even necessary to be male to participate in the role of father to a child in need. Perhaps this time honored holiday is an opportunity to celebrate all those individuals who go the second mile and make life better and fuller for children of all ages. These "fathers" need to be recognized and thanked. It might even be that some of us who are elders have been fathered by those many years our junior. Father's Day gives us a great opportunity to reach out in thankfulness to all "fathering" people.

The Senior Center gift shop is prepared to help you thank the "fathers" in your life with a wide variety of gifts. With barbeque season in full swing, the gift shop has a full line of men's and women's aprons ready to make the grilling experience special. Potholders abound, as do uniquely Alaskan flavored vinegars such as chokecherry, birch and rhubarb. Each is guaranteed to give grilled meats a special zing. These unusual vinegars work well on salads, too.

Looking for something special for your honey? The gift shop abounds with local honey in a variety of sizes and types including creamed and comb honey. There are even honey tee shirts (among many others) and honeybee zipper pulls.

For the fisherperson in your life there is always Fisherman Soap, pleasantly scented and guaranteed to get rid of lingering fishy odors. We also carry a variety of fish flies created by local entrepreneur Tony Hepinstall. For the female fisherperson, Tony has even designed a line of fish fly earrings with a definitely native flair.

Hand crafted knives by local artist Duiane Richards are also available at the gift shop in a variety of sizes. We even have a collection of bullet key rings, which make a fun Father's Day gift.

Charice, MSSS Volunteer



June Menu

Menu is Subject to Change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Happy Birthday Meat loaf Mashed w/ gravy Peas Baked bread Cake and ice cream	2. Pork Chop Stuffing German Blend Rye Bread Pudding	3. Chicken Patty French Fries Green Beans Buns Brownies	4. Alaska Crab cakes Oven potatoes Broccoli Spears Garlic Bread Ice Cream
7. Board Meeting BBQ Chicken Baked Potato 5-Way French Bread Fruit	8. Cabbage Casserole Rice Broccoli w/ Cauliflower Yogurt White bread	9 Membership Meeting Pork Roast Mashed w/gravy Winter blend Baked Rolls Rhubarb Crisp	10. Spaghetti w/ Meat Sauce Garlic Bread Yogurt	11. Fish Patty Mo Jo Potatoes Lima w/ Corn Ice Cream Buns
14. Oriental Pork Rice San Francisco Cheese bread Jello	15. Oven Fried Chicken Baked potato Green Beans WW bread Fruit	16. Mexican Corn Rice Flan Tortilla Shells	17. Baked ham Mashed w/gravy Green Beans	18. Catfish Rice Peas & Onions Garlic Bread Ice Cream
21. Pork Patties Cheddar bits Peas & Carrots Buns cake	22. Chicken and dumplings Brussel Sprouts Fruit	23. Hot Dogs Baked Beans Potato Chips Buns Water Mellon	24. Chili Potato Bits Corn Tampico pudding bread	25. Baked Cod Baked Potatoes San Francisco Blend Garlic Bread Ice Cream
28. Chicken Cordon Blu Oven Roasted Potatoes Key Largo Baked Bread Poppy Seed Muffins	29. Beef stew Corn Bread Pudding Peas	30. Turkey Dinner Mashed w gravy Peas and carrots Herb bread Pumpkin Pies		

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

RESOURCES



1-855-565-2017

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.

****If you are unable to schedule a COVID-19 vaccine appointment online and don't have a caregiver, friend or neighbor who can help, ADRC can help you schedule a vaccine appointment and arrange transportation to your appointment.**

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



ACE Lending Closet



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

Phone: 907-561-3313 **Statewide:** 1-800-478-1080

Mat-Su Seniors Connect is a new program here at MSSS and we are happy to announce that we will be hosting virtual classes and activities so that homebound seniors can connect with others.

If you do not have internet, a tablet, computer or cellphone available to connect to these events please call the center at 907-745-5454 to learn more about your options.





1132 Chugach St.

Palmer, AK 99654

RETURN SERVICE REQUESTED

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

Your membership rewards include:

- Eligibility to vote for the Board of Directors
- Eligibility to serve on the Board of Directors
- Receive Senior Chatter monthly newsletter
- Participate in monthly events and activities
- & Much More!

Learn more at www.MatSuSeniors.com

