

Mat-Su Senior Chatter

August 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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In the past couple of months, Mat-Su Senior Services has been kicking it off BIG with activities at the Palmer Senior Center. We have hit the ground running and have not stopped yet. Some of the activities include decorating scarves, making pizza, making bread, making jewelry, making watercolor art, and making greeting cards.

These activities
have been
donated by
Marbled-

Impressions, Papa Murphy's, Buzz's Bakery, Mrs. Emily, Rusty Clark, and Stamp Cache. All these wonderful people have donated their time and expertise to help our Palmer Seniors get back into fun activities.



Some of the other activities we have done include bird house making, mosaics, rock painting, and watercolor string art. On top of these fun activities we have also had some very informative classes on diabetes, prostate cancer, and legal services.

It has been a fun adventure thus far and we have more to come in the fall/winter months, and we can't wait!

If you would like to learn more about our activities, would like to lead a class, or suggest an activity please contact Jackie at 907-761-5045.

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

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, 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.;

DEPARTMENT MANAGERS

Interim CEO.....Fred Traber

Chief Operating Officer.....Beth Westland

Human ResourcesBeth Westland & Focus Solutions

Chief Financial OfficerAmanda Watson

Adult Day Services Manager..... Christopher Koops

Chore & Respite Manager.....Lisa Mecham

Temp. Kitchen Manager.....Phyllis Moore

Senior Facilities/Transportation Manager.....Tim Pettit

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

PRESIDENT'S REPORT

Pretty much all my working career I have been in customer service in one form or another. Whether that was as a front-line worker or in management the question how can I help became part of me. So, here we all are, the board, management and staff, and you, all part of the Palmer Senior Center/Mat-Su Senior Services family. And it is a question every one of us should ask ourselves with regard to what we do here. Our sustainability, our prosperity, our reach, and our care depends upon all of us being involved. As mentioned last month, we don't get the massive grants and funding we once did. And we must wean ourselves of as much of that dependency as possible. That means more private donations and funders. It means more events that generate not only funds but exposure to our community and region. We stand at the threshold of great opportunity even as we continue to face challenges. So, let's put on our thinking caps, get our creative juices flowing, and make the fullest use possible of our facilities. You see it isn't just about serving needs but also about creating a place where people come to enjoy an activity, an event, or a program. As I sat and pondered that here are a few things that came to mind:



*Membership. It's only \$24 per year! And look at what you get for that! Maybe sponsor someone you know who perhaps doesn't think they can spare even that amount.

*Support our gift shop. All proceeds go right to us and it is staffed by unpaid volunteers. Are you a crafts person? Maybe make things that can be sold on consignment there. The place is full of unique gift ideas.

*Pick-Click-Give part or all of your PFD.

*Consider us in your estate planning.

*Talk with business owners you may know about one time or on-going support.

*Know someone who needs transportation? Give them a lift. Bring them to lunch or an activity.

*Volunteer! We need them in every department!

*Do you live in senior housing not connected to the center? Spread the word about us!

*Do you have discretionary funds you might be able to use for an activity or program here?

*Let us know your ideas on fund raising things we might be able to do.

This place is about all of us. More things are happening here all the time and plenty more things are being planned. And we on the board and management are getting our ducks in a row and thinking as one. We have a lot of work to do yet, and it's all hands on deck. The load is lighter when you share it. And I hope each of you will join us in making Palmer Senior Center/Mat-Su Senior Services the best it can be for many years to come. Thank you and have a great August!

Scott Manke, Board President

Thank You for Supporting Mat-Su Senior Services!

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



Annual & Lifetime Options

Yearly Membership.... \$24.00



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

907-745-5454

Aug. Membership Meeting: Aug. 11th at 11:30am

September 2021

The Mat-Su Chatter will be mailed or e-mailed to active members only starting September 1st. The Chatter will be updated and ready for your review at no cost on our website on the 1st of every month.

The menu and activities calendars will be update, printed, and available around the Palmer Senior Center for your convenience.

Thank you for making Mat-Su Senior Services amazing every day!

Officers

President Scott Manke
Vice-President Lisa Smayda
Treasurer Jennifer McCrary
Secretary Dora Wheeler



Members

Dee Brown
Linda Combs
Catherine Hall
Sally Weiland
Elda McCraw

CEO MESSAGE

Dear Seniors:

I want you to know how great it is to be back at Mat-Su Seniors. I've seen so many friendly, familiar faces and enjoyed some great reunions. Thank you. I look forward to spending the next few months together as we work to enhance the Agency and locate the right new CEO.



As an “outsider”, I have been struck by some of the new initiatives in place. You have a balanced budget (with a positive net income for the year), imaginative new activities organized for you, and creative fundraising efforts taking off.

As you are no doubt aware, the Agency has had some challenges as we have re-opened following the Covid closure. We're working our way through normalizing the kitchen and transportation issues, as well as staffing in other areas. We appreciate your patience and good humor as we work through these issues.

Please remember the following positives as we move forward together.

- Mat-Su Senior Services has a strong and motivated staff led by a very talented management team.
- The Agency's partners – including our funders – care about you, our seniors, and your welfare.
- We are fortunate to have some of the best facilities in the state, designed with your activities and needs in mind.
- We also have some amazing opportunities for growth.

I look forward to being part of the energy and accomplishments of the next few months together.

Fred Traber, Interim CEO

Mat-Su Senior Services would not be what it is without the support of the community. Often when we talk about support for an organization the first thing that we think about is being asked for a monetary donation. Not everyone is able to make a donation every month to our favorite organizations but we want to help out. At Mat-Su Senior services you can help out as a volunteer, share your story with the community, and even help support us financially by doing things you already do.



If you are an Amazon addict like some of us, you can select Mat-Su Senior Services as your Amazon Smile charity of choice. Every purchase you make on smile.amazon.com will benefit Mat-Su Senior Services. If you use the app on your mobile phone you must activate smile on your phone app separately from your computer account.



When you shop at your local Fred Meyer with your community rewards card you can select Mat-Su Senior Services as your community rewards recipient. You can do this at www.fredmeyer.com/communityrewards. On the website you will be able to search for your chosen organization to support. You can locate us by searching Mat-Su Senior Services or our non-profit number 82318.

If you need help signing up for these programs to help support Mat-Su Senior Services please visit Sarah in the admin office at the center.



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:

Trust
Alaska Mental Health
Trust Authority



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

N	T	I	R	E	N	N	D	A	R	I	R	E	N
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COTTON CANDY
LEMONADE
RIBBONS
CORN DOGS
CONCESSIONS
ANIMALS
FAIRGROUND
CONTEST
EXHIBITOR
RIDE
CELEBRATION



Word Find

Senior Sudoku

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

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

Answers for
both games on
Page 14

Aug. Ongoing Activities

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 10am Senior Strength	3 10 am Book Club 11am Volunteer Orientation 3pm Zumba	4 10am A New You 3pm Yoga	5 10am Praise in Action 1pm Volunteer Orientation	6 10am Senior Strength
9 10am Senior Strength	10 11am Volunteer Orientation 3pm Zumba	11 10am A New You 11:30am Membership Meeting 3pm Yoga	12 10am Praise in Action 1pm Volunteer Orientation	13 10am Senior Strength
16 10am Senior Strength	17 11am Volunteer Orientation 3pm Zumba	18 10am A New You 3pm Yoga	19 10am Praise in Action 1pm Volunteer Orientation	20 10am Senior Strength
23 10am Senior Strength	24 11am Volunteer Orientation 3pm Zumba	25 10am A New You 3pm Yoga	26 10am Praise in Action 1pm Volunteer Orientation	27 10am Senior Strength
30 10am Senior Strength	31 11am Volunteer Orientation 3pm Zumba			

New Classes and Activities may be added during the month.

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

Aug. New Activities

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2	3 10:15am Survival Spanish 1pm Let Nature Be Your Teacher	4 1pm Pinochle	5 1:30 pm Magazine Collage	6 Root Beer Float Day 1:00 Jewelry Making
9 2pm Rock Painting	10 10:15am Survival Spanish	11 1pm Pinochle 2pm Yarn Art	12 1:30 pm Magazine Collage	13
16	17 10:15am Survival Spanish 1pm Let Nature Be Your Teacher	18 1pm Pinochle 2pm Yarn Art	19 1:30 pm Magazine Collage	20 1:00 Jewelry Making
23 2pm Rock Painting	24 10:15am Survival Spanish 11am Medication Disposal Class	25 1pm Pinochle 1pm Elder Fraud Awareness	26 1:30 pm Magazine Collage	27
30	31 9:30am Estate Planning 10:15am Survival Spanish 1pm Let Nature Be Your Teacher	<p>All events will take place at the <u>Palmer Senior Center</u> 1132 S. Chugach St. Palmer unless otherwise noted.</p>		



When we think of all the amazing people who attend activities, work, and volunteer, receive services or live in our housing here at Mat-Su Senior services/ Palmer senior center one of the first things that come to mind is this is our community!

Since our doors first opened back, in 1980, this community of loving caring people has shared countless meals and fed countless homebound seniors and we have shared millions of laughs. We have kept seniors living in their homes through our services and above all built a community of pride, joy, and a sense of belonging for every person who walks through our doors.

What some of us love about our senior community is...



"Being around people"
Kathy C.

Activity Spotlight

Elder Fraud Awareness, August 25, 2021 at 1 pm:

Beth Goldstein is a Deputy Director and Supervising Attorney for the State of Alaska Office of Elder Fraud and Assistance (OEFA). She will be talking about signs of financial exploitation and common scams. You will learn how to look out for red flags and how to protect yourself and others.

Estate Planning, August 31, 2021 at 9:30 am:

Connie Aschenbrenner's Client Services Coordinator. Connie will be going over the frequent questions that are asked and misconceptions on Wills & Trusts, Power of Attorney, Miller's Trusts, and Medicaid Planning. You will learn how proper planning can help you and your family.



We would love to hear from YOU! We want to hear about your experiences with the Palmer Senior Center, fun memories of growing up in the Mat-Su Valley and more!

If you would like to submit an article to be included in an upcoming chatter or shared on our Facebook page please email Sarah at sweideman@matsuseniors.com or drop off your article at the Palmer Senior Center 2nd floor admin office.

We Want To Hear From You!

Bonnie Bauer, Elaine Bratten, James Call, Jean Chapman, Judy Divinyi, Jim Foster, Molly Montgomery, Ron Orbeck, Michael Post, David Tribble, Ben Wattum, Robert Shaw, Virginia Sweeney, Joan Tower, Laurie Green, Carolyn Hubbard, Ken Hubbard, Loretta Huska, Helen Kurtz, Jay McDaniel, Glann Westphale, Barbara Gill, Dora Wheeler, Richard Buzby, Barbara Olson



Please contact Jackie, our Volunteer Coordinator to learn more.

907-761-5045

Weaving Dreams One Basket at a Time

Mat-Su Senior Services Gift Shop is packed with a plethora of creative crafts and artistic design work. It surrounds the shopper with excitement, diversity, intensity and in some cases, humor. As interesting as its contents are, the consignees who give birth to them are even more arresting and interesting than their creations. One such designer is Sharon Blades. Blades is a basket maker and honed her skills while living on the Oregon coast. There she collected all manner of treasures on her frequent beach strolls particularly following southwestern storms. The booty was too great to pass up and as her collection grew; she knew that she needed to do something with the stuff. So began her basket-making career.

In 1986 Blades, moved to Alaska taking up residence in Clam Gulch. There, she once again roamed the beaches, gathering driftwood, shells, seaweed and feathers.

Seldovia, Homer and Clam Gulch as well as other Alaskan beaches rendered up glass floats, beads, horns and antlers. These new finds added a depth and interest to her basketry that had been lacking before. All her baskets are made from all natural fibers.

New seaside treasures also suggested new types of projects including her popular wind chimes to which she adds wine corks and trade beads. The chimes are available in both large and small sizes and numerous colors.

According to Blades each winter she settles down by her warm wood stove and discovers how her summer gatherings will blend to create each unique piece and perhaps some new products as well. While she works, she thinks of long sunny days and quietly anticipates the return of summer and its treasures.

Blades has spent much of her life as a seamstress. She makes hostess aprons from a self-created pattern that includes a number of pockets-even one for life's greatest necessity, the cell phone. Her stitch witchery has also led to writing tablets, which include hand-stamped paper, and a pen all wrapped up in a padded fabric holder. Placemats, shopping bags and bag holders are also a part of her repertory. Blades judiciously searches for fabrics that are not only strikingly attractive, but express the themes and character of Alaska, making her products perfect destination gifts.

Blades is surrounded by many other equally talented artists and crafters at the gift shop. Sue Shaw, whose jewelry graces the necks, ears and arms of many Senior Center members, has just expanded her new fine jewelry line. The line features delicate semi precious and faux stones set in delicate 18 to 22 karat surrounds. They are beautiful to behold and wonderful to wear. Do not miss them as they are going fast.

Drop by the gift shop to see all the new items that are being added daily. We are here Tuesday, Wednesday and Thursday from 11 am to 3 pm to surprise and delight you!



Charice, MSSS Volunteer

Menu is Subject to Change

AUGUST MENU

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2. Happy Birthday Chicken fried steak Mashed and gravy Carrots White bread	3. Pork chops Scalloped potatoes Brussel sprouts Rolls	4. Oven fried chicken Rice Mixed veggies Bread grapes	5 Spaghetti w/ meat sauce Cauliflower French bread fruit	6 Root Beer Float Day Crab melts Tater tots Green beans fruit
9 Board Meeting Chicken al king rice Carrots fruit	10 BBQ meat balls Mojo French bread Pes cake	11 Membership Day Ham and yams Winter blend Wheat bread dessert	12 Chili mac Corn bread Corn dessert	13 Baked Pollock Oven roasted potato San Francisco French bread Yogurt
16 Chicken nuggets FF Peas and carrots Bread dessert	17 Beef stroganoff Noodles Broccoli Normandy Biscuit Cup cakes	18 Turkey w/ stuffing gravy California blend Rye bread	19 Chop sue pork Rice lima White bread dessert	20 Gunnies Halibut Stk Fries German Blend Garlic cheese bread Ice cream
23 Chicken patty Bun Potato O'Bryan Baked beans peaches	24 Pot roast, Mashed Potato & Gravy Green Bean Dinner Rolls	25 Pork Roast Baked potato Peas and onions Herb bread	26 Meat loaf Mashed & gravy Capri Wheat rolls fruit	27 Fish platter Tater tots Broccoli Spears Garlic bread Ice cream
30 Hot dogs Buns Chips Fruit	31. Chicken cordon bleu Oven roasted Key largo Rolls	<i>"Cooking with love provides food for the soul!"</i>		

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



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.

Website: www.linksprc.org

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



Alzheimer's Resource of Alaska

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



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



1132 Chugach St.

Palmer, AK 99654

RETURN SERVICE REQUESTED

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

Call 745-5454 for more information

Monday, Wednesday and Fridays 12-3pm

in the Administrative Office at Palmer Senior Center

Limited Supply * First Come First Serve

Coupons are Available



**Income Restrictions
Apply**

**Must be 60
years or older**