

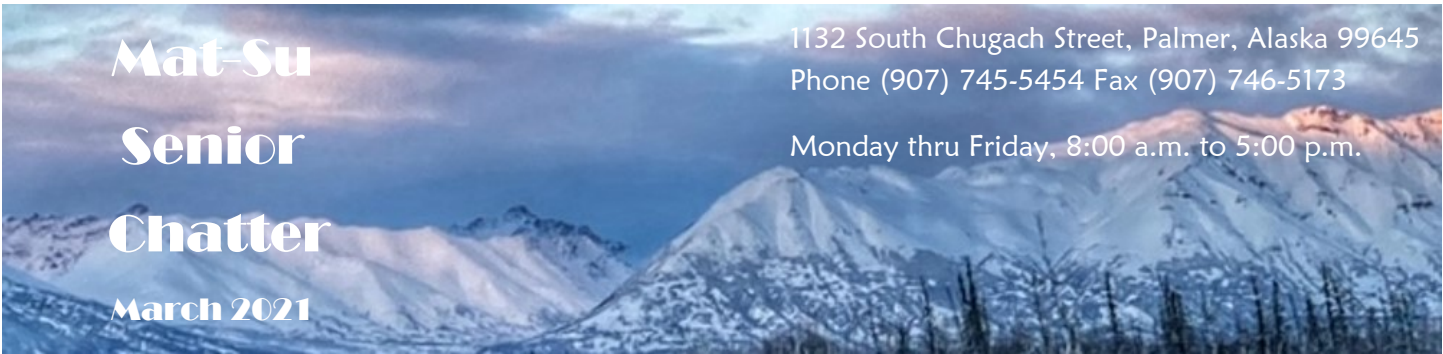
MAT-SU SENIOR SERVICES
1132 Chugach St.
Palmer, AK 99654
RETURN SERVICE REQUESTED

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U.S. POSTAGE PAID
PALMER, ALASKA 99645
PERMIT #99



Give the gift of an engraved plaque in honor of someone you love.
Honor someone special with their name in the entryway of the senior center on a custom-engraved, gold-lettered plaque when they visit!
We are currently filling a wall with beautiful, granite plaques to show the value of our community of supporters.

Learn more at www.MatSuSeniors.com



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Saint Patrick's Day Trivia

Did you know that the original color of St. Patrick's Day was blue?

The color was changed after a poem was written dressing a tricky Leprechaun in green and the image stuck.

We should be eating bacon and cabbage not corned beef and cabbage.

Corned beef and cabbage became the “traditional” meal of St. Patrick's Day when the Irish immigrants living in New York City's Lower East Side substituted their traditional dish of Irish Bacon to save money.





Mat-Su Senior Services

VOLUNTARY DONATIONS ARE ACCEPTED FOR ALL SERVICES

SUGGESTED DONATIONS

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.

CONGREGATE MEALS: (Suspended due to COVID-19)

HOME-DELIVERED MEALS:

Call-in by 9:00 a.m., Monday - Friday.

GRAB N' GO MEALS: (Suspended due to COVID-19)

Monday - Friday, 11 a.m. - Noon

COMMODITIES: (Suspended due to COVID-19)

Monday, Tuesday, Thursday and Friday, 11 a.m. - Noon

ADULT DAY SERVICES: (Suspended due to COVID-19)

Monday thru Friday 7:00 a.m. to 4:30 p.m.

CHORE & RESPITE SERVICES

Call the center for details

NOTARY SERVICE: (Limited due to COVID-19)

Traveling notary available.

VOLUNTEER OPPORTUNITIES (Suspended due to COVID-19)

SENIOR HOUSING CHUGACH AND COLONY ESTATES: Call
761-5001 for information on Senior Housing.

FACILITY RENTAL AND CATERING:

(Suspended due to COVID-19)

Call 761-5006 for information and rates.

TRANSPORTATION: (Limited due to COVID-19)

*For medical trips in Palmer or Wasilla, call ahead for an
appointment - One week notice preferred.

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
- Notary Services, including traveling a notary to your home.

MAT-SU SENIOR SERVICES DEPARTMENT MANAGERS

Chief Executive Officer.....Elaine Phillipps

Chief Operating Officer.....Beth Westland

Chief Financial OfficerAmanda Watson

Human ResourcesBeth Westland & Focus Solutions

Adult Day Services Manager.....Christopher Koops

Chore & Respite Manager.....Lisa Mecham

Facilities/Transportation Mgr.....Tim Pettit


Kitchen Manager.....Kevin Horstmann



March Menu

Menu is Subject to Change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Thighs Rice San Francisco Bread Dessert	2 Chili Cornbread Cauliflower Bread Dessert	3 Ham Yams Green Beans Bread Dessert	4 Salisbury Steak Mashed Potatoes Corn Bread Dessert	5 Cod Fries Peas & Onions Bread Dessert
8 Pork Cutlet Mashed Potato Broccoli Bread Dessert	9 Chicken Curry San Francisco Bread Dessert	10 Beef Stew Rice Capri Bread Dessert	11 Meatballs Rice Mediterranean Bread Dessert	12 Catfish Fries Winter Blend Bread Dessert
15 Meat Loaf Mashed Potatoes Gravy Green Beans Bread Dessert	16 Chicken Drum- sticks Rice Key Largo Bread Dessert	17 Spaghetti Broccoli Bread Dessert	18 Ham Boil Rice Lima Beans Bread Dessert	19 Fish Patty Fries Brussel Sprouts Bread Dessert
22 Chicken Thighs Mashed Potato Peas Bread Dessert	23 Cheese Burger Chips Baked Beans Bread Dessert	24 Beef Roast Mashed Potatoes Green Beans Bread Dessert	25 Chicken Fried Steak Mashed Potatoes Gravy Key Largo Bread Dessert	26 Pollock Rice Peas Bread Dessert
29 Closed Seward's Day	30 Chicken Tortilla Stew Rice Capri Bread Dessert	31 Turkey Mashed Potatoes Gravy Green Beans Bread 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.

Your Feet and COVID~19

You have a stocked pantry, you’re practicing good social distancing by staying at least 6 feet away from those outside your household and now you’re probably an expert at washing your hands. You’re practicing good community care by staying home, you may even be walking more or picking up some new at home exercise routines — so why are your feet hurting?

While you’ve been getting all the tips on how to work from home, exercise from home, cooking and eating healthy during this pandemic, we’ve got the tips on how to keep your feet healthy.

Many people are getting dressed in the morning as part of their morning routine but going barefoot or wearing slippers. Barefoot walking all day, especially on hard surfaced floors, can cause some serious foot pain if you’re not used to it. Slippers offer no to little support unless they are slippers that are designed for all day wear and have some type of arch support or stiffer sole. We recommend wearing supportive shoes, even if you’re in sweats all day. Athletic shoes or supportive shoes are a must when you’re staying at home all day.

Ingrown toenails are a pain, literally. If your podiatrist isn’t seeing patients right now and you can tell you’re at the beginning of an ingrown toenail, take some home precautions to try to stop the infection. We recommend soaking your toe in Epsom salts, using Neosporin and wear shoes with a wider toe box so your toes won’t rub against them.

If you have calluses and they are getting painful, using a pumice stone to gently rub against it, followed up by some moisturizing lotion, can really help alleviate the pain.

If you’ve been taking more walks with family or the dog and you are noticing some new pains in your feet or ankles, try the RICE (rest, ice, compression and elevation) method to see if that stops the pain. You can also try taking OTC ibuprofen products.

If you try these “at home” remedies to alleviate your foot and ankle issues and you are still experience pain, redness or swelling, give your Podiatrist a call and they may be offering telemedicine services. Stay safe.

Written by
Dr. Jeffrey S. Hurless
DPM, FACFAS Board Certified Foot & Ankle Surgeon/Podiatrist
Medical Director, HealthyFeetStore.com

Mobile Foot Care & Nail Care

By Cheryl Burpee, RN & MSN

- Cheryl Burpee, RN, MSN has over 25 years of experience working with the Veterans Health Administration.
- Cheryl focuses on patient-centered care based on the VA I-CARE model; Integrity, Commitment, Advocacy, Respect, & Excellence.



CALL or TEXT

907-841-2298



References:

Primrose Retirement Community

& Maple Springs Living

Serving Anchorage and Mat-Valley



The History of St. Patrick's Day

St. Patrick’s day is celebrated annually on March 17th in honor of St. Patrick’s passing in the fifth century. The Irish have celebrated this event as a religious holiday for over 1,000 years. Saint Patrick is the patron saint of Ireland and is its national apostle. St. Patrick was born in Roman Britain and was kidnapped at the age of 16 and brought to Ireland as a slave. He did manage to escape and eventually returned to Ireland and has been credited with bringing Christianity to its people.

Following his passing the mythology surrounding his life became further intertwined with the Irish culture. A great example of this is his explanation of the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

Skipping a head a few hundred years, in 1848, several New York Irish Aid societies joined together to form the official New York City St. Patrick’s Day Parade. Today this parade is still held holding the record of the oldest civilian parade in the world and the largest in the United States. As Irish immigrants spread over the United States new traditions emerged in cities. One fan favorite is the annual dyeing of the Chicago River to the color green. This tradition began in 1962 by pollution control workers who used dyes to trace illegal sewage discharges, and they decided this could be a fun and very unique way to celebrate the holiday. Today the tradition continues, using green vegetable dye that only turns the river green for a few hours.

So what is with the Leprechauns and St. Patrick’s Day? Aside from both St. Patrick and the leprechauns have a tie to Ireland... not much to be honest. Leprechauns have their own holiday, March 13th but have become associated with St. Patrick’s Day and that marriage of holidays is likely to stay. According to Irish folktales Leprechauns are crotchety, solitary, and mischievous in nature. By trade leprechauns are shoemakers who stockpile all their profits in pots that they hid at the base of rainbows. Though a topic of debate with the Irish, American culture says that leprechauns emerge only around St. Patrick’s Day and has become an icon of the holiday.



PRESIDENT'S REPORT



Dear Members,

Here it is March again, a year ago had you told me that the Palmer Senior Center would be closed for a year I would not have believed you. I also would not have believed we would be wearing masks, asked to quarantine ourselves, stay away from loved ones and friends. I would not have believed that schools and libraries would be closed along with churches, stores, airports and even whole cities. I would have called you crazy and say it's a plot for a sci-fi movie. Yet, here we are a year later and this is our reality.

Most of this is behind us now and we are looking forward to the new chapter in our lives. The coronavirus vaccines are available and those who want to get them have already began that process. We are still asked to wear masks, to help protect others, but it is a small price to pay considering the alternatives. We seem to be on the road to some sense of what normal once was.

The question on everybody's mind is "when will the Palmer Senior Center" open for all of the activities so many folks enjoyed? Just like everything else, we hope soon. If the numbers of positive cases continue to go down, and the number of folks getting shots rise we hope to open the doors very soon. It is only a matter of time now! The light is shining bright at the end of the tunnel... maybe this month?

We have a new We have some great news! We are in the process of launching the Seniors Activities Program to bring a wide variety of classes and activities for seniors in the Mat-Su Valley. If you are interested in volunteering or have activities ideas please reach out to our Development and Communications Coordinator, Sarah Weideman.

Here is to a "new beginning" as things start to open back up. I know I can't wait!



Bob Shaw Board President

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

We're in this together.

For more than 60 years, AARP has educated, served and fought for older Americans, their families and their communities. And in this changed world, AARP continues to provide resources that can help you decide if the vaccine is right for you.

INFORMATION AND RESOURCES: Join a weekly Vaccine National Tele-Town Hall call at 9 a.m. AKT on Thursdays (**1-855-274-9507**) or listen live at **www.aarp.org/coronavirus** and ask experts your questions.

The state DHSS website is the best place for information: **covidvax.alaska.gov**

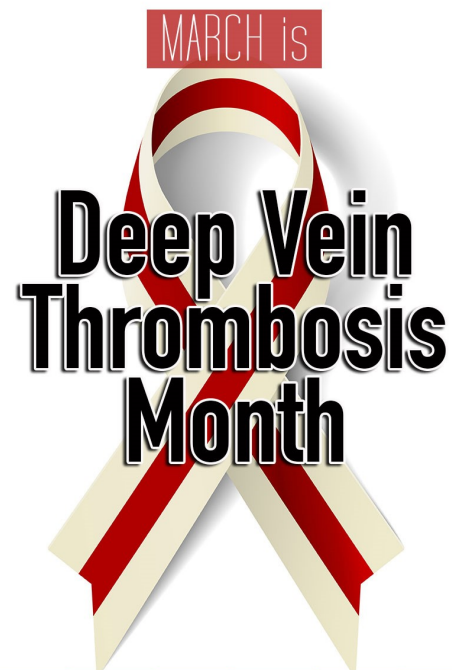
You may also call the Vaccine Call Center at **907-646-3322**. For local information, you may contact your area's Emergency Operation Center or a public health center near you.

Note: Indian Health Services, Veterans Affairs, and Department of Defense vaccines are managed separately; follow the guidance of your healthcare provider if this applies to you.



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A Deep Vein Thrombosis or DVT is the formation of a blood clot in a vein deep under the skin. Many people do not know what a DVT is or what they can do to help prevent the formation of this often very painful condition.

The most common locations to develop a DVT is in the lower leg and the thigh however they can develop in the pelvis and the arm. So how do you know if you have a DVT? The most common symptoms will be at the site of the DVT, but not always. Symptoms typically include swelling, warmth, pain or tenderness and redness of the skin. If you are experiencing any of these symptoms it is best to call your doctor for a consult.

The causes of a DVT typically include slow blood flow, and injury to the lining of a vein or having blood with an increased tendency to clot. The limited blood flow is often caused by prolonged bed rest, such as after a surgery, but can also happen from sitting for an extended amount of time (ie travel). To help limit this slowing it is recommended that you do simple leg exercises such as stretching and flexing your feet.

Your doctor can help you determine if you are at a higher risk for DVT but there are some general risk markers such as cancer, some genetic blood disorders, heart related medical conditions and excessive weight. DVT can occur no matter the age of a person, however as we age the risk does become greater.

If you do develop a DVT your doctor will help determine the best course of treatment for you. Most commonly used treatments include anticoagulants (blood thinners), compression socks and movement.

To learn more about prevention and treatment of DVT please contact your doctor.



CEO MESSAGE



Dear Members,

Almost a year ago we made the decision to temporarily close the doors to the Palmer Senior Center in an effort to help flatten the curve of the pandemic. There are not enough words to express my gratitude for your patience, understanding, and cooperation through the changes over this past year. Now, I have the pleasure to tell you that we are working on our plan to officially reopen our doors and enjoy the sound of your laughter in our building again.

Through a partnership with the Mat-Su Health Services, amazing volunteers and dedicated staff our February COVID-19 vaccine clinic was a success! I am thrilled to announce over 100 seniors and care providers received their first vaccine with the second round scheduled for this month. Without our community partnerships and your flexibility with the short notice this would not have been possible, thank you.

With the opening of the center comes the need for new activities! I am pleased to our new program Mat-Su Seniors Connect. We are busy planning fun filled activities with in-person and virtual activities so all can participate. Please reach out to our Development Coordinator at sweideman@matsuseniors.com or 907-761-5006 if you have ideas or requests for classes or activities.

I would also like to remind everyone that the application period is open for the Permanent Fund Dividend and we do have paper applications available for pick up at the Palmer Senior Center. When you apply, we would really appreciate it if you would consider making a Pick.Click.Give donation for MSSS.

Over the past year the team and I have missed your smiles and laughter filling the halls of the center. We are looking forward to seeing and hearing you again soon!

Thank You all and Be Blessed,

Elaine Phillipps

CEO, Mat-Su Senior Services



Thank You for Supporting Mat-Su Senior Services!

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



Happy Birthday to You, Happy Birthday to You

Happy Birthday Dear

Charice, Christine, Clifford, Dace, Darlene, Dawn,
 Donaldean, Elaine, Harlan, Henry, James, Jean, Jeanette,
 Joann, Kathy, Kay, Kenneth, Lois, Lorna, Mary Ann,
 Nelda, Patty, Paula, Renee, Rita, Sigmund, Suzann, Ted,
 Theodore, Tiú, and Virginia.

Happy Birthday to you.

From good friends and true, From old friends and new

May good luck go with you and happiness too!

Did you know we offer...

Chore & Respite Services

Mat-Su Senior Services

Over 60 years old? Need help with house work or grocery shopping?

Give us a call to learn more!

Tel: 907-745-5454



Word Find



BLARNEY	LEPRECHAUN
CELTIC	LUCKY
CLOVER	MARCH
COINS	PARADE
DUBLIN	PATRICK
GOLD	RAINBOW
IRELAND	SAINT
IRISH	SHAMROCK
JIG	

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Senior Sudoku

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

Answers on
Page 13

Recipe Corner

Corned Beef and Cabbage

Ingredients:

3# corned beef brisket with spice packet

10 small red potatoes

5 carrots, peeled & cut into
3-inch pieces

1 large head of cabbage, cut
into small wedges



Directions:

1. Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet, cover and bring to a boil. Once at boil reduce to simmer. Simmer approximately 50 minutes per pound.
2. Add whole potatoes & carrots to the pot. Cook until the vegetables are almost tender. Add the cabbage and cook for 15 more minutes. Remove the meat and rest 15 minutes.
3. Place vegetables in a bowl and cover. Add as much broth as you want. Slice meat across the grain.

Do you have a recipe to share?

E-mail it to: sweideman@matsuseniors.com

Housing Available

Have you ever wanted to live in Beautiful Downtown Palmer?

When it comes to where you live, you want a quiet neighborhood with kind people and a vibrant community. Palmer is beautiful and the perfect place to live whether you want to spend your evenings watching the sun set over the mountains or participating in the many local activities.

Units are available at our beautiful Chugach Estates and Colony Estates.

Some restrictions apply.

To Learn More:

Call Housing at 907-761-5001



Heating Assistance Program

www.heatinghelp.alaska.gov

The Heating Assistance Program assists households with income at or below 150% of the federal poverty income guidelines, who have a minimum of \$200 in out-of-pocket heating costs per year, and meet all other eligibility criteria. The benefit is a one-time payment to the household's vendor, sent to the vendor, and applied to the customers account as a credit.

Open to homeowners and renters

Open Now

Applications are available at Dept. of Public Assistance offices throughout the state, WIC offices, and online at www.heatinghelp.alaska.gov. You can also contact the Heating Assistance Office at 1-800-470-3058 or liheap@alaska.gov.



We are so excited to be launching our new Seniors Activity Program called Mat-Su Seniors Connect here at Mat-Su Senior Services this month! This program will be offering technology classes, art classes, health and wellness and more!

We want this program to be centered on YOU, and to accomplish this we want to hear from YOU. We want to hear what classes and programs YOU would like to see at MSSS.

Please reach out to our Development Coordinator Sarah Weideman at sweideman@matsuseniors.com to share your ideas.



Are you familiar with FaceBook, Zoom, or YouTube?

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

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

Contact our Development Coordinator to learn more.

907-761-5006 or sweideman@matsuseniors.com



YES, you read that correctly MSSS is planning to open back up to members THIS MONTH!

The Palmer Senior Center will open its doors to members and visitors on March 22, 2021. We will be offering limited activities and transportation. The exercise room, library and computer rooms will be open for use. We are thrilled to announce that congregate meals will also resume. We look forward to seeing all of your smiling faces once again.

To help facilitate the opening of these rooms we ask that you help with sanitation at the end of each use. In an effort to continue the flattening of the curve, we are strongly recommending masks and social distancing. We thank you for your cooperation and help with flattening the curve.



Membership Renewals

Don't forget to renew your membership.



Yearly Membership.... \$24.00

Call Us to Update Your Information or to Learn About Lifetime Memberships.

907-745-5454