

SEPTEMBER 2022



Palmer Senior Center dba Mat-Su Senior Services

SENIOR MONTHLY CHATTER

CORE VALUES

RESPECT | TRUST | INDEPENDENCE | SECURITY
COMPASSION | UNITY



A Message from Brandi...

Labor Day is larger than being a nice three-day weekend that falls on the 1st Monday in September. Labor Day symbolizes the American People's dedication to building a better society for ourselves, presently and for the forthcoming generations. MSSS would like to take the time to appreciate, esteem, and share gratefulness to the generations that came before us. Labor Day is a time to remember how the workforce helps Senior Citizens, and without a capable workforce system, our Senior population could be in a continual strain to survive.

Labor Day honors Senior Citizens for what they have done for us in making this country what it is today. Thank you to all those that are still working, and thank you to all those that made this possible in the first place. Thank you to all the Seniors that made this country what it is today.

As we review Labor and the effort of completing tasks I want to look at the work delivered by our organization's volunteers who consistently give selflessly. MSSS is currently looking to create a Senior led Volunteer Committee. If you are interested in being a part of this, please email Taylor York at wtaylorYork907@gmail.com. Meanwhile, MSSS is seeking volunteers to assist us at the Senior Walk on September 17th. Please email events@matsuseniors.com if you would like to help!

Next month is full of activities and fun. We have The Fair, Labor Day, our Board meeting is Monday, September 12th, and our Membership meeting Wednesday, the 14th, at 11:30 am.

We have our First Annual Aging Healthy Walk on Saturday, September 17th. The month ends with our September 28th movie matinee of "National Treasure 2" at 2pm. Coffee Chit-Chat will be Friday, September 30th, at 10 am.

Lastly, as we seek to cut costs in the effort to place better emphasis on our services, I am exploring how many of our seniors would shift to an emailed chatter as opposed to a mailed-out paper version. Please email me at bburchett@matsuseniors.com and let me know.

Brandi Burchett

CEO



WHAT'S INSIDE

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Palmer Senior Citizen's Center, INC. dba
Mat-Su Senior Services

CORE PURPOSE

Seniors Quality of Life

CORE VALUES

Respect-Trust-Independence-Security
Compassion-Unity

Mission Statement

MAT-SU SENIOR SERVICES' primary mission is to promote honor, dignity, security, and independence for older Alaskans and to assist them in maintaining meaningful, quality lives. Our clients include older Alaskans, individuals with Alzheimer's Disease or related disorders, and anyone of any age on the Home and Community Based Medicaid Waiver Program.

Services available:

- **CONGREGATE MEALS:** Monday - Friday, 11:30am - 12:30pm at the center
- **HOME DELIVERED MEALS:** Call-in by 9am Monday-Friday to start or make changes
- **ADULT DAY SERVICES:** Monday - Friday, 7:30am - 4pm
- **CHORE & RESPITE & SUPPLEMENTAL SERVICES:** Call Monday - Friday, 8am - 4pm
- **NOTARY SERVICE:** Traveling notary available
- **VOLUNTEER OPPORTUNITIES:** Call Admin 745-5454
- **SENIOR HOUSING CHUGACH & COLONY ESTATES:** Call 761-5001
- **FACILITY RENTAL & CATERING:** Call 761-5006
- **TRANSPORTATION:** Medical rides in the Palmer or Wasilla area, call 761-5050 one week in advance

Voluntary donations accepted for all services.

Suggested donation amounts are:

- CONGREGATE MEALS: \$5
- HOME DELIVERED MEALS: \$6.50
- TRANSPORTATION: \$5 (Palmer, RT)
\$8 (Wasilla, OW)



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FOOD BANK
of ALASKA



United Way of Mat-Su
Food Bank of Alaska
Coalition of Mat-Su Senior Centers
ACAO



DEPARTMENT MANAGERS

CEO.....Brandi Burchett
COO/HR.....Beth Westland
HR CONSULTANT.....Kirk Henke
ACCOUNTING MANAGER.....Anna Weiss
Transportation/Facilities.....Tim Pettit
Adult Day Services.....Christopher Koops
Chore/Respite Services.....Lisa Mecham
Kitchen/Food Services.....Yossi Assis

Mat-Su Senior Services is an equal opportunity employer and provider.



Welcome to the
NEW DEDICATED LIBRARY ROOM!
-Located on the first floor.-

Mat-Su Senior Services has a large variety of authors available in the new dedicated library room. There is no checkout, book limit, or time limit on books checked out!

The books have been arranged alphabetically by the authors last name. General fiction includes categories such as western, romance, and science fiction.

Large print and nonfiction are in the bookcases in the center of the room. Non fiction subjects include, Alaska, religion, poetry, military, hobbies, and cook books.

Book donations are currently being accepted!





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

Join us at our next

MEMBERSHIP MEETING

**WEDNESDAY
SEPTEMBER, 14TH AT 11:30AM**



Puzzle 1

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

Puzzle 2

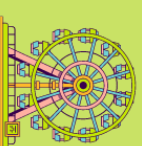
	1	9						5
5		2						
			1				7	
		5		4			6	7
6					7			8
	4			6	9			
2				7	8	5		
					6		9	
		1			2			

FRI
2
CLOSED
FAIR DAY

FRI

1
10AM BIBLE STUDY

2
CLOSED
AIR DAY



**FOR QUESTIONS
CONTACT ADMIN AT
907.745.5454**

907.745.5454

9
10AM SENIOR STRENGTH

**12:30PM OSTEOARTHRITIS:
WEIGHING THE TREATMENT
OPTIONS W/STEPHANIE
PACKARD FROM ARCTIC
MEDICAL CENTER**

16
10AM SENIOR STRENGTH

1PM LIVING WITH VISION
LOSS W/JACKIE OLSEN

*MEMBERSHIP MEETING

23
10AM SENIOR STRENGTH

**1PM FALL PREVENTION CLASS
W/DANIEL SCHWEIZER PTA FROM
ANOKORA HOME HEALTH**

ANOKORA HOME HEALTH

30

10AM COFFEE & CHIT-CHAT
W/CEO, BRANDI BURCHETT

JUNG





MAKE MEMORY SCREENINGS A PART OF YOUR WELLNESS ROUTINE!

On Monday, September 26, the Alzheimer's Resource of Alaska will be offering **free** memory screenings at Mat-Su Senior Services located at 1132 Chugach Street in Palmer from 10:30-3:30pm.

The memory screenings our agency offers are not diagnostic, but establish a baseline and determine if you may need to speak with your medical provider. Afterwards, you will have an opportunity to discuss brain health.

Memory screenings are a good idea for anyone who is having concerns about memory or other thinking abilities. It is important for individuals over age 65 which is the at-risk age for mild cognitive impairment or dementia.

The memory screenings take 20-30 minutes and the results are kept confidential. Please call our Wasilla office at 907-746-3413 to schedule an appointment. Make it a part of your wellness routine this fall!

For a complete calendar of the classes and events offered by Alzheimer's Resource Center of Alaska, please visit:

<https://www.alzaska.org/calendar/>

SEPTEMBER 2022

LUNCH MENU | 12PM - 1PM MON-FRI

MON

TUE

WED

THU

FRI

WEEK 1

MEAL COST FOR
NON-ELIGIBLE INDIVIDUAL

\$14 - FULL MEAL UNDER 60

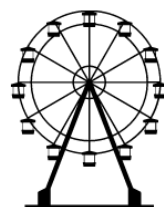
\$6.00 - KIDS 8-12 YEARS

\$5.00 - KIDS 0-7 YEARS

**MENU IS
SUBJECT
TO CHANGE**

1
SPAGHETTI
GARLIC BREAD
PEAS
DESSERT

2
CLOSED
STATE FAIR DAY



**FISH ALTERNATIVE LISTED FOR FRIDAYS

WEEK 2

5
CLOSED
LABOR DAY



6
BAKED CHICKEN
RICE
PEAS
BREAD
DESSERT

7
PORK LOIN
MASHED
POTATOES
GRAVY
MIXED VEGGIE
BREAD
DESSERT

8
HOT DOGS
BAKED BEANS
FRIES
MIXED VEGGIE
BUN
DESSERT

9
FISH
FRENCH FRIES
**MEATBALLS
W/SAUCE
CORN
GARLIC BREAD
DESSERT

WEEK 3

12
HAM & BEANS
RICE
MIXED VEGGIE
BREAD
DESSERT

13
HAMBURGER
FRESH VEGGIE
POTATO SALAD
FRIES
BREAD
DESSERT

14
LASAGNA
CARROTS & PEAS
BREAD
DESSERT

**MEMBERSHIP
MEETING**

15
ROAST BEEF
W/GRAVY
RICE
CAULIFLOWER
BREAD
DESSERT

16
FISH
FRENCH FRIES
**MAC & CHEESE
GARLIC BREAD
DESSERT

WEEK 4

19
CHICKEN FRIED STEAK
MASHED POTATO
W/GRAVY
BRUSSEL SPROUTS
BREAD
DESSERT

20
CHILI & RICE
MASHED POTATO
MIXED VEGGIE
BREAD
DESSERT

21
CHICKEN PATTIES
FRIES
GRAVY
BREAD
DESSERT

22
TURKEY & STUFFING
MASHED POTATO
W/GRAVY
BREAD
DESSERT

23
FISH & FRIES
**LASAGNA
MIXED VEGGIE
GARLIC BREAD
DESSERT

WEEK 5

26
SPAGHETTI
GARLIC BREAD
MIXED VEGGIE
DESSERT

27
MEATBALLS & RICE
VEGGIE
BREAD
DESSERT

28
PORK ROAST
MASHED POTATO
VEGGIE
BREAD
DESSERT

29
BAKED CHICKEN
RICE
MIXED VEGGIE
BREAD
DESSERT

30
FISH & FRIES
**MAC & CHEESE
MIXED VEGGIE
GARLIC BREAD
DESSERT





From the Gift Shop

It's September and Fall is in the air! The Alaska State Fair is soon to be but a memory. We are greeted with a kaleidoscope of amber, gold and bronze landscapes, and leaf covered lawns. Freezers are filled with fish and kitchen shelves display glistening jars of jams and jellies, all reminders of summer's bounty. Time to pull out warmer clothing and add a few new looks to last year's tired fashion finds. The gift shop is here to help you with that task.

Vicky Randolph of Classy Glass Expressions, has just graced our glass shelves with an amazing collection of fall bolos, necklaces, and earrings. These semi-precious pieces include dyed agate and will make any garment pop! Vicky has also reset her earring line to reflect the new season with a variety of fanciful fall creations.

Keeping your favorite jewelry bright and untarnished can be quite a job. We are happy to announce that we have a supply of jewelry cleaning cloths that make this job a breeze. The cloths are very easy to use and last a long time. Swing in and ask for a demonstration.

Scarves also provide another way to perk-up dated looks. We are very excited to announce the addition of KAT's, a line of handmade, individually designed scarves beautifully rendered in silk. Designer, Kitty Kincaid, uses a variety of processes including batik, French painting, and Italian marbling to create breathtaking statement pieces for your wardrobe. Though crafted in silk, all scarves are washer and dryer safe - what an added bonus! Drop by soon to see them before they're only a memory.

For your casual wardrobe, we have added a huge collection of new long and short sleeve tees for both men and women. We have several designs featuring a women's cut, with rounded necklines and body shaping. New themes feature patriotic looks, animals in the wild, a variety of dream catcher motifs, native expressions, birds and butterflies, and Russo animal renderings. Sizes vary from medium to 5x. All tees are pre-washed for minimal shrinkage.

In addition to fall weather, this September brings something special: the annual Permanent Fund Dividend check. With it, the Mat-Su Senior Center gift shop once again holds our best sale of the year, the Permanent FUN sale! Be prepared for many outstanding prices on a variety of items as well as some great surprises. The permanent FUN begins on Tuesday, September 20th and continues through the end of the month. Watch gift shop signage for details. This is a great time to do some Christmas shopping. Don't miss a day!

We are open Tuesday through Friday, 10am to 2pm. In addition, this month be sure to join us on Saturday, September 17th for the Aging Healthy Walk. The gift shop will be open from 10am - 4:30pm. See you there!

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





September Birthdays!

Shelly Acteson
Amelia Anderson
Gerald Arthur
Marylou Bailey
Darla Barton
Anthony Beech
Dennis Bieber
Lana Bieber
Katherine Birkner
Katherine Bishop
Joy Blackburn
Wilda Boggs
Terrie Boskofsky
Arlene Bowman
Martha Bradley
Delores 'Dee' Brown
Joy Burkhart
Theresa Cable
Sharon Carrington
Kathryn 'Kay' Carter
Charlene Christensen
Carolyn Christianson
Sonia Cohen Smith
Norma Connell
Michael 'Mike' Coons
Kenneth Coty
James Decker II
Michelle Demaree
Patricia Deschamps
Zelma Dokken
Mary Dombroski
Kathy Douglass
Corinthia Drayton
Jeff Dunks
Christine 'Crystle' Effler
Steven Ehrhart

Barbara Eiben
Donna Embree
Jeanne Englishbee
Leo Fisher
Victor Fleury
Betty Freeman
Melvin Gaither
Sonia Garcia
Theresa Gencarelle
Cathy Glaser
Sue Grant
Connie Green
Roxanne Hagar
Robert Hall
Sheryl Hendricks
Audrey Hill
Dovie Hogan
Averill Horvath
Bernadette Irvin
Mary Janti
Marilyn Johnson
Terry Jones
John Kelly
Rose Kennedy
Edward Kern
Patricia Kieweg
Mary Klebesadel
Ernst Knueppel
Ross Kopperud
Nancy Kramer
Paul Kunkel
Sonja Kunkel
John Kvarford
Priscilla Lane
Lela Lindquist
Joyce Mader

Bruce Mann
David Mathews
Louis Mayer
Barbara McDaniel
Tracy 'Kathleen' McDaniel
Janas McLinn
Donald McNamee
Jeanette Mead
Robert Mennis Jr
David Mertz
Shawn Mills
Ruth Moore
Randy Morgan
Linda Murrell
Kathleen Neddeau
Fred Nelius
William Nelson
Carol Neuerman
Mikayla Noonkester
Doris Norvak
Teresa Oliver
Christine Olsen
Henry Olson
Mary Olson
Maria Ortegaray
Clyde Payson
Marian Peeling
Tommy Perryman
Christopher Remick
Jocelyn Richardson
Ann Riggs
Shandeigh Roller
Roberta Rutter
Rose Florence Saxton
Gary Schuetter
Vitali Seldovitsch

Ingrid Shaginoff
Barbara Shaw-Hadden
Lynette Sherman
Ronald Silva
Lillian Staats
Willetta Stehlik
Eugene Stolberg
Robert Swan
Claudia Szumiesz
Judy Thorssin
Bonnie Tozer
DeJuan 'De' Tracy
Cynthia Verna
Doris Watson
Janyce Webb
Nancy Westcoast
William 'Taylor' York
Grant Young
Kit Young





SEPTEMBER

Senior Shout!

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

This months Senior Shout features Paige Herring!

Paige Herring is the founder and creator of our annual Silvers for Seniors event. For over a decade, with few exceptions, Mat-Su Senior Services has been the proud recipient of a tote filled with fresh silver salmon. With the help of her spouse, Bob Cellars, Paige convinced fellow members or Northern District Setnetters to donate a portion of one day's catch each year to the Center so that our Senior's can enjoy fresh Silver Salmon.

Silvers for Seniors, as the event has come to be known, receives assistance from Copper River Seafoods, who provide an ice-filled tote to maintain and transport the fish. Seniors and community members work together to process the catch in preparation for an incredible dinner prepared by Chef Yossi Assis.

Special thanks to all the donating fisher-people from Northern District Setnetters, Paige Herring and Bob Cellars, Morgan, Vito, and Mai from Copper River Seafoods, and all those who help prep the salmon!



Solution 1

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

Solution 2

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

1ST ANNUAL

PALMER SENIOR CITIZEN'S CENTER DBA
MAT-SU SENIOR SERVICES

Doors open at the Palmer Senior Citizen Center dba
Mat-Su Senior Services at 9am.



Walk 10am - 12noon

Mini Vendor Fair 12noon - 4:30pm

vendors | chalk art contest | food trucks | obstacle course

WALK & MINI VENDOR FAIR
SATURDAY, SEPTEMBER 17, 2022

REGISTRATION/SPONSORSHIP FORM

Registration Type: ☐ Individual ☐ Sponsor a Senior ☐ In Memory

Name of Senior sponsored or in memory of:

PERSONAL INFORMATION

Full Name :

Full Address :

Phone # : email :

Select Ticket : ☐ \$20 Individual - walk only ☐ \$25 In Memory of _____
☐ \$30 Individual - w/tshirt ☐ FREE - Youth 0-17 years or Senior 50+
☐ \$30 or \$_____ Sponsor a Senior _____ tshirt size for \$30+ registration
(comes w/tshirt) only (adult sizes)

RACE WAIVER AND MEDIA RELEASE

I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge Palmer Senior Citizens Center dba Mat-Su Senior Services and any and all other supporting groups of this said event, together with all the offices, agents, officials and employees, from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of, or relating to any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event.

I further state I am in proper physical condition to participate in this event. In addition, I agree that my participation in this event requires that I will not participate with roller blades, skateboards, or anything which the organizer deems dangerous to myself or other participants and that the organizer conducting the senior walk and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings and any other record of this event for any purpose.

Participant (or Guardian) Signature :

Date :

Send completed registration forms to address below or register online at:
<https://www.matsuseniors.com/activities> or by using the QR code above
1132 S. Chugach Street | Palmer, AK 99645 | 907-745-5454



MAT-SU SENIOR
SERVICES



Doors open at the Palmer Senior Citizen Center dba
Mat-Su Senior Services at 9am.

Walk 10am - 12noon
Mini Vendor Fair 12noon - 4:30pm

vendors | chalk art contest | food trucks | obstacle course



Vendor and Food Truck Application

September 17, 2022

Application deadline is Friday, September 1st, 2022

email completed applications to events@matsuseniors.com

Thank you for your interest in the first annual Aging Healthy Walk & Mini Vendor Fair. Our event is brand new this year. We are looking for up to 50 vendors and no more than 5 food trucks. The event will take place in the parking lot in the Palmer Senior Citizens Center, located at 1132 S. Chugach Street in Palmer.

Vendor spaces are 10x10 for \$25 and 10x20 for \$50. You are required to bring your own tables, chairs, tents and displays. Food Trucks may participate at no charge. Power is not available. If approved, you will receive a contract with load in/out details. For questions, contact events@matsuseniors.com or call 907-745-5454.

I am applying as a ____ vendor ____ food truck

Company Name: _____ Business Owner: _____

email: _____ Phone: _____ Alt #: _____

Website or social media: _____

List the products you intend to sell: _____

Preferred booth size: _____ 10x10 _____ 10x20 _____ Food Truck

I understand that if my application is approved, I will need to return the signed contract with payment by August 29, 2022 to ensure my space.

Name of business owner/representative

Date

NOW HIRING

Join our team



-Chore & Respite Worker-

COME BE PART OF SOMETHING GREAT!

Palmer Senior Citizens Center, Inc. dba Mat-Su Senior Services is a 501(c)3 non-profit organization that was formed in 1980. Our primary mission is to promote honor, dignity, security, and independence for older Alaskans, and to assist them in maintaining healthy, meaningful, quality lives.

ALL positions require a fingerprint background check, must be 18+ years of age and have a valid ADL.

Please email resume to Beth at bethw@matsuseniors.com, apply on Indeed, or come fill out an application in person at 1132 S. Chugach Street, Palmer, AK 99645 today! For more information please call 907-745-5454.



Palmer Senior Citizens Center
Mat-Su Senior Services

**Need to get a COVID test
or a vaccine?**

**FREE VACCINE AND TESTING
SITES IN THE VALLEY**

-CAPSTONE CLINIC
3122 E MERIDIAN PARK LOOP, WASILLA, AK 99654
CALL 907-357-9590 FOR HOURS

-ORDER FREE TESTS ONLINE AT:
<https://www.covid.gov/tests>



THANK YOU TO OUR Board Members!

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



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1132 S. Chugach Street
Palmer, AK 99645

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PERMIT #99

RETURN SERVICE REQUESTED



Are you over 50?
If so, YOU can be a member!

Our next Membership Meeting is
Wednesday, September 14th,
at 11:30am.