

New Year & New Vision



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The new year is a natural time to look back at what Mat-Su Senior Services accomplished in 2020 and goals for 2021.

A solid foundation and clear goals are critical for an organization of our size. To that end, we have updated our Vision and Mission Statements. Both align with our core values and will help guide MSSS as we make our way through 2021.

Vision:

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

Mission:

Promoting independence, security, and quality of life as we age.

Core Values:

Respect, Trust, Independence, Security, Compassion, Unity

Some of our noteworthy goals for 2021 are:

- Identify new service opportunities within our community
- Employ an Activities/Volunteer Coordinator
- Empower staff and leadership to expand their involvement with the larger Valley community
- Identify the best use of our resources

Some of our noteworthy accomplishments for 2020 are:

- Safely served Seniors during the global pandemic
- Secured funding for 3 new vehicles
- Balanced the MSSS budget while maintaining services
- Secured funding for the Activities/Volunteer Coordinator position
- Celebrated the organizations 40th Birthday
- Launched new and improved website



MAT-SU SENIOR SERVICES

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.



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.

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.

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.

Sponsor our new vehicle and help Valley Seniors Go Go Go!

4x4 Wheelchair Ready Safe & Secure

Your company logo can go everywhere we go!

Call (907) 745-5454

MAT-SU SENIOR SERVICES DEPARTMENT MANAGERS

Mat-Su Senior Services would like to welcome Christopher Koops as the new Adult Day Services Manager.

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

MSSS COVID-19 UPDATE

The current Public Health Disaster Emergency Declaration issued by Governor Mike Dunleavy will be in effect until January 15th. It was extended in response to the increased outbreak of COVID-19. Officials say the extension is necessary so the State can facilitate and coordinate the receipt and distribution of the vaccine across Alaska.

Governor Dunleavy says "Alaska is at a critical point in the pandemic; 7-day average of case counts is still high, vaccines are now available, and the emergency response permitted by this declaration is critical to the successful distribution of a vaccine across Alaska." At this time, the state is working through their tiers (phases) for distribution of the vaccine.

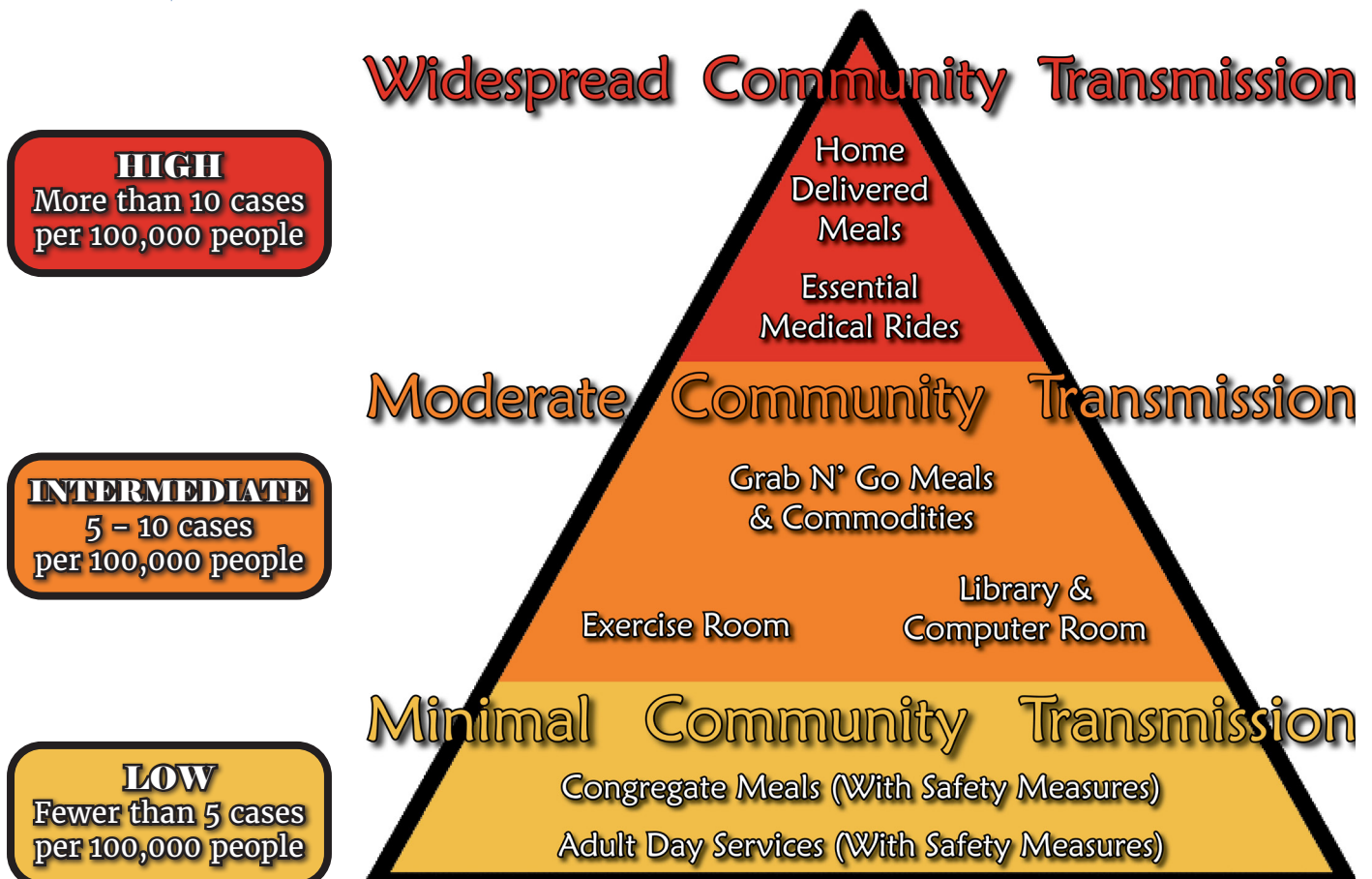
The latest number of COVID-19 cases around the state and other information can be found online at www.dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/alertlevels.aspx.

MSSS Alert Levels mirror those used by the Alaska Department of Health and Social Services.

When determining what services shall be safely offered by Mat-Su Senior Services, agency leadership will reference the pyramid below and the core values of MSSS.



Mat-Su Senior Services COVID-19 Reopening Rubric





Bob Shaw's President's Report



Happy New Year!

Normally, the Holiday Season is a time for getting together with family and friends, but this year we all had to find new ways to celebrate with our loved ones.

Likewise, this pandemic has changed how we do things at the Senior Center, but the values and dedication of Mat-Su Senior Services has remained steadfast.

We miss seeing your smiling faces, hearing about what you are doing, and just sitting together enjoying coffee. We are still here answering the phone and staying connected to you.

With the COVID-19 Vaccine starting to become available around the world there is a light at the end of the tunnel. When it is safe to do so, we will reopen our doors. We are continuing to work with the Alaska Department of Health and Social Services to know when that time will be. In the meantime, please take care of yourself and each other.

While this is not an easy time, let us take comfort in knowing we will get through this together. We are holding a seat at the table for you when the time is right for you to return. We still have the Bingo chips, the decks of cards, books to borrow and all the things we enjoyed doing together. Most importantly, we still have the mindset that our Senior Center community is made up of each and everyone of you.

Stay well, stay safe, and may the blessing of this season carry you forward into the New Year.

Have a Great Day!

Bob Shaw

President, Mat-Su Senior Services



Board of Directors

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



Elaine Phillipps' CEO Message



Happy New Year!

The new year brings a sense of “new beginnings” – a welcome idea after the challenges of 2020. There are encouraging signs that we will be able to safely return many services in 2021.

We will remember the many lessons learned in 2020, while we blaze a trail moving forward. Some of our plans for the new year include:

- Reopening the Palmer Senior, once deemed safe
- Reopening Adult Day Services, once deemed safe
- Starting a brand new Activities Program led by a dedicated staff member
- Add new vehicles to our fleet
- Resume hosting events that benefit the community and Seniors

Once COVID-19 case numbers fall to safe levels, we intend to be ready to hit the ground running. MSSS leadership has plans that are under constant revision based on the latest information from the CDC and State of Alaska.

I want to thank everyone who participated in the MSSS “Spirit of the Holidays” Tree fundraiser. Every donation helps us fulfill our mission to serve. I would also like to remind you that donations can be made anytime at www.matsuseniors.com/donate. Also, be sure to apply for your 2021 Permanent Fund Dividend and please consider a Pick.Click.Give. donation to MSSS.

If 2020 proved anything, it was that together we can make it through everything. That sentiment will carry us through 2021 and beyond!

Be Blessed,

Elaine Phillipps
CEO, Mat-Su Senior Services



Thank You for Supporting Mat-Su Senior Services!

Support Mat-Su Seniors Services by donating at www.MatSuSeniors.com.

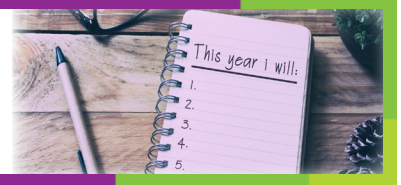
January Menu

*** Menu is Subject to Change ***

Grab N' Go Meals are Suspended until further notice.
On Fish and Liver days, there will be an alternate choice.
Unless otherwise noted, all fish is wild caught - not farmed.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Closed Happy New Year! 2021
4 Chicken A La King Rice Key Largo Veggies Bread Dessert	5 Peking Pork Chop Rice Capri Blend Veggies Bread Dessert	6 Roast Beef Mashed Potatoes Green Beans Bread Dessert	7 Pork Cutlet Rice Gravy San Fran Veggies Bread Dessert	8 Cat Fish Rice Peas and Carrots Bread Dessert
11 Meatloaf Mashed Potatoes Brussels Sprouts Bread Dessert	12 Roasted Chicken Roasted Potatoes Curry Ketchup Bread Dessert	13 Ham Sweet Potatoes Brussels Sprouts Bread Dessert	14 Split Pea Soup Lima Beans Bread Dessert	15 Salmon Patties Sweet Potato Fries Winter Blend Veggies Bread Dessert
18 Closed in observance of Martin Luther King, Jr. 	19 Lasagna 5-Way Mixed Veggies Bread Dessert	20 Chicken Patties Roasted Potatoes Capri Blend Veggies Bread Dessert	21 Meatballs Lima Beans Bread Dessert	22 Cod Fries San Fran Veggies Bread Dessert
25 Chicken Drum Sticks Rice Capri Veggies Bread Dessert	26 Salisbury Steak Mashed Potatoes Green Beans Bread Dessert	27 Pork Curry Rice Broccoli Bread Dessert	28 Popcorn Chicken Fries Winter Blend Veggies Bread Dessert	29 Pollock Burger Roasted Potatoes Cauliflower Bread Dessert

NEW YEAR *Resolutions*



The New Year brings with it the chance for a fresh start. It is a time when many resolve to make positive changes to improve their health or situations.



The tradition of New Year's Resolutions dates back to 153 B.C. and to a early roman god named Janus.

Janus had two faces, allowing him to look back on the past and forward toward the future.

On December 31, the Romans imagined Janus looking backward into the old year and forward into the new year. This became a symbolic time for Romans to make resolutions for the new year, give gifts and make promises. They believed Janus would see this and bless them in the year ahead.

Making a resolution is a lot easier then sticking to one – so we have compiled a few ideas that should help you succeed.

Choose a Specific Goal – Every year, millions of adults resolve to “lose weight,” “be more productive,” or “get in shape.” Instead of selecting such an ambiguous goal, focus on something more concrete that you can realistically set your sights on.

Start With Small Steps – Taking on too much too quickly is a common reason why so many resolutions fail. Starting a restrictive diet, overdoing it at the gym, or radically altering your normal behavior are surefire ways to derail your plans. Instead, focus on taking tiny steps that will ultimately help you reach your larger goal.



Avoid Repeating Past Failures – If you do choose to reach for the same goals you’ve tried for in the past, spend some time evaluating your previous results. Consider altering your resolution slightly to make it more feasible. By changing your approach, you will be more likely to see real results.



Get Support – Find a like-minded friend or loved one to join you in your goal. Having a solid support system can help you stay motivated and accountable. It can also make sticking to your resolution more fun.

Learn and Adapt – The path toward your goal is not always a straight one, and there will be challenges along the way. By understanding the challenges, you will be better prepared to deal with them in the future.



Support the Mat-Su Senior Services Newsletter

For more information, call (907) 761-5006 or email nmcdermott@matsuseniors.com



Scam Warnings!



Nearly half of Americans were targeted by a Social Security scam in the last 4 months, according to a survey by SimplyWise, a company that provides tech tools for retirement planning.

One common tactic involves fake Social Security Administration (SSA) employees calling telling victims that their Social Security numbers have been linked to criminal activity and suspended. The scammers asks the victim for personal information and money.

The Social Security Administration does not block or suspend numbers and will never call to demand money.

COVID-19 VACCINE

Be on the lookout for COVID-19 scams:

- ☒ You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- ☒ You cannot pay to put your name on a list to get the vaccine early.
- ☒ No one from Medicare or the Health Department will contact you.
- ☒ Beware of providers offering other products, treatments, or medicines to prevent the virus.
- ☒ No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.



Contact the SMP to report Medicare fraud, errors, or abuse at **877.808.2468** or at [smpresource.org](https://www.smpresource.org).

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

Word Find



P	V	K	E	E	H	Q	P	H	R	E	S	O	L	U	T	I	O	N	V	B	N	B	E
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NEW YEARS EVE
DANCING
PARTY POPPERS
BIG BEN
SINGING
PROMISES
CELEBRATION
PARTY
NEW YEARS DAY
LAUGHTER
KISS
JANUARY
MIDNIGHT
FUN
FAMILY
BELLS
FIREWORKS
MUSIC
FRIENDS
COUNTDOWN
BEGINNING
RESOLUTION
CHAMPAGNE



MSSS would like to wish a very Happy Birthday to Andrew Hess, Brooke Fountain, Charles Deda, Cheryl Easley, Christopher Hagar, Connie McCune, Debra Phillips, Freda Arnold, Grace Chang, Helene Sheehan, Jackie Schakel, Jeremy Gallagher, John Burnett, John Combs, Joyce Momarts, Kris Conquergood, Lisa Smayda, Lous Brubaker, Mary Olson, Merlin Harlamert, Pete Yannikos, Ranae Truitt, Roxeanna Zaborac, Sharon Jaeger, Susan Price, Thelma E. Koppenberg, Toni Truesdell, Valerie Pickle and Wendy Sprenger.

Senior Sudoku

FILL IN THE BLANK
SQUARES SO EACH
ROW, COLUMN
AND 3-BY-3
SQUARE HAS ALL
THE NUMBERS
FROM
1 TO 9.



ANSWERS ON THE
NEXT PAGE

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



Avoiding public places continues to be one of the most effective ways to avoid potential COVID-19 exposure. That's why it is so important to learn about the growing availability of online resources.

Aging & Disability Resource Center
 MSSS Information
 Online Basics Education
 Call-In Shared Interest Groups
 Computer Chat Rooms for +50
 Aging Fall Prevention
 700 Free Online Classes for Seniors
 Free Lead Online Exercise Classes
 Museums to Explore Online
 More Places to Explore Online
 San Diego Zoo Videos & Live Cams
 Georgia Aquarium Web Cams
 Virtual Walking Tours

www.dhss.alaska.gov/dsds/Pages/adrc
www.matsuseniors.com
www.generationsonline.org/family
www.covia.org/services/well-connected
www.highway61.co
www.ncoa.org/healthy-aging/falls-prevention
www.openculture.com/freeonlinecourses
www.facebook.com/SeniorGroupFitness
www.travelandleisure.com/attractions/museums-galleries
<https://artsandculture.google.com/search/streetview?hl=en>
www.sdzsafaripark.org/giraffe-cam
www.georgiaaquarium.org/webcam/ocean-voyager/
www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm

<p>P V K E E H Q P H R E S O L U T I O N V B N B E U T G N I N N I G E B D E Y A Y A N A M G O H D E H O Y W R F Q B L S J T R F B I G B E N Q P K Q G Y S J W K K W D X E O A A D S X W Z S F E S Y I N G Z J C A N V A W E U N S I C J R X C P L L N U N Z X W E E T A V S N C R W O H F L M E L I D F A V R I M X T D T A A V E I U Z A F J N E M I K L G R G Z X H R B B J A P K N G T T R Y B A M W D F R A D N E L A C Y E P L T N X V V N K F C N L Q W E N N C H L P P N O W D E C N I P X G E S U U R L N T V B B J S V P U O W N S N C E G L O A H S E S G B B L V F Q Y E W Y E E W C S Q E W A U B C T K A K Y S L V T K N E Z S N E D P B A W V G P S H R E Y F A R U S A P I A L U T R N O E B Y F I G O M N Q D A J E R S M O A R X A E M Q P M H W N U W A W A P C J S S O G R U I T W Y V F L D P I G A E H N G S F D M R E A D D I Y Y C V Y J Z B M I L R C H S E A P P O S O E O E V E S R A E Y W E N F I J M F Y G U L L I P N A K L T G J A F T Z U G N R F U K I S S Y I H E R A Y G N E W U H U I R G Q W Q S G H Z X K J Q D P A R T Y D E C E M B E R P Z P I A R Z P Q O E U Y O L H S T E F O U E S Z L F J C I U U P J W J B I E A E V P V R Z U G W G S N A G P S</p>	<p>A N S W E R S</p>	<table border="1"> <tr><td>9</td><td>2</td><td>4</td><td>3</td><td>6</td><td>7</td><td>1</td><td>5</td><td>8</td></tr> <tr><td>5</td><td>7</td><td>3</td><td>8</td><td>1</td><td>4</td><td>9</td><td>2</td><td>6</td></tr> <tr><td>6</td><td>8</td><td>1</td><td>2</td><td>5</td><td>9</td><td>7</td><td>3</td><td>4</td></tr> <tr><td>1</td><td>5</td><td>2</td><td>4</td><td>7</td><td>8</td><td>3</td><td>6</td><td>9</td></tr> <tr><td>7</td><td>3</td><td>9</td><td>6</td><td>2</td><td>1</td><td>8</td><td>4</td><td>5</td></tr> <tr><td>4</td><td>6</td><td>8</td><td>9</td><td>3</td><td>5</td><td>2</td><td>7</td><td>1</td></tr> <tr><td>2</td><td>1</td><td>6</td><td>5</td><td>8</td><td>3</td><td>4</td><td>9</td><td>7</td></tr> <tr><td>3</td><td>4</td><td>7</td><td>1</td><td>9</td><td>6</td><td>5</td><td>8</td><td>2</td></tr> <tr><td>8</td><td>9</td><td>5</td><td>7</td><td>4</td><td>2</td><td>6</td><td>1</td><td>3</td></tr> </table>	9	2	4	3	6	7	1	5	8	5	7	3	8	1	4	9	2	6	6	8	1	2	5	9	7	3	4	1	5	2	4	7	8	3	6	9	7	3	9	6	2	1	8	4	5	4	6	8	9	3	5	2	7	1	2	1	6	5	8	3	4	9	7	3	4	7	1	9	6	5	8	2	8	9	5	7	4	2	6	1	3
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Leave your Lasting Mark on the

MSSS Wall of Honor

Buy A Plaque!



MAT-SU SENIOR
SERVICES

Give the gift of an engraved plaque in their honor.

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.

Plaque Levels & Designs

Each of our levels offers a locally inspired engraved design that will be featured on the top center of the 4"x6" plaque above two custom lines of text.

Bronze – \$250
(Moose)

Silver – \$500
(Cabbage)

Gold – \$1,000
(Water Tower)

Diamond – \$2,500
(Mat Maid)

Platinum – \$5,000
(Colony Barn)

North Star – \$10,000+
(Pioneer Peak)



Leave a lasting legacy at Mat-Su Senior Services by being part of our

Wall of Honor.

You can use your plaque to display your name, a loved ones name, or even your business.

Let everyone who enters the Palmer Senior Center see you proudly support MSSS.



Plaque Order Form

Please mail your completed plaque order form and your method of payment to **Mat-Su Senior Services, 1132 S. Chugach Street, Palmer, AK 99645**. You can also fax your order form to **(907) 746-5173**.

Date: _____ Name: _____ Phone: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Please include what you would like engraved on the plaque (to the right). There is a maximum of 15 letters and spaces per line, two lines per plaque.

Line #1: _____

Line #2: _____



MAT-SU SENIOR
SERVICES

Payment Included: ☐ Cash ☐ Check ☐ Money Order ☐ Payment Plan

Make checks or money orders payable to Mat-Su Senior Services. Payment plans are available. If you have any questions, please contact our administrative office at (907) 745-5454. Mat-Su Senior Services is a 501(c)(3) non-profit organization and all donations are tax-deductible.

MAT-SU SENIOR SERVICES
1132 S Chugach Street
Palmer, AK 99645

RETURN SERVICE REQUESTED

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

Every month, we deliver thousands of meals to Seniors and provide many other much needed services. Your support will help us continue our mission to promote independence, security and quality of life for the seniors and other eligible individuals in the Matanuska-Susitna Borough with respect, trust and compassion.



You can apply for your Permanent Fund Dividend starting Jan. 1, 2021.
When you apply, please Pick.Click.Give. for Mat-Su Senior Services.