

Mat-Su Senior Chatter

November 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



What's Inside

Pg. 2 MSSS
Services

Pg. 3 A Note from
the President

Pg. 4 A Note from
the CEO

Pg. 5 How to apply
for Medicare?

Pg. 7 Gift Shop

Pg. 8-9 Games

Pg. 10-11
Activities

Pg. 12 Volunteer
Spotlight

Pg. 13 Menu

Pg. 14 Resources

Pg. 15 Birthdays &
Answers



Best Thanksgiving

Thanksgiving is here, so our minds have turned
To what time has taught us, to what we've learned:

We often focus all our thought
On shiny things we've shopped and bought.
We take our pleasure in material things,
Forgetting the pleasure that friendship brings.
If a lot of our stuff just vanished today,
We'd see the foundation of each happy day
Is special relationships, constant and true,
And that's when our thoughts go directly to you.
We wish you a Thanksgiving you'll never forget,
Full of love and joy—your best one yet!

By Joanna Fuchs

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

Compassion • Unity

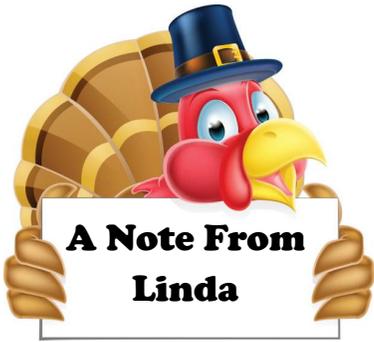
MISSION STATEMENT

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. 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,
- **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.....Gayle Wagner-Carlson



Dear Members,

Here it is already time to face the last months of this year and all of its celebrations and busyness designed to keep the dark, the cold at bay while enjoying the friendships and collaborations of our fellow members and the awesome community we live in.

The Board of Director's swore in a new Director in October 2021, a familiar face to many, Phyllis Moore. Her historical knowledge of the organization should be a great help in guiding the corporation down new pathways that celebrate the uniqueness of our senior services center. We welcome her and appreciate her willingness to serve.

At the November membership meeting you will be provided with a by-laws change that the board of directors has determined is very important to our organization. The wording changes the age requirement for membership from 60 to 50 years of age. Research shows that many of the Senior Centers in the state have already made this change and the injection of new members into the organization is a welcome addition to our community within a community helping to create a solid base for well into the future.

The upswing in the numbers of individuals at the center, members and staff alike as well as the higher numbers of cases of COVID in Palmer and the surrounding area did bring about the executive team's decision to shut down the center once again. They continue to work with the State of Alaska's Public Health Department regarding our closure due to COVID and the planning of the steps that must be met before reopening and a return to a regular operation. Please be aware that these steps include the alert level as determined by the State of Alaska, DHSS which has been and continues to be as high as and much higher than it was even a year ago. The responsible thing to do for the operation of a facility that serves the most vulnerable of our population was to enlist the State's help and follow the guidelines as presented. We will make the reopening plan available to you when it is time to once again open the doors.

The closure has been a big disappointment even if unavoidable. I miss seeing all you who were once again joining with others to spend a few hours a day with friends and enjoy each other. The past nearly two years now has brought many challenges and changes to our daily lives and I believe that the best we can do is to bear those changes with grace and to remember to always be kind to everyone you meet.

Hope your Thanksgiving will be one filled with good memories and delightful visits especially with loved ones.

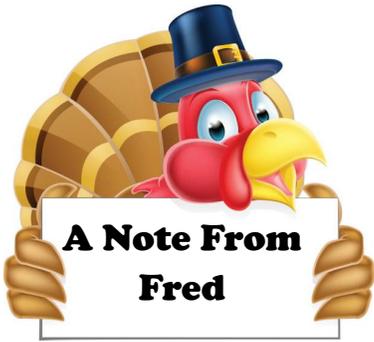
Linda Q. Combs, Board President



Thank You for Supporting Mat-Su Senior Services!

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





Happy November to all!

Some of the most important lessons I've learned in my life -and I don't think I'm alone - have appeared on a wall as graffiti. Like this: ***"Always have something to look forward to."***

I have found that having something that keeps me looking forward keeps me happy and helps me stay active. It can be almost anything with *specialness* attached – a lunch date, celebrating a holiday or event, or even a quick trip somewhere.

Some folks that I know have their eyes set on November celebrations like World Kindness Day (Nov 13), International Tolerance Day (Nov 16), Mickey Mouse Day (Nov 18), World Hello Day (Nov 20), and, of course, National Cake Day (Nov 26).



As for me, I look forward to working to increase the number of active seniors who are members of our Center. And why shouldn't we? Research shows that older adults who participate in senior center activities have better health, social interaction, and life satisfaction than their peers. We want more seniors in the Mat-Su Valley to experience those positives.

In the last 10 years (from 2010 to 2020), the age 60+ senior population in the Mat-Su valley increased from 11,353 to 21,098, increasing 86%. Shouldn't our Senior Center grow, too? We have a fantastic facility, a caring and committed staff, and we are only limited by our imaginations in planning our activities. So let's get creative and be the community center people want to be part of.

Currently, we have 121 Annual Members and 92 Lifetime Members. That's a total of 213 folks or only 1% of the Mat-Su 60+ senior population. So it seems to me that we're being kind of piggish by not sharing our Center with more people.

So, what do we have to look forward to?

First, your Board and management will conduct a membership drive later this fall and extending into the new year. We will actively tell people about our Center, the reasons to join, the benefits of being a member, and invite them to be part of the action.

Second, your Board took action at its October meeting to support increasing our membership. It approved a change to the bylaws by reducing the minimum age of membership from 60 to 50. This change will be presented to the Membership at your next meeting for final approval.

Third, the Board showed its support of the membership drive by approving the reduction of annual dues from \$24.00 to zero for the coming year of 2022.

This is truly something to look forward to!!



Fred Traber. Interim CEO

Coming Soon! 2022 Membership Drive!

907-745-5454

Nov. Membership Meeting:

Nov. 10 at 11:30am*

*If Center is Open



<u>Officers</u>		<u>Members</u>
President Linda Combs		Dee Brown
Vice-President/ Seat 8 Vacant		Catherine Hall
Treasurer Jennifer McCrary		Sally Weiland
Secretary Elda McCraw		Dora Wheeler
		Phyllis Moore

How to Apply for Medicare? By: NCOA

Medicare is a federal health insurance program for older Americans and people with certain disabilities. At what age do you qualify for Medicare? In most cases, the minimum age for Medicare is 65. People who are younger than age 65 may also qualify in certain circumstances. If you're wondering, "Am I qualified for Medicare?", the guidelines below can help you make a determination.

It's important to know that qualifying for Medicare is not automatic. Some people will get coverage automatically, while others must apply. Find out if you're eligible—and how to apply if you are.

Continued on Page 6....

If you're 65 or older, you're eligible for full benefits if:

- You're a U.S. citizen or permanent legal resident, and you've lived in the country for a minimum of 5 years.
- You (or your spouse) are a current or retired government employee who has paid Medicare payroll taxes while employed.
- You collect Social Security or railroad retirement benefits. Or, you've worked enough years to qualify for these benefits even if you're not receiving them.

If you're younger than 65, you're eligible for full benefits if:

- You have permanent kidney failure requiring dialysis or a kidney transplant and you (or your spouse) have paid Social Security taxes for a defined amount of time.
- You have amyotrophic lateral sclerosis (ALS).
- You're collecting a disability pension from the Railroad Retirement Board (you must also meet specific conditions in addition to this).
- You've qualified for Social Security disability benefits (SSDI) for a period of at least 24 months.

When deciding about other Medicare options, including Medicare Advantage, Medigap and Part D, be sure you make a choice based on your personal situation. You can talk to a licensed Medicare enrollment specialist or your local State Health Insurance Assistance Programs (SHIPs) for personalized recommendations.

Automatic Enrollment: If already receiving Social Security retirement (because you chose early retirement after age 62), or you receive Social Security Disability Benefits (or Railroad Retirement benefits) when you turn 65:

- Medicare Parts A & B (Original Medicare) enrollment is automatic,
- A "Welcome to Medicare" packet and Medicare card will arrive in the mail from the Social Security Administration about 3 months before 65th birthday.

Must apply: Do you have to sign up for Medicare in certain situations? If you did not choose early retirement between the ages of 62 and 65, you must contact Social Security to apply. You can enroll during your Initial Enrollment Period (the three months before, the month of, and the three months after your 65th birthday). Upon enrollment, Social Security will send a "Welcome to Medicare" packet that includes a Medicare card.

- **Part C, or Medicare Advantage plans.** You can choose a Medicare Advantage plan in place of Original Medicare. The Medicare Advantage plans include Original Medicare and usually your prescription drug plan. Medicare Advantage plans are run by private health insurance companies. Are Medicare Advantage plans worth it? While some Advantage plans offer greater plan flexibility and long-term savings, some can involve additional costs. Be sure to understand the pros and cons before making a decision.
- **Medigap.** People who choose Original Medicare (for Parts A and B coverage) usually enroll in a Medigap plan to address the "gaps" in coverage. Medigap plans are also run by private companies who contract with Medicare. Plan options are standardized across most states.
- **Many people wonder, "Does Medicare pay for prescriptions?" That is where Part D comes in.** People who choose Original Medicare generally need to also choose a Part D plan for prescription drug coverage. If you do not enroll in Part D when you are initially eligible (and if you do not have other creditable drug coverage), you can face a penalty when you do enroll late.

To join an additional Medicare plan (Part C, Part D or Medigap), start by comparing local plans. Before enrolling in any of these plans, be prepared to provide Medicare number and Part A and/or Part B coverage start date. This information can be found on the Medicare card. Enrollment can be done a few ways:

 Online Visit Social Security's website.	 By phone Call Social Security's national customer hotline at 1-800-772-1213.	 In person Visit your local Social Security office.
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Last year following our closure for Covid-19, the gift shop received several frantic calls. Customers needed and wanted certain products and they were desperate. Unfortunately, we were unable to help them. History is not going to repeat itself. Beginning immediately, forms will be available to fill out with your purchase requests. You will be able to order products during grab-and-go-lunch-pick-up one day' and retrieve your order the next day during the same time period (in most cases). Purchases may also be placed by phone: call the center, ask for the gift shop and leave a message with your telephone number and we will call you back. All purchases must be picked up in person during grab-and-go lunchtime.



Holiday Shopping at the Gift Shop Covid Style

Though the above will help with all those items customers regularly use, it does not speak to simply browsing the shop for that perfect gift. It doesn't allow one to discover all the new items frequently added to the shop, especially as we approach the holiday season (should we still be unable to open at that time). We have several solutions to help create more of a "shopping" experience for each of our customers. Because we have many new and exciting items that we want to share with you, the lights will be on in the gift shop during grab-and-go lunchtime and, new items will be displayed in the front of the store. Displays will change frequently. If you use Facebook, you can also see new items by following us there. If you use Zoom (or would like to use it), you can take a visual shopping trip to the gift shop from your smartphone, laptop or computer. Zoom shopping trips can be done alone or with friends. Those friends can be located on the other side of town, from around the state or even from the lower 48. We do shipping using USPS. We want to make this work for you!

Covid-19 brings other challenges for both the gift shop and our customers. Many of you have probably read of supply chain problems. Products are often in short supply and costs to produce them have skyrocketed. In addition, shipping costs to Alaska, which were always high, have now tripled! In spite of that, we are working very hard to keep our prices as low as possible while still covering costs and returning a reasonable amount to the senior center to help cover programs and activities. We will not be able to replenish our product supply this holiday season, though we will have some new items arriving through early December. We suggest that if you see something that you want, purchase it early. We will still offer our free layaway service: we hold items for the customer for a designated time, no payments are made, and the total is due at the end of the hold period. During the holiday season, items can be held for two week only, and the limit per layaway is \$100.00.

Our Native Northwest order has just arrived, and there are so many things on hand to love. This year we are featuring luxurious reversible native fashion wraps in three styles, included hooded, and in a wide variety of colors. These dramatic covers are at home in settings from casual to dressy when paired with the right accessories. We are also featuring a limited supply of Sacred Shawls in shimmery silken colors and fabrics. Native designed, a portion of the price is dedicated to the support of battered women and children. Smaller thoughtful gifts abound as well, including unique luggage tags, sophisticated business card holders, and coin purses appropriate for both children and adults. For the artistic cook there are traditionally themed cookie cutters complete with food grade stencils to create cookies almost to amazing to eat! Stencils can also be used for a myriad of art projects as well. When clean up time comes, Native Northwest even offers a European sponge sheet. When used, a single sheet can replace up to three rolls of paper toweling making them both attractive and inexpensive. You have to try one! Check out our display to see these and other new arrivals at the gift shop.

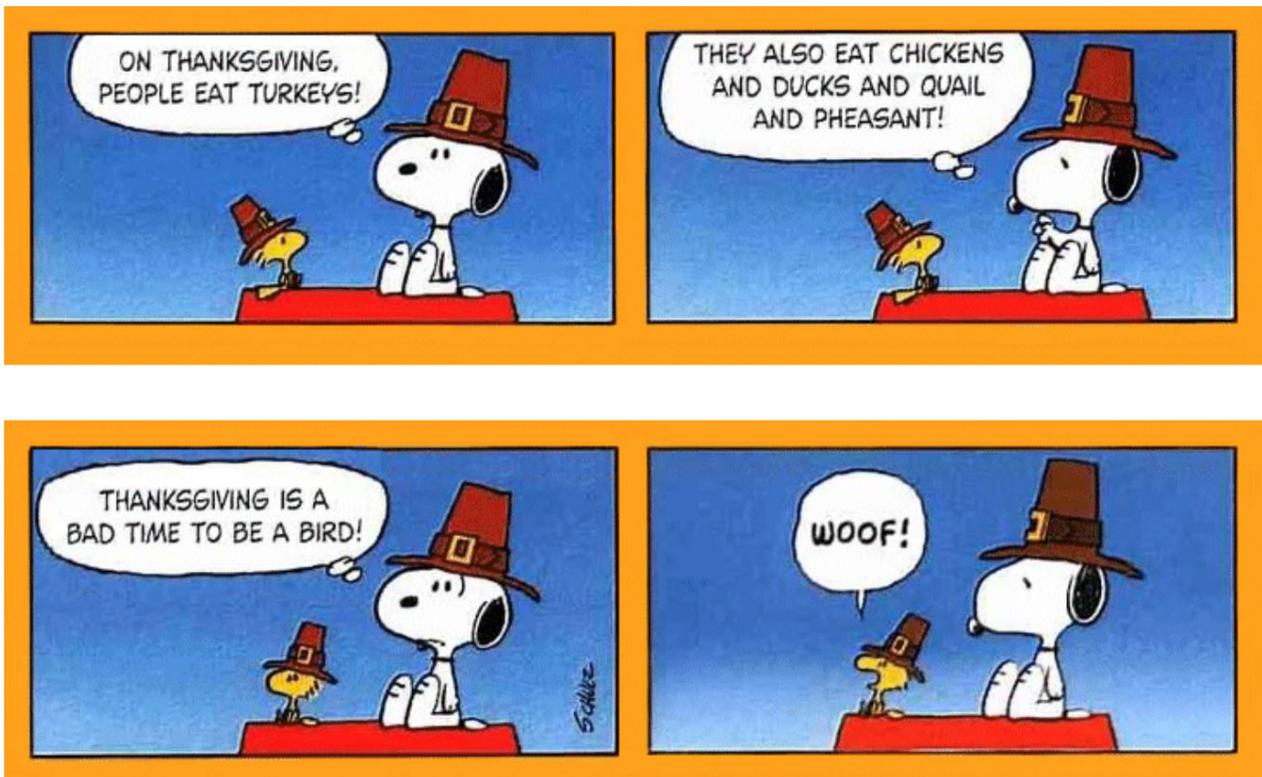
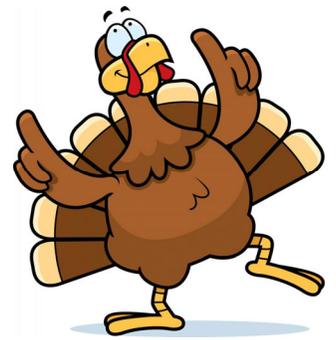
Remember, we will all get through this together, and we, at the gift shop, will be there for you every step of the way!

A very happy Thanksgiving to one and all from the staff at the gift shop.

Word Find

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

- GRATITUDE
- YAMS
- PUMPKIN
- BREAD
- DINNER
- ROLLS
- ACORN
- SQUASH
- CASSEROLE
- HOLIDAY





Did You Know....

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

		3	6		8		1	
			5					8
						3	6	9
				6	5		3	4
6			9					5
			7					
				5		1	8	
							5	
	5		8				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 15

November Activities

Mon	Tue	Wed	Thu	Fri
1	2 10:15 am Survival Spanish –ZOOM	3	4	5
8	9 10:15 am Survival Spanish –ZOOM	10 1 pm– Thank You Card Creation– ZOOM	11 Center Closed Thank You Veterans	12
15	16 10:15 am Survival Spanish –ZOOM	17	18 9:30 to 11:30 am Estate Planning– ZOOM	19 1pm– Simple Yarn Hanging– ZOOM
22	23 10:15 am Survival Spanish –ZOOM	24 1pm– String Art Fall Edition– ZOOM	25 Center Closed Happy Thanksgiving	26
29	30 10:15 am Survival Spanish –ZOOM	<p>Activities Coordinator Jackie 907-761-5045</p> 		

November Activities

Survival Spanish:

Description: Mr. Smith is putting on a Spanish class so people can learn the basics of Spanish. This will take place over zoom every Tuesday at 10:15 am.

Instructor: Glen Smith

Contact Jackie 907-761-5045 to get the zoom link emailed to you or to get the Meeting ID.

Thank you Cards

Description: We will be making Thank You Cards for our donors. You will learn the basics of making Thank You cards and Greeting cards all while in the comfort and safety of your own home. The supplies will be given out with instructions on how to do it on your own and a YouTube link will be provided for those visual learners. After you can come and drop them off at the center to Jackie. If you are looking for more of a social interaction you are more than welcome to join us over zoom on Wednesday, October 10th at 1 pm. Each to-go bag will include supplies for up to 4 Thank You cards.

Instructor: Jackie

Contact Jackie 907-761-5045 to get on the list for the to-go supplies.

Estate Planning:

Description: Everyone will be learning about the importance of estate planning and how to get it done the right way. Everyone will also be able to have their questions answered by someone about estate planning. All in all estate planning is making a plan in advance, naming the people or organizations you want to receive the things you own after you pass away, and taking steps now to make carrying out your plan as easy as possible later. Come and join us on Thursday November 18th from 9:30 to 11:30 am. Instructor: Colleen McClurg

Contact Jackie 907-761-5045 to get the zoom link emailed to you.

DIY Simple Yarn Hanging:

Description: Looking to add texture and color to a not-so-vibrant room? Create a cute, cozy corner with a simple yet stylish wall hanging that's sure to draw every eye. Come in and grab the supplies for making a cute yarn hanging design. The supplies will be given out with instructions on how to do it on your own and a YouTube link will be provided for those visual learners. If you are looking for more of a social interaction you are more than welcome to join us over zoom on Friday November 19th at 1 pm.

Instructor: Jackie

Contact Jackie 907-761-5045 to get on the list for the to-go supplies.

String Art Fall Edition:

Description: String art or pin and thread art, is characterized by an arrangement of colored thread strung between points to form geometric patterns or representational designs in our case fall leaves, a pumpkin, an acorn or other fall items. The supplies will be given out with instructions on how to do it on your own and a YouTube link will be provided for those visual learners. If you are looking for more of a social interaction you are more than welcome to join us over zoom on Wednesday November 24th at 1 pm.

Instructor: Jackie

Contact Jackie 907-761-5045 to get on the list for the to-go supplies.

NEXT STEPS

• education • employment • everyday living •

Planning for the Transition to Adulthood

We would like to introduce to you some of our volunteers from the Next Steps Program. Please join us in thanking these amazing young men and women for their dedication to the Palmer Senior Center.



Volunteer Spotlight

Mason has lived in Alaska since 2014 and volunteers at a variety of places around Palmer. Mason hopes to eventually work for the Alaska Railroad. While here at the Palmer Senior Center his favorite thing to help with is working in the dish pit and working with the kitchen staff.

Abigail Moved from Michigan to Alaska about 10 years ago. She too volunteers at many places around Palmer. Her goal is to work with children at a daycare in the future. She enjoys helping put stickers on all the bags for our home delivered meals and bagging bread.

Jacob has lived in Alaska for his whole life and volunteers all around Palmer, though his favorite areas to volunteer is at any place that involves animals. Jacob hopes to one day work with animals as a career. One of his favorite activities at the center is plating the desserts and other food items for our seniors.

Christian has lived in Alaska since he started High School. He has volunteered around Palmer and Wasilla including at the Alaska State Fair. Christian enjoys his time helping clean the dining hall and bagging bread for our seniors.



The Colony Christmas Arts & Crafts Bazaar will add an additional venue in 2021 at Mat-Su Senior Services! This Fair will be open Saturday, December 11th, from 10:00am-6:00pm. Vendors registration will be open on October 1st, 2021. Apply online at www.palmerchamber.org/colonychristmas! This webpage will be the hub for all official information on Colony Christmas 2021. Currently, a Vendor Handbook is available for anyone who would like to review the Vendor requirements and pricing. A current City of Palmer is required for this event. For additional questions, please contact the Greater Palmer Chamber of Commerce at 907-745-2880 or info@palmerchamber.org.



Come join the festivities at Colony Christmas!



DONATE TODAY AT GIVECFC.ORG

CFC # 92856

November Menu

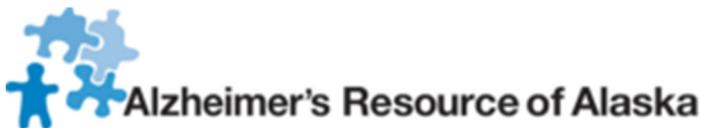
Menu is Subject to Change

Mon	Tue	Wed	Thu	Fri
1 Meatloaf Mashed Potatoes Gravy San Francisco Blend	2 Chicken Fried Steak Mashed Potatoes/ Gravy Green Beans	3 Ham & Scalloped Potatoes Cauliflower	4 Oven Fried Chicken Rice Mixed Veggies	5 Cat Fish Shoe String FF Carrots
8 Hot Dog Chips Baked Beans	9 Spaghetti Brussel Sprouts	10 Beef Stew Biscuit Carrots	11 Center Closed Thank You Veterans	12 Cod French Fries Winter Blend
15 Meatloaf Mashed Potatoes Gravy San Francisco Blend	16 Chicken Nuggets Roasted Potatoes California Blend	17 Chile Brussel Sprouts	18 Pork Chow Mein Winter Blend	19 Guinness Battered Cod Rice Capri Blend
22 Ham & Yams Green Beans *Friday Meal Delivery	23 Roast Beef Mashed Potatoes Broccoli	24 Turkey Roast Mashed Potatoes German Blend *Weekend Meal Delivery	25 Center Closed Happy Thanksgiving	26
29 Pork Cutlet Rice Mixed Veggies	30 Chicken Ala King Rice Peas & Carrots	<p>Until further notice salads will not be provided with Home-Delivered Meals. Congregate Meals are suspended during the center closure.</p> <p>Grab N' Go Meals available 12 to 12:45 pm Monday through Friday. On Fish & Liver days, there is an alternative choice.</p> <p>Fish, unless otherwise noted is wild caught.</p>		



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



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



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



Applications For You

Available in the Administration Office of Mat-Su Senior Services

Application For heating Assistance—State Of Alaska

akCanConnect— Alaska's Deaf-Blind Equipment Distribution Program Application

Senior Benefits Program Application— State of Alaska

Application for Services— State of Alaska,

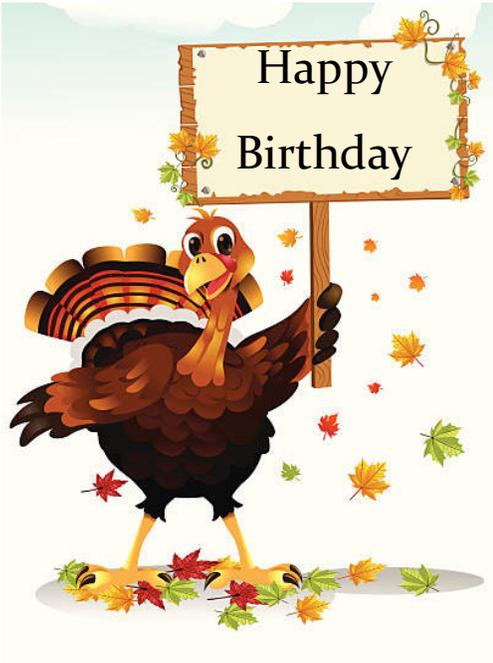
-Medicaid from the State of Alaska

-Chronic & Acute Medical Assistance from the State of Alaska

-Supplemental Nutrition Assistance Program (SNAP) from the State of Alaska

-Temporary Assistance Program from the State of Alaska

-Adult Public Assistance from the State of Alaska



Timothy Anderson, Gary McMichael, Margo Pierson, Kenneth Pysz, Susan Shaw, Lila Sycks, Kathy Folsom, Robert Goodman, Michael McGinty, Frances Anderson, Janet Beeter, Harriet Daniels, Kathleen Hammaker, Kaylene McKenzie, Susan O'Brien, Betty Ulrich, Valerie Gorman, William Gilbert, Arleta O'Conner,



Center Closed

Thursday, November 11th

Veteran's Day

Thursday & Friday, November 25th and 26th

Happy Thanksgiving!



E	H	A	R	A	L	D	O	R	I	O	N	A	K	
E	S	E	O	C	C	S	A	O	E	I	R	H	K	
D	S	E	L	Y	L	C	O	R	S	A	I	O	C	
A	O	S	L	R	L	R	E	N	N	I	D	L	A	
D	D	A	S	B	Q	L	Y	S	T	A	I	S		
A	T	O	A	R	L	N	A	N	I	N	P	D	S	
A	N	N	I	E	N	M	L	O	B	U	A	E		
Q	A	H	H	A	S	A	S	U	S	E	M	Y	R	
Y	A	N	B	D	N	E	A	V	A	S	U	P	S	O
E	Y	R	I	R	R	R	R	E	N	T	K	N	L	
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7	9	2	1	6	5	8	3	4						
6	8	1	9	3	4	7	2	5						
5	3	4	7	8	2	6	9	1						
9	4	7	3	5	6	1	8	2						
3	1	8	4	2	7	9	5	6						
2	5	6	8	1	9	4	7	3						



Palmer Senior Citizens Center, Inc. dba

Mat-Su Senior Services

1132 S. Chugach St.

Palmer, AK 99645

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