

# Mat-Su Senior Chatter

April 2021

1132 South Chugach Street, Palmer, Alaska 99645  
Phone (907) 745-5454 Fax (907) 746-5173

Monday thru Friday, 8:00 a.m. to 5:00 p.m."

## Core Values

Respect • Trust • Independence • Security • Compassion • Unity



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Welcome  
Back  
We Missed You

On Monday, March 22nd the atmosphere around the center reminded staff and volunteers of Christmas morning when we were little, awaiting the time to open our Christmas gifts.

When the doors opened and seniors began to fill the commons, staff and volunteers experienced everything we expected and more.

We watched in awe as friends gave "air hugs" and laughed in the same room for the first time in a year. Laughter and smiles filled the halls once again and hearts filled with joy. The dining hall rang with the sounds of lively conversation and the delicious smells of lunch tickled the noses of all who were near. We will all remember this day as a day full of joy and hope.

The staff and volunteers would like to thank everyone who joined us for our reopening and your patience as we begin filling the calendar with various activities and classes.



# 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

**CONGREGATE MEALS:** Served Monday through Friday 11:30am to 12:30pm at Center.

**HOME DELIVERED MEALS:** Please call the center for details.

**ADULT DAY SERVICES:** Monday thru Friday 7:30am to 4:00pm. Call 745-5454.

**CHORE & RESPITE SERVICES:** Contact us at 745-5454 for more information.

**FAMILY CAREGIVER SUPPORT:** Call 745-5454 for more information.

**NOTARY SERVICE:** Call 745-5454 for more information. Traveling notary available.

**VOLUNTEER OPPORTUNITY:** Call 745-5454 for more information.

**SENIOR HOUSING CHUGACH AND COLONY ESTATES:** Call 745-5454 for more information.

**FACILITY RENTAL AND CATERING AVAILABLE:** Call 745-5454 for more information.

**TRANSPORTATION:** (limited due to COVID-19)

\*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

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



## **VISION**

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

## **MISSION**

**Promoting independence, security & quality of life as we age**

## **CORE VALUES**

**Respect • Trust • Independence • Security • Compassion • Unity**

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

## **DEPARTMENT MANAGERS**

Chief Executive Officer .....	Elaine Phillipps
Chief Operating Offices.....	Beth Westland
Human Resources .....	Beth Westland & Focus Solutions
Chief Financial Officer .....	Amanda Watson
Adult Day Services Manager.....	Christopher Koops
Chore & Respite Manager.....	Lisa Mecham
Kitchen Manager.....	Kevin Horstmann
Senior Facilities/Transportation Mgr.....	Tim Pettit

## PRESIDENT'S REPORT



Dear Members,

On March 17, 2020 we were minding our own business, having lunches, doing senior Meals-on-Wheels, taking seniors to appointments, providing chore and respite duties for those who need help, and providing a place for folks who needed a safe place during the day; playing bridge, talking with each other and telling jokes. We never imagined what March 18, 2020 would bring. But, we did it. We survived one year. It's hard to believe that it has been a year since the Palmer Senior Center closed to the public. I recall being at the Center on March 17, 2020, having just completing a luncheon hosted by the Palmer Chamber of Commerce the Friday before, when we were told the Centers doors would be closed to the public and seniors were to quarantine themselves.

Though the Center services never completely closed, we brought lunches to those who requested them, and the senior care rides never stopped. We survived, and in doing so, helped you survive with us. Are we out of the woods yet? Heck no, but we are getting there! This is how we seniors look at things at the Palmer Senior Center: *LOOK FOR SOMETHING POSITIVE IN EACH DAY, EVEN IF SOME DAYS YOU HAVE TO LOOK A LITTLE HARDER.*

Keep looking at our website and Facebook to see what is happening at the Center. We will keep thinking of ways to stay connected. The Center's administration has been working out details what guidelines we will ALL need to follow when visiting the Center. There may be



### 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



There may be some changes to how activities are conducted or may be discontinued (at least for the time being). Personally, I believe, even with changes needing to be made, we still have a great Center and for that we need to be thankful. Everyone's cooperation will be needed in following the guidelines determined to be the best the Center can do to keep everyone safe.

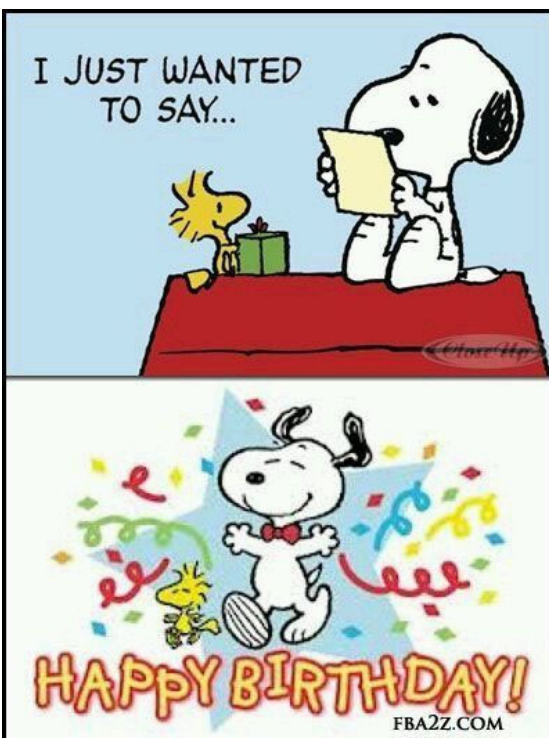
Now that spring is coming, let's say goodbye to winter and look forward to what 2021 will offer. I like to watch for that first robin of the season, look for the water fowl flying in noisy vee's across the sky, and watch the river flats for the geese and ducks laying over on their flight north.



The Palmer Senior Center will be having our yearly Membership drive as normal, even though a bit later than usual. Membership dues are only \$24 a person per year. Where else will you get access to a library, computers, exercise equipment, instructor led exercise classes, bingo, and all manner of events for a measly \$2 a month?

I will be in the Dining Hall having coffee in the morning hours. Stop and say HI and if you have a minute, and we can chat awhile.

*Bob Shaw* Board President



Merle Beeter, Geraldine Binder, Joe Bratten,  
Carol Christiansen, Mary Cochran,  
Bruce Downs, Paula Esch, James Gleason,  
Nancey Hess, Betty Keegan, Stephen  
Koeniger, Carolyn Laux, Gerry Lentz,  
Mary Lentz, Eric Lohmann, John Milward,  
Maridie Olson, Daniel Phillips, Clark Reichel,  
Ellen Robertson, Robert Taylor,  
Mary Thomas, Lee Trusedell, William Tull,  
Linda Turner and Katheryn Von Gunten

# 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**



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

## 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

## CEO MESSAGE



Dear Seniors,

Just over a year ago I made the difficult announcement that Palmer Senior Center Headquarters was temporarily closed, alongside many of our services to protect the health of our senior community and to help flatten the curve of the pandemic. Last month we made the joyful announcement that the Center would be reopening for meals and onsite activities on March 22.

It was abundantly evident that the spirits of the staff and myself rose as seniors filled the center with laughter, warm smiles, and vibrant conversations! Thank you for your patience and kind words throughout this past year as we have traveled this unexpected road together in heart and mind.

The health and safety of our members and other visitors to the center is our top priority. With that in mind, we are slowly adding classes and programs back into the weekly schedule at the center. Classes will be announced via our Mat-Su Senior Services FaceBook page, website, and posted around the center as they are added. We ask for your continued patience as we navigate this new normal.

I look forward to seeing all of your smiling faces around the center and hearing your laughter radiating throughout the building in the weeks, months, and years to come.

Thank You all and Be Blessed,

*Elaine Phillipps*

*Chief Executive Officer*

*Mat-Su Senior Services*



*Be sure to select MSSS for  
your Amazon Smile!*

**Thank You for Supporting Mat-Su Senior Services!**

Support Mat-Su Senior Services by donating at [www.matsuseniors.com](http://www.matsuseniors.com)



## Activities & Classes

### Monday

10 am Senior Strength

### Tuesday

3 pm Zumba (starting April 6)

### Wednesday

10 am A New You

3 pm Yoga (starting April 7)

### Friday

10 am Senior Strength

Over the next few weeks we will be steadily adding more classes and activities to the offerings here at the center.

Please stay tuned to the website and our FaceBook page for further details.



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 office to learn more.

907-745-5454

## April Fools'



## Cake

## Ingredients

1 jar (14 ounces) pizza sauce

1/2 pound bulk Italian sausage, cooked and crumbled

1 package (8 ounces) sliced pepperoni

3 cups biscuit/baking mix

3/4 cup whole milk

2 large eggs

2 tablespoons butter, melted

1 teaspoon garlic salt

5 to 6 slices mozzarella cheese

## Directions:

Preheat oven to 375°. In a bowl, combine the pizza sauce, sausage and pepperoni; set aside.

In another bowl, combine the biscuit mix, milk, eggs, butter and garlic salt. Spread half of the batter on the bottom and up the sides of a greased 10-in. fluted tube pan. Spoon meat mixture over batter; cover with remaining batter.

Bake for 35-40 minutes or until browned and a toothpick comes out clean. Invert onto a baking sheet. Arrange cheese over cake.

Return to the oven for 5 minutes or until cheese is melted. Using two large metal spatulas, transfer cake to a serving platter; serve immediately.

*Do you have a recipe to share?*

*E-mail it to:*

*sweideman@matsuseniors.com*





# Gift Shop

It has finally happened, the Senior Center has reopened. Most of what we love is still here: good friends, great conversations, and wonderful comradely. The library is open, you can use the exercise equipment, and from the kitchen, the fragrance of great food wafts throughout the building, classes, and activities are soon to come online life is great.

But just a moment, the front gate of the gift shop is down, and though the lights are on, the shop is closed. Not for long, the gift shop will reopen on Tuesday, April 13th. Our volunteer staff has been busily working for several weeks to clean, inventory, and prepare the shop for you. It will still include the same helpful, fun, and friendly folks you've always known and the same outstanding products you've come to rely upon, as well as the same low prices you've always enjoyed. The delivery will just be a bit different for at least a while.

For the first several weeks we will be open Tuesdays and Thursdays from 11 am to 1 pm. Admittance will be by the hallway (side) door and the front gate will remain closed. We will limit guests to two individuals or family groups at a time. We are additionally requiring all guests to wear masks and use hand sanitizer before entering the shop. Both will be available at the door. Some consignees are concerned about the possible contamination of their products by the virus. We have assured them that the utmost care will be given to provide product protection for all items in the shop. Initially, we will be able to accept only credit and debit cards for payment and will reduce our minimum purchase from twenty dollars to five dollars.



All of this may a bit overwhelming. For those who would like to take advantage of the great shopping opportunities offered by the gift shop, but are not quite up to coming in, we have several other shopping options. If you know what you want, you may fill out an order blank and receive your product as soon as the following day. Order blanks will be available at the door.

Electronic shopping is another option availed at the gift shop. You've probably heard of Zoom, the online communication platform. Many schools, churches, and businesses are using it as an alternative to face-to-face encounters. It's easy to use and can be set up on your cell phone or other devices. other devices. With Zoom, you will be able to take a



# Word Find

SUNDAY FLOWER  
RABBIT BUNNY  
LAMB CHURCH  
EGG FRIDAY  
WEDNESDAY JESUS  
CROSS HUNT  
CHOCOLATE BONNET  
EASTER

R	A	O	G	S	B	F	N	O	S	R	O	O	T
S	E	R	S	U	S	D	D	J	E	S	U	S	S
H	D	O	N	D	B	O	O	S	C	C	I	O	E
L	R	N	R	D	C	D	O	C	R	H	H	D	T
C	Y	E	O	E	W	C	G	D	W	C	F	L	A
E	O	O	G	R	S	U	N	D	A	Y	T	B	L
O	B	N	U	G	R	B	U	O	C	L	S	O	O
O	I	S	U	G	D	R	G	U	E	S	L	N	C
R	T	F	C	H	U	R	C	H	E	O	A	N	O
F	L	O	W	E	R	R	E	U	O	T	M	E	H
Y	A	D	S	E	N	D	E	W	E	C	B	T	C
Y	A	D	I	R	F	E	A	S	T	E	R	N	W
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R	S	J	R	U	G	G	N	I	R	P	S	E	T

virtual trip to the gift shop where you can see the entire new inventory. You can look through our card selection for that just right mailing, pick out a gift for a friend or replenish the supply of your favorite soaps and lotions. Why not get together with two or three of your BFFs and do a Zoom shopping trip together! We now provide mail service for out-of-town orders.

Do you have a Facebook account? If you don't, you should get one. It's a great way to stay connected with family and friends, and with the gift shop as well. Two to three days a week, the gift shop will feature popular retail and consignment products on Facebook. If you are interested in making a purchase, simply contact us. You can also go to our Facebook page, Matsu Senior Services Gift Shop, for ideas and information.

It's not the same old gift shop, and yet it is. We're here to serve you, enjoy a chat, exchange a bit of good news and connect you with some of the best items the Valley has to offer—all in a safe environment for you. We're looking forward to "seeing" you soon at the gift shop!

*Cherise*, MSSS Volunteer



MAT-SU SENIOR  
SERVICES

# 2021 May Day Play Day

## Saturday 1st of May

Music, Games, Vendors, Food Trucks & More!

11am to 3pm

Palmer Senior Center

1132 South Chugach St. Palmer, AK

For More Information or to Become a Vendor: 907-761-5006

[www.matsuseniors.com](http://www.matsuseniors.com)

# Chore & Respite

Are you 60 or older ?

Do you need a hand with house work or grocery shopping?

Are you an unpaid caregiver for a loved one 60 or older but are finding it hard to take time for yourself?

Are you in need of a fall assistance device ?

Give us a call and see how our Chore and Respite services can help you!



907-745-5454

MAT-SU SENIOR  
SERVICES

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

R	S	J	R	U	G	G	N	I	R	P	S	E	T
H	U	N	T	O	H	L	U	T	I	B	B	A	R
Y	A	D	I	R	F	E	A	S	T	E	R	N	M
Y	A	D	S	E	N	D	E	M	E	C	B	T	C
F	L	O	M	E	R	R	E	U	O	T	M	E	H
R	T	F	C	H	U	R	C	H	E	O	A	N	O
O	I	S	U	G	D	R	G	U	E	S	L	N	C
O	B	N	U	G	R	B	U	O	C	L	S	O	O
E	O	O	G	R	S	U	N	D	A	Y	T	B	L
C	Y	E	O	E	M	C	G	D	W	C	F	L	A
L	R	N	R	D	C	D	O	C	R	H	H	D	T
H	D	O	N	D	B	O	O	S	C	C	I	O	E
S	E	R	S	U	S	D	D	J	E	S	U	S	S
R	A	O	G	S	B	F	N	O	S	R	O	O	T



## APRIL IS NATIONAL HUMOR MONTH, SO "UP YOUR LAUGHTER QUOTIENT."



**L**AUGH LONG AND LOUD. A robust rib-rattler improves not only your mood, but also your health. The physical act of laughing helps you stay alert, makes it easier to cope and lets you maintain your sanity when the world gets a little crazy.

**A**DMIT YOU'RE HUMAN...laugh at yourself. People who have mastered Living-101 take their work seriously but not themselves. Knowing the difference gives you the keys to the kingdom.

**U**P YOUR LAUGHTER QUOTIENT. Nothing may be more important to your health and happiness. It has been said the average American laughs 15 times daily. SO eat your broccoli and get a megadose of Vitamin L every day.

**G**ENERATE MIRTH wherever you go. Good humor is the best social lubricant. It smoothes understanding, communication and cooperation. Make it your mission to elicit as many smiles as you can each day.

**H**ELP YOURSELF SUCCEED without stressing out. Humor is nature's antidote for

tension. Let it be your secret weapon when you're

up to your eyeballs in alligators. It's fast, it's fun, it's free. No other stress buster can make this claim!

**T**AKE YOUR FUNNY BONE TO WORK (or to the Senior Center). Instigate laughter on the job. Treating co-workers with respect and a sense of mirth does miracles for teamwork and trust.

**E**MBRACE THE NOTION that humor is NOT incompatible with dignity and stature. Humor is the hole that lets the hot air out of a stuffed shirt. Follow the lead of Lincoln, Reagan and JFK who knew that humor is vital in overcoming adversity.

**REMEMBER THAT LAUGHTER and longevity go hand in hand. Grumps don't live longer—it just seems like it. A buoyant outlook may be more important than oat bran and pushups, and it's a lot easier to take. So get in the zone: Love life, laugh a lot, last longer.**

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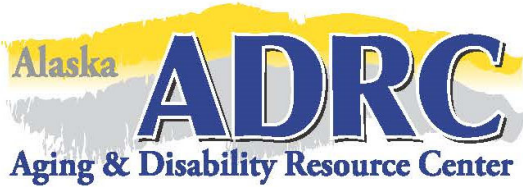
National  
Humor  
Month  
(April)



Compliments of Steve Wilson, Director, National Humor Month (April) - 1-800-NOW-LAFF



# RESOURCES



**1-855-565-2017**

The ADRC can help connect you with resources that you may need, such as food, transportation, in-home services and supports, and eligibility for programs that can help meet your needs.

**\*\*If you are unable to schedule a COVID-19 vaccine appointment online and don't have a caregiver, friend or neighbor who can help, ADRC can help you schedule a vaccine appointment and arrange transportation to your appointment.**

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](mailto:acelendingcloset@gmail.com)



**ACE Lending Closet**

Mat-Su Seniors Connect is a new program here at MSSS and we are happy to announce that we will be hosting virtual classes and activities so that homebound seniors can connect with others.



If you do not have internet, a tablet, computer or cellphone available to connect to these events please call the center at 907-745-5454 to learn more about your options.



# April Menu

\*Menu is Subject to Change\*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ham Yams Green Beans Bread Dessert	2 Catfish Fries Peas & Onions Bread Dessert
5 Pork and Kraut Potatoes Carrots Bread Dessert	6 Beef Stew San Francisco Bread Dessert	7 Chicken Taco Rice Corn Bread Dessert	8 Lasagna 5-way Mix Bread Dessert	9 Tuna Rice Winter Blend Bread Dessert
12 Meat Loaf Mashed Potatoes Gravy Green Beans Bread Dessert	13 Chicken Drumsticks Rice Key Largo Bread Dessert	14 Spaghetti Broccoli Bread Dessert	15 Ham Boil Rice Lima Beans Bread Dessert	16 Pollock Patty Fries Brussel Sprouts Bread Dessert
19 Chicken Thighs Mashed Potato Peas Bread Dessert	20 Pork Meatball Rice w Gravy Bread Dessert	21 Beef Roast Mashed Potatoes Green Beans Bread Dessert	22 Chili Cornbread Cauliflower Bread Dessert	23 Cod Rice Peas and Carrots Bread Dessert
26 Chicken Fried Steak Mashed Potatoes Gravy Key Largo Blend Bread Dessert	27 Chicken Tortilla Stew Rice Capri Bread Dessert	28 Turkey Mashed Potatoes Gravy Green Beans Bread Dessert	29 Asian Pork Rice San Francisco Bread Dessert	30 Pollock Fries Broccoli 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.