

Mat-Su Senior Chatter

March 2022

Palmer Senior Citizens Center dba 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.

Core Values

Respect • Trust • Independence • Security • Compassion • Unity



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WELCOME BACK

We are so delighted to have lots of voices, laughter, and happy people in the Center again. It is a truly welcome change. When we paused our congregate activities in early October, we began looking forward to the day when we could reopen. I'm sure that you have, as well.

We have worked closely over these months with the State of Alaska, Department of Health and Social Services. They have helped us monitor and interpret the levels of active Covid cases in the Greater Palmer Area. Their guidance has been invaluable in our closure and reopening plan.

As we move forward into Spring, we will continue to do our very best to promote a safe and healthy environment for our Seniors. Please make yourselves at home and enjoy your Senior Center. Tell us what we can do to make your visits here more enjoyable.

Fred Traber

Palmer Senior Citizens Center dba 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 CENTERS,
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
Interim Food Service Manager.....Gayle Wagner

A Note From Linda

Dear Members,

It is difficult to believe we are entering the 3rd month of 2022 already and yet here we are nearly ready for that brisket and cabbage, bright and sunny days as well as looking forward to the saying of “Happy St. Patrick’s Day to you!”!

First I have to say that we are all so happy to have seen the positive test numbers for the pandemic finally drop and stay lower. And as they have dropped and remained lower, just as stated from the beginning, the doors are open once more for congregate activities. While we all need to keep safety for ourselves and others in mind, what a joy it will be to be able to gather together again in our wonderful facility appreciating the fellowship we find when we come together.

Speaking of coming together, on March 9th when we hold our membership meeting, I am hoping that I will be introducing to you a brand new CEO for our organization. The search committee has worked hard these past months and it is impressive that we had 31 applicants, whittled that down to 6 and by the end of February we had the list reduced to two. While I am writing this we have not finished the process but we are so very, very close. I know that I am encouraged that we will all be finding new delight in the warmer, sunnier days to come right along with new programs and alliances with the community.

The past few months have been difficult for everyone and I want to thank our staff and executive team. Whether or not the doors were open for congregate activities a great deal of the work necessary for our corporation was being done. Our employees have been doing a terrific job of filling in whenever and wherever they have been asked to and that certainly counts as service above and beyond. Many people don’t realize that the current staff numbers are nearly half of what they were especially prior to the initial shutdown from COVID. Please remember to thank everyone, staff and volunteers for the work they do to help us accomplish the mission set out in front us. If at all possible take the time to volunteer at the center as we look forward to returning to a full house and full schedule of activities that enhance our lives, our relationships with each other and our town.

And as I have been urging everyone, be kind to one another.



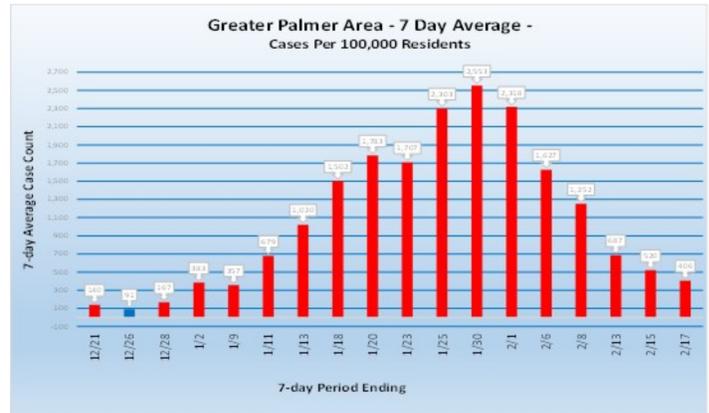
Linda P. Combs, Board President

Thank You for Supporting Mat-Su Senior Services!

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

A Note From Fred

This Case Count chart shows what we have all been through during just the past two months. A small reminder of where we have been, together, since 2020. What a roller coaster! Fortunately, we're headed in the right direction and will once again be able to enjoy each other's company in person. We're all looking forward to that!



Our incredible employee group.

I want to share the following message I sent to our employees when announcing our reopening: "I hope you understand how much you and your efforts are appreciated here at Mat-Su Seniors. As we strive to meet the needs of our Seniors, your dedication and hard work are outstanding. That has been especially true during this crazy Covid time when understaffing and changing ways of doing our business have become the norm. You have proven to be a nimble group of people, and your ability to step in and accomplish whatever needs to be done is admirable. Thank you again for your commitment, your strength, and your flexibility."

Our new CFO.

Please let me acknowledge the arrival of your new Chief Financial Officer. Kristine Inman joined us in early February and brought a rich and varied background in for-profit and nonprofit financial management and reporting. She's great to work with and will do an excellent job for the Agency.

CEO Search.

As the CEO Search Committee is nearing completion of its work, please know that it has been my honor to assist you and the Agency during the past few months. Although Covid caused a pause in congregated activities, our staff continued providing essential services to Seniors, including meals, Chore and Respite, Adult Day Services, and non-emergency transportation.

Something to think about.

You don't need me to tell you, but I will anyway. Our Seniors in the Mat-Su Valley are a unique lot. You are doers. The experiences and lives you have lived are incredible. So, as the Palmer Seniors Citizens Center, Inc., dba Mat-Su Senior Services moves forward, here is something for all to consider: *Think about being more. Use your experiences to enrich the lives of others.* Here's a common phrase in the Senior national scene: *"Unleash the power of age."*

We currently operate our center, with older adults being the primary service recipients. But why stop there? How about using the energy of our Seniors to help transform our community? Senior centers can be a platform to unleash the power of older Americans. The "senior center" can be more like a "community center." It can address both the needs of our older adults *and* our Seniors can use their knowledge, skills, and energy to support each other and their fellow community members, regardless of age.

Fred Traber. Interim CEO

If you are interested in joining our Board of Directors, or know of someone who may be please contact Linda Combs via email at lcombs@mataonline.net.

Officers

President Linda Combs
Vice-President Sally Weiland
Treasurer Jennifer McCrary
Secretary Elda McCraw



Members

Catherine Hall
Dora Wheeler
Phyllis Moore
Vacant
Vacant

2022 Membership Meetings

During Lunch 2nd Wednesday of the Month

March Membership Meeting

Wednesday, March 9th

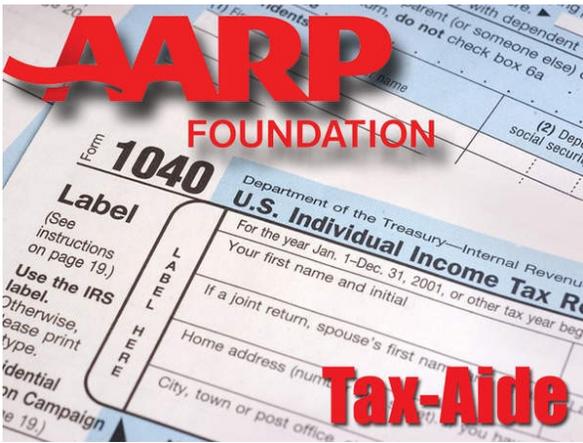
Gift Shop Shopping



We are excited to announce that the Gift Shop is open for your shopping pleasure once again. For current hours or for any additional questions please give us a call.

Gift Shop: 907-761-5043



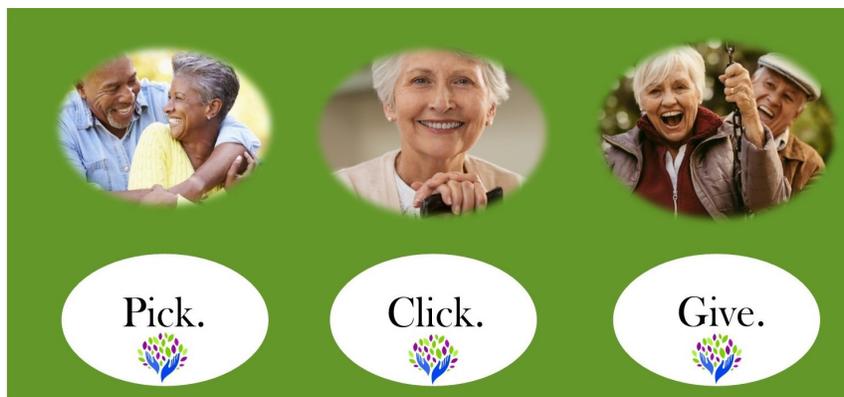


AARP Tax-Aide will be at the center on Thursdays until April 14, 2022. Appointments are by appointment only.

Book online or call “211” from your phone. If your phone does not support 211 dial: 1-800-478-2221.

Book time online at <http://taxaide.aarpfoundation.org>

Masks are required during appointments and follow all CDC recommended Covid-19 guidelines. All AARP volunteers are required to be vaccinated and wear masks.



Be sure to Pick. Click. Give for the 2022 Alaska PFD!

Applications are available through your My Alaska account online or by picking up a paper application here at the center. They are located in the white mailbox just outside the front doors.

March Activities

Mon	Tue	Wed	Thu	Fri
	1 10am Book Club 6 pm Estate Planning	2 10 am A New You	3	4
7 10am Senior Strength	8	9 10 am A New You 1 pm Leprechaun Magnet	10 10am Senior Strength 5 pm Veterans & 1st Responders Social Support Group	11
14 10am Senior Strength	15 9:30 am Estate Planning	16 10 am A New You 1pm Magical Leprechaun Terrarium	17 10am Senior Strength 5 pm Veterans & 1st Responders Social Support Group	18
21 10am Senior Strength	22 1 pm Shamrock Napkin Holders	23 10 am A New You	24 10am Senior Strength 5 pm Veterans & 1st Responders Social Support Group	25
28 Center Closed	29 1 pm Shamrock Coaster	30 10 am A New You 1 pm Older Adult Driving Safety & Pedestrian Class	31 10am Senior Strength 5 pm Veterans & 1st Responders Social Support Group	Activities Coordinator Jackie 907-761-5045

Who Can attend: Anyone 60 or above. Cost: Free unless otherwise noted.

See website for further details: www.matsuseniors.com

March Activities

Leprechaun Magnet

Cost: None

Who Can Attend: Anyone 60 or above.

Description: Fun, lovable and unique! These adorable lucky leprechauns are made from recycled wine corks. They are handcrafted and one of a kind. They are made with two wine cork pieces, a magnet, glue, and paint. A quick and easy, fun activity that turns into a masterpiece of interest. Takes place on Wednesday, March 9th at 1 pm.

Location and Phone Number: Activity Room A (907) 761-5045

Instructor: Jackie

Magical leprechaun Terrarium

Cost: None

Who Can Attend: Anyone 60 or above.

Description: This magical garden terrarium is the perfect spot for a friendly leprechaun to live. It is a terrarium that you do not have to worry about watering or getting messy because it is all made with fake flowers and leaves. It makes an excellent decoration for around the house when waiting for something special to happen on the coming St. Patty's Day. Takes place on Wednesday, March 16th at 1 pm.

Location and Phone Number: Activity Room A (907) 761-5045

Instructor: Jackie

Estate Planning:

Cost: None

Who Can Attend: Anyone 60 or above.

Description: Everyone will be learning about the importance of estate planning and how to get it done the right way. Everyone will also have the chance to have their questions answered. Estate planning is making a plan in advance, naming the people or organizations you want to receive your items, and taking steps to make your plan as easy as possible. Come join us on Tuesday, March 1st, from 6 to 8 pm. Tuesday, March 15th, from 9:30 to 11:30 am. Contact Jackie to get all the paperwork needed for the class.

Location and Phone Number: Zoom (907) 761-5045

Instructor: Colleen McClurg

Contact Jackie to get the zoom link emailed to you.

March Activities

Shamrock Napkin Holders

Cost: None

Who Can Attend: Anyone 60 or above.

Description: Want a quick St. Paddy's Day table update that doesn't cost a pot of gold? A napkin holder can be made from virtually any solid material built so that the napkins do not slip from their hold. These shamrock napkin holders will not let down as a conversation starter or let your napkins slip away. Takes place on Tuesday, March 22nd at 1 pm.

Location and Phone Number: Activity Room A (907) 761-5045

Instructor: Jackie

Shamrock Coaster

Cost: None

Who Can Attend: Anyone 60 or above.

Description: Acrylic Paint Pouring is a fluid painting technique used to create art by pouring acrylic paint onto a canvas. The Acrylic Pouring technique allows artists to apply color in puddles, pools, and marble-like patterns. After the pour, we will be painting a lucky clover onto the top of the coaster. Coating it with a nice shine over, making for a beautiful coaster. Takes place on Tuesday, March 29th at 1 pm.

Location and Phone Number: Activity Room A (907) 761-5045

Instructor: Jackie

All Alzheimer's activities:

Cost: None, but you need to register for each class online.

Who can attend: Anyone. Caregivers are highly encouraged to join.

Description: There are multiple different classes taking place throughout the month. Each class mentioned gives excellent information on the subject at hand. To register, please contact Jackie so she can email you the information. These different classes take place on various dates and at multiple times.

Location and Phone Number: Zoom (907) 561-3313

Instructor: Various different instructors.

Art Links: Thursday March 3rd 1-1:45 pm

Next Steps After a Diagnosis of Dementia: Wednesday March 9th 11am to 12:30 pm

Memory café: Wednesday March 10th at 1 pm

Art Links: Thursday March 17th at 1-1:45pm

Legal Issues for Family Caregivers P2.: Saturday March 19th 1-2:30 pm

Activity Box Ideas for People Living with Dementia: Tuesday 1 pm to 2:30 pm

Downsizing and Decluttering: Friday March 25th from 1-2:30 pm

Home & Community Safety: Tuesday March 29th from 1-2:30 pm

March Activities

Veterans & 1st-Responders Social Support Group:

Cost: None

Who can attend: Veterans & 1st-Responders

Description: Are you looking for an opportunity to build new friendships, gain a renewed sense of community, strengthen bonds with others through shared experiences, and introduce new solutions to challenges? Join us for the NEW **ALL** Veterans & First-Responders Social Support Group to connect! ALL Veterans & 1st Responders are invited and encouraged to attend regardless of age, branch of service, type of service to community or country. Both women and men are invited. Come contribute to the group or just sit and listen. Confidentiality required. Please provide your own coffee or water... thanks! Every Thursday starting March 10th from 5-6:30 pm.

Location and Phone Number: Activity Room A (907)715-0390

Facilitator: Colleen Darrell

Senior Strength:

Cost: None

Who Can attend: Anyone 60 or above as long as a liability form is filled out.

Every Monday and Friday at 10am

Location and Phone Number: Basement in the fitness room (907) 761-5045

Instructor: None

A New You:

Cost: None

Who Can attend: Anyone 60 or above as long as a liability form is filled out.

Description: "Fun, Fitness and Friendship best describes "NEW YOU FITNESS"! This class has a low impact, stretch and tone format, with interval cardio motion set to music. They meet Wednesday at 10am. Modifications are made for every level of fitness ability." Every Wednesday at 10 am

Location and Phone Number: Basement in the fitness room 907-232-2352

Instructor: Toni Truesdell

Location: Activity Room A (907) 761-5045

Instructor: Amy Brown

March Activities

Yoga:

Cost: None Who Can attend: Anyone 60 or above as long as a liability form is filled out.

Where: 439 W Elmwood Ave Palmer

Description: **Palmer Senior Center Yoga** class is designed to teach our bodies to slow down the sympathetic and parasympathetic nervous system. Emphasis is on movement to compliment meditation. The class is cushioned between two savasanas with 45 minutes of yoga in between. The class starts in savasana and ends in savasana and is sprinkled with Sanskrit and Ayurvedic principles to support a healthy lifestyle. This class is led by Pam Doerr, a Certified Ayurvedic Health counselor, and a Registered Yoga Teacher (E-RYT 200, RYT 500) with Yoga Alliance and over 1000 hours of teaching yoga. The 90 minute class meets on Wednesday from 3-4:30 pm.

Location and phone number: 439 W Elmwood Ave Palmer (907)-521-2255 Instructor: Pamela Doerr

Zumba:

Cost: None Who Can attend: Anyone 60 or above as long as a liability form is filled out.

Description: **Palmer Senior Center Zumba®** class is a unique mix of **Zumba® Gold**, **Zumba® Toning** and a dash of line dance. It is designed for active adults in their later teenage years looking for a Zumba class that recreates the original moves at a lower-intensity. Those who want to party, with an extra emphasis on **toning** and sculpting to define those muscles, will appreciate the challenge of adding resistance by using 1-3 pound weights mixing things up for a full aerobic workout. Then taking the familiar steps of classic line dancing puts a twist into this one-of-a-kind workout routine. But forget all that, to join our class all that's required is SMILE & MOVE! The class is led by Pam Doerr, certified in **Zumba®**, **Zumba® Gold**, **Zumba® Toning**, **Zumba® Water Aerobics**, **Zumba® Step**, **Zumba® Strength**, and **Zumba® Kids**. The hour class meets on Tuesday at 12-1 pm.

Location and phone number: 439 W Elmwood Ave Palmer (907)-521-2255 Instructor: Pamela Doerr

Book Club:

Cost: None Who Can attend: Anyone 60 or above.

Description: Laughter and lively discussion can be heard in the Senior Center lower level by the fireplace from the **FIRST TUESDAY BOOK CLUB!** This group meets on the first Tuesday of every month at 10 am, where they choose a book (from a variety of genres) then come together the following month to discuss their book in detail. We are now reading: "Sweetness at the Bottom of the Pie" The first Monday of every Month at 10 am.

Location and Phone Number: Basement by the fireplace 907-232-2352 Instructor: Toni Truesdell

Older Adult Driving Safety and Pedestrian Safety

Cost: none Who can attend: Anyone 60 or above

Description: Injury Prevention Program Coordinator at the Center for Safe Alaskans. 20 min presentation. Join us for a short presentation on safe walking tips and ideas to make driving safer. Free safety items available such as free reflective strips. Wednesday March 30th at 1pm.

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

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 14

Word Find

- Saint
- Patrick
- Parade
- Lucky
- Irish
- Horseshoe
- Holiday
- Fourleaf
- Clover
- Charm
- Bagpipe

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

March Menu

Menu is Subject to Change

Mon	Tue	Wed	Thu	Fri
	1.Pork Culet Rice San Francisco Blend	2.Chili Cauliflower	3.Chicken Thighs Roasted Potato Broccoli	4.Guinness Battered Cod Batter Bites potato Peas & Carrots
7.Chicken Patty French Fries Green Beans	8.Beef Roast Mashed Potato W/ Gravy Brussel Sprouts	9.Spaghetti W/ Meat Sauce Pasta Winter Blend	10.Beef Stew Carrots	11.Cat Fish Rice Key Largo Blend
14.Chicken Ala King Rice Peas	15.Ham & Scal- loped Potato California Blend	16.Meatloaf Mashed Potato W/Gravy Green Beans	17.Chicken Fried Steak Mashed Potato W/Gravy Mediterranean Blend	18.Cod Loin Rice Capri Blend
21.Hot Dogs Baked Beans Potato Chips	22.Pork Roast Mashed Potato W/Gravy Winter Blend	23.Chicken Cor- don Bleu Pasta Brussel Sprouts	24.Pork Chow Mien Rice Lima Beans	25.Cat Fish French Fries Peas & Carrots
28.Closed Sew- ard's day	29.Turkey Roast Stuffing Winter Blend	30.Beef & Rice Casserole Green Beans	31.Meatballs Rice Brussel Sprouts	

On Fish & Liver days, there is an alternative choice.

Fish, unless otherwise noted is wild caught.

Until further notice salads will not be provided with Home-Delivered Meals.



Mary Ann Anderson, Dace Boyd, John Britton, Paula Brown,
 James Cavin, Theodore Cessop, Charice Chambers,
 Lois Conway, Tiiu Elizarde, Lorna Gleason, Lynda Hankins,
 Patty Haugom, Patricia Hickman, Nelda Hotchkiss,
 Theodore Hunter, Christine Kameroff, Donaldeen LaCombe,
 Edith Lescault, Rita Martinek, Elda McCraw, Linda Nelson,
 Jeanette Owens, Joann Price, Elaine Ridderman, Kay Slack,
 Kenneth Smith, Darlene Tatum, Harlan Townsend, Ray
 Weaver, Ruth Winkelman



The center has opened once again for congregate meals.
 If you are unable to attend congregate meals we are still
 in full swing with out Home Delivered Meal program.

If you have any questions or would like to sign up for
 Home Delivered Meals please call 907-745-5454.



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

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

General Resources

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 Phone: 1-855-565-2017

Transportation

Mat-Su Senior Services– Medical Rides at this time only. 907-745-5454

Redi-Rides– 907-357-7500

ACab– 907-775-6622

Grizzly Cab– 907-717-4027

Medical Supplies

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

COVID Vaccines

For the most up to date availability regarding the COVID Vaccine and the boosters we recommend contacting Mat-Su Health Services. Mat-Su Health Services is the agency that did the vaccines at Mat-Su Senior Services summer of 2021.

Phone: 907-376-2411





Palmer Senior Citizens Center, Inc. dba

Mat-Su Senior Services

1132 S. Chugach St.

Palmer, AK 99645

RETURN SERVICE REQUESTED

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

Information Inside!

