

Mat-Su Senior Chatter

July 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. 5-6 President's
Report

Pg. 7 Games

Pg. 8 CEO Message

Pg. 10-11
Activities

Pg. 12 Farmers
Market Coupons

Pg. 13-14
American Flag

Pg. 14-15 Gift Shop

Pg. 16 Heat Stroke

Pg. 17 Menu

Pg. 18 Resources

10 Things You May Not Know About the 4th of July:

- ◇ The Declaration wasn't signed on July 4th or in July at all
- ◇ The first celebrations weren't much different than today's celebrations
- ◇ Eating salmon on the fourth is a tradition in New England
- ◇ Massachusetts was the first state to recognize the holiday
- ◇ The oldest annual Fourth of July celebration is held in Bristol, Rhode Island
- ◇ AND, the shortest parade is in Aptos, California
- ◇ There are around 15,000 Independence day fireworks celebrations every year
- ◇ We'll eat an obscene amount of hot dogs
- ◇ AND, we'll spend billions on food \$\$\$
- ◇ Three Presidents have died and one was born on the Fourth



Support MSSS and Become a

Sponsor

Of the Chatter!

Call for Details

907-745-5454

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 ResourcesBeth Westland & Focus Solutions
 Chief Financial OfficerAmanda Watson
 Adult Day Services Manager.....Christopher Koops
 Chore & Respite Manager.....Lisa Mecham
 Temp. Kitchen Manager.....Phyllis Moore
 Senior Facilities/Transportation Mgr.....Tim Pettit

Congratulations

Please join us in welcoming our newly elected Board of Directors members.

Scott Manke, President

Dora Wheeler, Secretary

Linda Combs

Thank you for volunteering for these essential positions.



Thank you

Please join us in thanking the following members for their years of service on our Board of Directors.

Bob Shaw, Past President & Past Board Member

Sally Weiland, Past Secretary & Current Board Member

Michael McGinty, Past Board Member

Jo Ehman, Past Board Member

PRESIDENT'S REPORT



Well, hello everyone!!

Firstly, thank you all so much for your votes allowing me to serve on your behalf on the board of directors at Palmer Senior Center/Mat-Su Senior Services. So many folks came up and said they were going to vote for me or told me they did so afterward. It is truly humbling and an honor to serve you. Then, lo and behold, the board itself voted to allow me to serve as Board President. Wow. It isn't something the guy who washed your dishes and helped cook your food here for 3 ½ years would have expected. But, as you get to know me you'll find there is a great deal more to me than that.

Serving is something I've always done in one form or another even in leadership capacities. We all serve someone, most especially for many of us, The Lord! Once installed in the office the board heard my philosophy and I'll share that with you here. We are a team. This is not a one-person show. The entire board serves you. The CEO serves the board. And the employees under the CEO serve all of us. We've gone through a lot these past three years. It was one director out, an interim in, another director in, the whole Covid craziness, and more changes ahead. The one constant in life is change. As we get older we don't like change much, especially big change. We like peace, we like stability, and we like normal. Throw a bit of fun in here and there, but we become creatures set in our ways. Well, we don't always get what we want or what we're comfortable with.

Our goal here is for this place to be a home for you. Our goal is to not have this be a place of turmoil and confusion. We get plenty of that in the rest of life, right?! And each of us on the board must earn your respect and trust, myself especially. Leadership is not just about words but about action. That's why you'll still see me helping out in the kitchen. We're short-handed in there and in other areas. The grants we once relied upon aren't there so folks on staff are having to work extra hard to fill in that shortfall. Until then we as volunteers should pick up the slack. The burden is lighter when you share it. So, as board President, I can't ask for others to volunteer when I don't lead by example. That has always been the way I've led, from the front. And oh yes, I'm human. I'll make mistakes as we all do. I'm not very tech-savvy. I don't own a smartphone and don't want one. I don't text. I prefer the personal touch. So the staff will need to guide me through some of the tech challenges. Patience, grasshopper.

Annual & Lifetime Options

Yearly Membership.... \$24.00



*Call Us to Learn More or
to Learn About Lifetime Memberships.*

907-745-5454

July Membership Meeting: July 14 at 11:30am

I'm a creative soul, a poet, lyricist, novelist, with songs on a CD by an Australian artist. I know pretty much all the artists, past and present, in the Irish super group Celtic Woman. I hope to make use of those connections on our behalf at some point. And here's an idea for you, next February for Valentine's Day how about a sweetheart dinner theater with a play put on by Valley Performing arts. Several folks at my church are in VPA and I've already floated the idea. We're going to have to get creative to get us back to full funding for the staff requirements and appropriate pay. The ultimate goal for all of us is how to serve the senior community better. Everyone on the board, management, and staff must be on the same page. I look forward to the blessings and challenges of serving in this role and serving you. Thank you all for your trust and confidence. I'll do my best to earn that respect. You don't just get it by having a title. It must be earned. God's blessings to each of you and buckle up! Might be some bumpy air along the way but we'll land just fine. It's all in His hands. I'm just His instrument. Keep the faith.

Scott Manke Board President

Officers

President Scott Manke
Vice-President Lisa Smayd
Treasurer Jennifer McCrary
Secretary Dora Wheeler



Members

Dee Brown
Linda Combs
Catherine Hall
Sally Weiland



Camping

Declaration

Red

Freedom

Fireworks

America

Flag

Britain

Celebrate

Fourth

July

Independence

Holiday

Blue

Sparklers

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

Word Find

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

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

CEO MESSAGE

Happy New Year!



I realize not everyone celebrates the end of a fiscal year; however, it offers a non-profit an opportunity to reflect on the journey taken, successes realized, and lessons learned throughout the year. It also invites us to dream about the year ahead. The new fiscal year is a blank slate ready for new energy and achievements. We are embarking on the fiscal year 2022 with a new budget, a new governing board, and a refreshed vision for the future of Mat-Su Senior Services. Thanks to the hard work from dedicated staff and a passionate governing board, we are beginning the year on a solid foundation. We welcome more seniors to the Center and the Adult Day Center each week, more seniors are receiving vital Chore and Respite services, and mind-enriching activities are growing weekly. Additionally, we enter the new year with a positive cash flow and a growing number of community partners.

Why does this matter? First, we must provide a community where seniors can thrive and live to their fullest potential while promoting independence, security, and quality of life as we age. Second, Alaska is leading the nation in senior citizen growth, and the Mat-Su Valley is leading the state. Between 2016-2020 the Valley experienced a 21% growth in 65+-year-olds. The high growth rate is expected to continue, with an anticipated 23% increase by 2025, 27% by 2030, and another 30% by 2035. Ensuring we meet the needs of our seniors today while strategically planning to meet the needs of our seniors into the future is imperative.

So what might we anticipate in the year ahead? More fun-fill activities, alongside the quality services you expect from our devoted staff. I also expect that we will continue to welcome new friends to the Center, expand our reach within the community, and expand partnerships throughout the state. With the growth, we are in need of more volunteers – especially in the Kitchen and Gift Shop. If interested, please call 907-761-5045 to RSVP for upcoming Volunteer Orientations.



Warm regards,

Elaine Phillipps

Chief Executive Officer

Mat-Su Senior Services

Thank You for Supporting Mat-Su Senior Services!

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

BECOME A VOLUNTEER - MAKE A DIFFERENCE



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.

907-761-5045

Ted Ackerman, Linda Berget, Bruce Downs, Elinor Goodrich, Shirley Hill, Jerald Pendergrass, Maryann Selle, Jerry Soper, Sandra Ingalls, Herb Bischoff, Judy Crosby, Edna DeVries, Robert Dreeszen,



Kathryn O'Dell, Anna Weiss, Madelyn Belt, John Brubaker, Monty Hotchkiss, Nord Leroy, Jeanette McDonald, Sheila Sanford, Laurel Flynn, Elizabeth Meier, Jeanette McDonald

July Ongoing Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All events will take place at the <u>Palmer Senior Center</u> 1132 S. Chugach St. Palmer, AK unless otherwise noted.</p>			<p>1. 10am Praise in Action</p> <p>1pm Volunteer Orientation</p>	<p>2. 10am Senior Strength</p>
<p>5. Center Closed</p>	<p>6. 11am Volunteer Orientation</p> <p>3pm Zumba</p>	<p>7. 10am A New You</p> <p>3pm Yoga</p>	<p>8. 10am Praise in Action</p> <p>1pm Volunteer Orientation</p>	<p>9. 10am Senior Strength</p>
<p>12. 10am Senior Strength</p>	<p>13. 11am Volunteer Orientation</p> <p>3pm Zumba</p>	<p>14. 10am A New You</p> <p>3pm Yoga</p>	<p>15. 10am Praise in Action</p> <p>1pm Volunteer Orientation</p>	<p>16. 10am Senior Strength</p>
<p>19. 10am Senior Strength</p>	<p>20. 11am Volunteer Orientation</p> <p>3pm Zumba</p>	<p>21. 10am A New You</p> <p>3pm Yoga</p>	<p>22. 10am Praise in Action</p> <p>1pm Volunteer Orientation</p>	<p>23. 10am Senior Strength</p>
<p>26. 10am Senior Strength</p>	<p>27. 11am Volunteer Orientation</p> <p>3pm Zumba</p>	<p>28. 10am A New You</p> <p>3pm Yoga</p>	<p>29.</p>	<p>30.</p>

New Classes and Activities may be added during the month.

For the most up to date class listings visit our website: www.matsuseniors.com

JULY New Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All events will take place at the <u>Palmer Senior Center</u> 1132 S. Chugach St. Palmer, AK unless otherwise noted.</p>			1. 10am Technology Class– Phones	2. 11:30am Show your American Pride 1:30pm Make Greeting Cards
5. Center Closed	6. 10:00am Crocheting 1:00pm AK Nature Brotherhood & Sisterhood	7. 10:00am Pinochle	8. 10am Technology Class– Phones 1:30pm Still Life Drawing with a Twist	9. 1pm Jewelry Making
12.	13. 10:00am Crocheting 1:00pm Fiddle & Guitar performance	14. 10:30am Quilts of Valor 1:00pm Pinochle	15. 10am Technology Class– E-Mail 12:30pm Alaska Legal Services 1:30pm Still Life Drawing with a Twist	16.
19. 2pm Watercolor String Art	20. 10:00am Crocheting 1:00pm AK Nature Brotherhood & Sisterhood	21. 1:00pm Pinochle 1:00pm Bread Making	22. 10am Technology Class– E-Mail 1:30pm Still Life Drawing with a Twist	23. 1pm Jewelry Making 1:30pm Make Greeting Cards
26. 2pm Watercolor String Art	27. 10:00am Crocheting	28. 1:00pm Pinochle	29. 10am Technology Class– FaceBook	30.



**Must be 60
years or older**

**Income Restrictions
Apply**

Coupons are Available

Limited Supply * First Come First Serve

in the Administrative office at Palmer Senior Center

Monday, Wednesday and Fridays 12-3pm

Call 745-5454 for more information



Folding the American Flag

What is the significance of the folds?

This is what the 13 folds mean:

The first fold of our flag is a symbol of life.

The second fold signifies our belief in eternal life.

The third fold is made in honor and tribute of the veteran departing our ranks, and who gave a portion of his or her life for the defense of our country to attain peace.

The fourth fold exemplifies our weaker nature as citizens trusting in God; it is to Him we turn for His divine guidance.

The fifth fold is an acknowledgement to our country, for in the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."

The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies.



The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.

The ninth fold is an honor to womanhood, for it has been through their faith, love, loyalty, and devotion that the character of men and women who have made this country great have been molded.

The 10th fold is a tribute to father, for he, too, has given his sons and daughters for the defense of our country since he or she was first-born.

The 11th fold, in the eyes of Hebrew citizens, represents the lower portion of the seal of King David and King Solomon and glorifies, in their eyes, the God of Abraham, Isaac, and Jacob.

The 12th fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son, and Holy Ghost.

The last fold, when the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."



It's Official—Summer is Here!

Solstice has passed and the longest day of the year is behind us. Summer is officially here and in full swing in this nearly post covid era. With

Independence Day upon us, the slight shortening of daylight is a good thing. Fireworks can be better appreciated on an evening with a bit of darkness. It's a time for outdoor grilling, hot dogs, hamburgers and silver salmon done to perfection. Summer is great. To make it even better, the gift shop offers some fantastic suggestions. Hang one of our beautiful American flag quilts on your wall or let it grace your table for the 4th of July. We have two beautiful designs crafted by seamstress extraordinaire, Bobbi Lewis.

Gift Shop

Summer means tee shirts: fun, funny, in bright colors with garden or floral scenes for the ladies or traditional Alaskan forest animals for the hardy. Find your new favorite tee at the gift shop. We even have mom and new baby tee shirt sets. Tees come in both traditional and “shaped” styles for ladies. Can’t find what you want? We have a huge line of tee that can be ordered just for you. Simply ask one of our helpful gift shop volunteers to assist you.



In this post-covid era, hand written snail mail notes have become popular again. There’s something very personal about a hand written note that e-mails and texts lack. From hand-embroidered cards featuring flowers, birds and fanciful designs by Melanie Kopperud to scenes of Alaska native and pioneer life by Cindy Pendelton, there is a perfect card to make someone’s day special. We also feature

blank cards by noted Alaska artist Karen Whitworth. Be sure to toss a packet of her wildflower seeds in your notecards for an added special touch.



Jewelry artists Sue Shaw and Vicki Randolph (Classy Glass Expressions) have been busy adding many new designs to their exciting accessory lines. Don’t miss Vicki’s sliders: beautiful cord necklaces reminiscent of traditional men’s string ties. She has also added a new line of ruggedly attractive men’s bracelets appropriate for both dress and casual

wear. Sue Shaw has added a new line of delicate 22-karat gold earrings in dainty designs. Both designers have added many new earring designs as well.

Back by popular demand, Margie Foster’s thread catchers are now available in a variety of bright designs ready to hold not only errant threads while you are sewing, but all sorts of “where is that” items.

There’s always something new at the gift shop. Drop by often so that you don’t miss that perfect gift for yourself or someone else!



Charice, MSSS Volunteer

Which one is it?

All too often we Alaskans forget that we do get hot up here even if the thermometer doesn't reach the triple digits like our lower 48 friends.

Please take note of the differences between heat exhaustion and heat stroke so that you can treat appropriately.

KNOW THE DIFFERENCE!

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or Dizzy		Throbbing Headache
Excessive Sweating		No Sweating
Cool, Pale, Clammy Skin		Body Temperature above 103° Red, Hot, Dry Skin
Nausea or Vomiting		Nausea or Vomiting
Rapid, Weak Pulse		Rapid, Strong Pulse
Muscle Cramps		May Lose Consciousness

Treatment for Heat Exhaustion:

- Get to a cooler, air conditioned place
- Sip water if fully conscious
- Take a cool shower or use cold compresses
- Lie down, loosen clothing

CALL 9-1-1
Take immediate action to cool the person until help arrives

July Menu

*Menu is Subject to



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Happy Birthday Stuffed Peppers Rice Carrots Corn bread Cake	2. Stuffed Crab Pollack rice Green Beans Garlic Bread Fruit
5.	6. Spaghetti Key Largo Rolls fruit	7. Membership Pot Roast Mashed /gravy Broccoli Normand Dinner Rolls Cheese Cake	8. Chicken & Biscuit Brussel Sprouts Bis- cuit Yogart	9. Baked Cod Rice Pilaf San Francisco Garlic Bread muffins
12. Chicken Legs Scalloped potatoes Glazed Carrots Wheat bread fruit	13 Sweet and Sour Pork w/ rice Peas Herb bread Pudding	14 Liver and onions Mashed/gravy Peas and carrots Cake Baked bread	15 Chili Rice Corn Corn Bread Jello	16 Catfish Cheddar Bits Garlic Bread German blend Peaches
19 Chicken Fried Stk German blend Mashed and gravy French bread Cup cakes	20 Pork Patties Cheddar bits Green Beans Buns Fruit	21 Turkey w/ trimmings herb rolls Green Beans Apple pies	22 Turkey al-la-king Rice Broccoli Normandy Bread\ cake	23 Fish cakes FF Garlic Bread Peas pears
26 Mac & Cheese w/ ham Key Largo Corn bread Peaches	27. breakfast	28 Baked Chicken w/ baked sweet Potatoes Peas and onions Rolls pie	29 Beef Stew Biscuit Mixed veggies Yogurt	30 Baked Pollock Baked Potato Broccoli Spears Garlic Bread Pudding

Grab N' Go Meals Suspended until further notice. On Fish & Liver days, there is an alternative choice.
Fish, unless otherwise noted is wild caught.

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.

1-855-565-2017

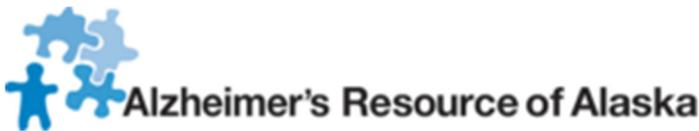
The ACE Foundation is a non-profit organization that provides medical equipment and supplies to help people regain their mobility and independence through a lending closet.

Phone: 907-232-4848

acelendingcloset@gmail.com



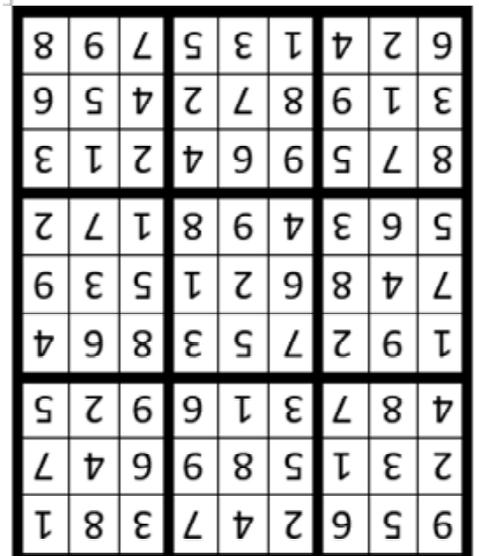
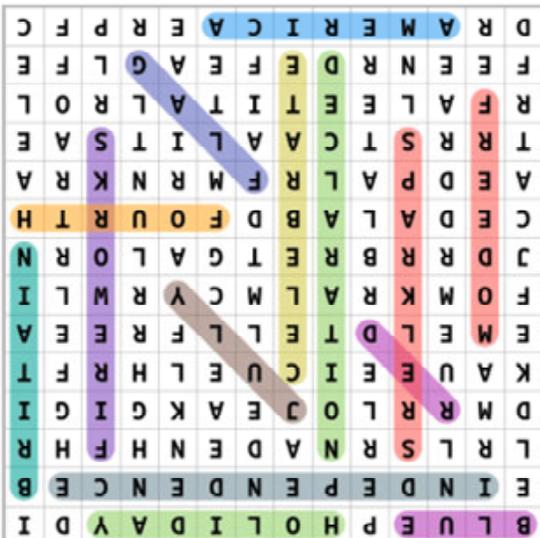
ACE Lending Closet



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

Phone: 907-561-3313 **Statewide:** 1-800-478-1080



75% of all pollution produced by automobiles comes from cars over 13 years old



YOUR DONATION SUPPORTS A CLEAN PLANET.



Recycling your vehicle can lead to a 76% reduction in water pollution and 86% reduction in air pollution.

Automotive recycling estimates 24 million gallons of motor oil is reused and not wasted.



DID YOU KNOW..

86% of a vehicle can be reused.

AND

6 recycled cars can build a 6,000 square foot home with steel framing.



DONATE YOUR OLD VEHICLE TODAY!

Supporting MSSS is EASY by donating a vehicle to careeasy.org!

Call (855)-500-7433 or visit careeasy.org/mat-su-senior-services



1132 Chugach St.

Palmer, AK 99654

RETURN SERVICE REQUESTED

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

Learn more at www.MatSuSeniors.com

& Much More!

Eligibility to vote for the Board of Directors
Eligibility to serve on the Board of Directors
Receive Senior Chatter monthly newsletter
Participate in monthly events and activities

Your membership rewards include:

