

JULY 2022

Palmer Senior Center dba Mat-Su Senior Services

## SENIOR MONTHLY CHATTER

### CORE VALUES

RESPECT | TRUST | INDEPENDENCE | SECURITY  
COMPASSION | UNITY



### *A Message from Brandi...*

**Independence** is our way of life, both through Mat-Su Senior Services (MSSS) and Palmer Senior Citizens Center (PSCC). Independence for our seniors can mean finally doing the things you wouldn't have dreamed of doing when you were younger, such as writing that book, starting that business, or even getting a pet. It means planning your day to get the most out of each hour, placing your energy into things that contribute to your happiness.

**Independence** for our seniors can mean finding your sense of purpose, by deciding to create the opportunities for achievement, and contributing to the lives of family, friends, and neighbors. This is our chance to set and reach goals which will have a big impact, even if they seem small.

**Independence** for our seniors can mean being knowledgeable of the positive trends happening for the older American. This can include increases in flu vaccinations, improvements in self-reported health status, and even improvements in oral health. Throughout the remainder of the year, we will be focusing on ways to help our seniors with any mental and behavioral health challenges. Let's explore ways to create a continuum of care, physically, mentally, and emotionally, at MSSS.

**Independence** for our seniors can be the positive changes you want to see in your city, community, and even our organization. This can be accomplished by participating in our new activities and seeing the ways you can be a part of helping to fix areas you see in need of improvement.

I believe we are able to truly celebrate **Independence** every day as the premier provider of senior services in which our culture is second to none. Please join me on Wednesday, July 13th, at our next Membership Meeting. Wear your red, white & blue! Let's take a commemorative membership photo together. I challenge each of you to come with an open heart and open mind towards partnership and mutual respect.

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*Brandi Burchett*  
CEO



Palmer Senior Citizen's Center, INC. dba  
Mat-Su Senior 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. Our clients include older Alaskans, individuals with Alzheimer's Disease or related disorders, and anyone of any age on the Home and Community Based Medicaid Waiver Program.

### Services available:

- **CONGREGATE MEALS:** Monday - Friday, 11:30am - 12:30pm at the center
- **HOME DELIVERED MEALS:** Call-in by 9am Monday-Friday to start or make changes
- **ADULT DAY SERVICES:** Monday - Friday, 7:30am - 4pm
- **CHORE & RESPITE & SUPPLEMENTAL SERVICES:** Call Monday - Friday, 8am - 4pm
- **NOTARY SERVICE:** Traveling notary available
- **VOLUNTEER OPPORTUNITIES:** Call Jackie at 761-5045
- **SENIOR HOUSING CHUGACH & COLONY ESTATES:** Call 761-5001
- **FACILITY RENTAL & CATERING:** Call 761-5006
- **TRANSPORTATION:** Medical rides in Palmer or Wasilla, call 761-5050 one week in advance

### Voluntary donations accepted for all services.

#### Suggested donation amounts are:

- CONGREGATE MEALS: \$5
- HOME DELIVERED MEALS: \$6.50
- TRANSPORTATION: \$5 (Palmer, RT)  
\$8 (Wasilla, OW)

*Proud member of*



United Way of Mat-Su

Food Bank of Alaska

Coalition of Mat-Su Senior Centers

ACAO



## DEPARTMENT MANAGERS

CEO.....Brandi Burchett  
COO/HR.....Beth Westland  
CFO.....Kristine Inman  
Transportation/Facilities.....Tim Pettit  
Adult Day Services.....Christopher Koops  
Chore/Respite Services.....Lisa Mecham  
Kitchen/Food Services.....Nick Lloyd

*Mat-Su Senior Services is an equal opportunity employer and provider.*



## *A note from Linda...*

Six months of the year are now over and the days recently have been very warm and bright with sunlight around the clock. Many will say that is the reason they live here in Alaska, a state with challenges but also the most beautiful scenery.

The end of June has us welcoming new Board members and facing the new Fiscal year. Recently, I have had several conversations that indicate most individuals feel the last couple of years have brought overwhelming change. Some of us really embrace change and others are not so quick to let go of the tried and true, even if flawed, past. I am not a huge fan of change myself, says the lady whose furniture has been in the same spot for 35 years. I am learning to embrace change. Change often brings about many new benefits, when you are open to it.

I foresee the first quarter of the new fiscal year being about bringing the future of our organization into focus. We are beginning to take those first steps towards accomplishing previous set goals and warming up to reviewing the comprehensive development plan that has gathered some dust on the shelves. After all the setbacks of the past few years, it will be refreshing to move forward in a new direction for our current members and the new members we plan to acquire. Both the staff and the Board will be encouraging other community members to join us.

**We are looking for your input** regarding new programs or reinstatement of some old favorites. Please reach out to the staff and the Board of Directors with your ideas. Please consider volunteering to help make them happen.

During the months of gardening, camping, festivals, and sitting on the front porch, remember all your friends who have become a part of your family here at the Palmer Senior Center. We look forward to you coming back to us recharged and ready to help affect change to carry us into the coming years.

*Linda A. Combs*  
Board President



# YOU'RE INVITED!

JOIN US FOR

## Christmas in July

8  
July

8am - 5pm

BRING A DONATION OF EITHER A NEW PAIR OF SOCKS, THROW BLANKET, OR HYGIENE KIT AND GET A FREE ROOT BEER FLOAT!



OUR GOAL IS TO RAISE 200 OF EACH ITEM TO BE GIVEN TO OUR HOMEBOUND SENIORS RECEIVING HOME DELIVERED MEALS. WE NEED YOU TO MAKE IT POSSIBLE!

\*DONATIONS CAN BE DROPPED OFF AT THE CENTER FROM 9AM-3PM ON JULY 5TH, 6TH, AND 7TH, IF YOU ARE UNABLE TO ATTEND.

Questions? Contact Jackie, Volunteer & Activities Coordinator, at 907.761.5045 for information.

### Puzzle 1

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

### Puzzle 2

|   |   |   |   |   |  |   |   |
|---|---|---|---|---|--|---|---|
| 2 |   |   | 5 |   |  |   | 3 |
|   |   | 6 |   |   |  |   | 7 |
| 5 |   |   |   | 9 |  |   | 2 |
| 1 | 3 | 2 | 8 | 5 |  |   |   |
| 6 | 5 | 9 |   |   |  |   |   |
|   | 9 |   |   | 1 |  |   |   |
|   | 7 |   | 9 | 3 |  |   | 1 |
| 9 |   |   |   | 6 |  |   |   |
|   |   |   | 1 | 2 |  | 7 | 8 |

# JULY 2022

## ACTIVITIES



MON

TUE

WED

THU

FRI

1  
10AM SENIOR  
STRENGTH

ALL ACTIVITY LOCATIONS WILL BE LISTED IN THE  
LOBBY UNLESS OTHERWISE NOTED

FOR QUESTIONS CONTACT JACKIE AT  
JLIBBY@MATSUSENIORS.COM OR CALL 907-761-5045

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

4  
\*CLOSED



5  
9:30AM TAI CHI (9  
PERSON LIMIT)  
10AM BOOK CLUB  
10:30AM  
CONVERSATIONAL  
SPANISH FOR  
BEGINNERS  
12PM ZUMBA (439 W  
ELMWOOD)

6  
10AM A NEW YOU  
1PM POSITIVITY  
CARDS  
1PM PINOCHLE  
3PM YOGA (439 W  
ELMWOOD)

7  
10AM BIBLE STUDY  
1PM HOW TO USE  
APP/PLAY STORE

8  
10AM SENIOR  
STRENGTH  
1PM FLIP FLOP  
SIGNS

CHRISTMAS IN JULY

11  
10AM SENIOR  
STRENGTH  
1PM FALL  
PREVENTION

12  
9:30AM TAI CHI (9 PERSON  
LIMIT)  
9:30AM ESTATE PLANNING  
10:30AM CONVERSATIONAL  
SPANISH FOR BEGINNERS  
12PM ZUMBA (439 W  
ELMWOOD)

13  
10AM A NEW YOU  
1PM PINOCHLE  
3PM YOGA (439 W  
ELMWOOD)  
\*MEMBERSHIP  
MEETING

14  
10AM BIBLE STUDY

15  
10AM SENIOR  
STRENGTH  
1PM DIABETES  
PREVENTION

18  
10AM SENIOR  
STRENGTH  
11:30AM CLOSE  
ENOUGH  
1PM ROCK PAINTING

19  
9:30AM TAI CHI (9  
PERSON LIMIT)  
10AM HOPE STUDIOS  
WALL MURAL  
10:30AM  
CONVERSATIONAL  
SPANISH FOR BEGINNERS  
12P ZUMBA (439 W  
ELMWOOD)

20  
10AM A NEW YOU  
1PM PINOCHLE  
3PM YOGA (439 W  
ELMWOOD)

21  
10AM BIBLE STUDY  
10AM HOPE STUDIOS  
WALL MURAL  
1PM VISION LOSS

22  
9AM COFFEE CHIT-  
CHAT  
10AM SENIOR  
STRENGTH  
1PM LEARNING  
ABOUT ARTHRITIS

25  
10AM SENIOR  
STRENGTH  
1PM EXPANDING  
SPRING FLOWERS

26  
9:30AM TAI CHI (9 PERSON  
LIMIT)  
10:30AM  
CONVERSATIONAL  
SPANISH FOR BEGGINERS  
12P ZUMBA (439 W  
ELMWOOD)

27  
10AM A NEW YOU  
1PM PINOCHLE  
3PM MOVIE MATINEE  
3PM YOGA (439 W  
ELMWOOD)  
6PM ESTATE PLANNING

28  
10AM BIBLE STUDY

29  
10AM SENIOR  
STRENGTH

# JULY 2022

## ALZHEIMER'S CLASS SCHEDULE



MON

TUE

WED

THU

FRI

SAT

WEEK 1

ALL CLASSES TAKE PLACE ONLINE UNLESS OTHERWISE NOTED  
OPEN TO ANYONE  
YOU MUST REGISTER ONLINE AT  
[ALZALASKA.ORG/](http://ALZALASKA.ORG/)

CONTACT JACKIE FOR ASSISTANCE AT 907-761-5045

1  
10AM MAT-SU  
VALLEY SUPPORT  
GROUP

2  
1PM STATEWIDE  
SUPPORT GROUP

WEEK 2

4  
10AM UPPER  
SUSITNA SUPPORT  
GROUP



5

6

7  
1PM VIRTUAL  
ART LINKS

8  
1PM IN-PERSON  
ART LINKS

1PM MAKING  
VISITS POSITIVE

9  
1:30PM SAVVY  
CAREGIVER  
(6 WEEK COURSE)

WEEK 3

11

12  
10AM MIND  
SHARPENER  
(12 WEEK COURSE)

1:30PM MAT-SU  
VALLEY SUPPORT  
GROUP

13

14  
1PM VIRTUAL  
MEMORY CAFE

15

16  
1:30PM SAVVY  
CAREGIVER  
(6 WEEK COURSE)

WEEK 4

18

19  
10AM MIND  
SHARPENER  
(12 WEEK COURSE)

12PM ACTIVITY BOX  
IDEAS FOR PEOPLE  
LIVING W/DEMENTIA

20  
1PM STATEWIDE  
SUPPORT GROUP

21  
1PM VIRTUAL  
ART LINKS

22  
1PM IN-PERSON  
ART LINKS

23  
1:30PM SAVVY  
CAREGIVER  
(6 WEEK COURSE)

WEEK 5

25

26  
10AM MIND  
SHARPENER  
(12 WEEK COURSE)

1PM  
FRONTOTEMPORAL  
DEMENTIA

27

28

29  
12PM WHEN DOES  
FORGETTING  
BECOME A WORRY

30  
1:30PM SAVVY  
CAREGIVER  
(6 WEEK COURSE)

# JULY 2022

## LUNCH MENU



MON

TUE

WED

THU

FRI

WEEK 1

MEAL COST FOR NON-ELIGIBLE INDIVIDUAL

\$14 - FULL MEAL UNDER 60

\$6.00 - KIDS 8-12 YEARS

\$5.00 - KIDS 0-7 YEARS

1  
HOT DOGS  
BAKED BEANS  
CHIPS

**MENU IS SUBJECT TO CHANGE**

WEEK 2



5  
SPAGHETTI  
KEY LARGO VEGGIE  
BREAD  
FRUIT

6  
POT ROAST  
MASHED POTATOES  
GRAVY  
BROCCOLI  
BREAD  
DESSERT

7  
CHICKEN FRIED  
STEAK  
GERMAN BLEND  
VEGGIE  
MASHED POTATOES  
BREAD  
DESSERT

8  
COD  
FRENCH FRIES  
PEAS  
GARLIC BREAD  
DESSERT

WEEK 3

11  
BAKED CHICKEN  
RICE  
CORN  
BREAD  
DESSERT

12  
PORK CUTLETS  
MASHED POTATOES  
GRAVY  
PEAS & CARROTS  
BREAD  
DESSERT

13  
BAKED HAM  
SCALLOPED  
POTATOES  
BREAD  
DESSERT

\*MEMBERSHIP  
MEETING

14  
MEATLOAF  
MASHED POTATOES  
GRAVY  
BROCCOLI  
BREAD  
DESSERT

15  
CATFISH  
RICE  
CARROTS  
GARLIC BREAD  
DESSERT

WEEK 4

18  
CHICKEN PATTY  
MARINARA SAUCE  
PASTA  
CAULIFLOWER  
BREAD  
DESSERT

19  
TURKEY ROAST  
STUFFING  
GRAVY  
CORN  
BREAD  
DESSERT

20  
SWEEDISH  
MEATBALLS  
NOODLES  
GREEN BEANS  
BREAD  
DESSERT

21  
POPCORN CHICKEN  
FRENCH FRIES  
CARROTS  
BREAD  
DESSERT

22  
FISH  
BATTER BITES  
CORN  
BREAD  
DESSERT

WEEK 5

25  
CHICKEN ALA KING  
RICE  
PEAS & CARROTS  
BREAD  
DESSERT

26  
SHEPHERD'S PIE  
PEAS  
BREAD  
DESSERT

27  
CHILI  
CAULIFLOWER  
BREAD  
DESSERT

28  
CHICKEN FRIED STEAK  
FRENCH FRIES  
BREAD  
DESSERT

29  
FISH  
RICE  
BROCCOLI  
BREAD  
DESSERT

GOD  
BLESS  
AMERICA





ALASKA THROUGH A **GOULDEN** LENS

*From the Gift Shop*

John **GOULD** has a lot to do with the friendly and inviting atmosphere of the gift shop. John's stunning photo art will stun you with it's intensity and vibrant views of Alaska and other subjects. Captured by a master photographer, and then processed onto aluminum sheeting, these photos pop as no other type of wall art can. John's new show will be officially launched on Wednesday, July 13th in conjunction with our senior monthly meeting. John will be in attendance with a special collection of art pieces and to answer questions about his art form.

John is a nearly life-long photographer with his true beginnings behind the lens of a Kodiak Brownie Holiday camera (remembered by many of a certain age). First, it was point and shoot at family gatherings, but soon it was much more. As a child, John spent a good deal of time fishing in the wilderness. He soon discovered that he was able to capture both his emotions and the beauty of the scenery through his camera lens. For years he prepared annual slide shows for his church, chronicling events and activities. His work morphed into portraiture, wedding photography, and upon arrival in Alaska, a reinvolvement with nature at its best and most grand. Today, John spends many hours and in some cases, days, in preparation for many of his photos shoots, and it shows. Don't miss his breathtaking display and additional art pieces at the July Membership meeting.

Our snap jewelry sale was a great success! So many people were delighted with the number of snaps, necklaces, bracelets, rings, and other pieces they were able to take home without breaking the bank. Many customers were disappointed when the sale came to an end. GOOD NEWS! The sale has been extended until the end of July. Swing in and pick up the pieces you missed in June!

It's time to send a few notes to friends, penned on the great new collection of Karen Whitworth's blank cards. Whitworth, a life-long Alaskan artist who trained under Shane Lamb while she was still in high school, captures Alaska at it's very best. All of her cards include a complimentary post card of the image on the card cover. Use it for another note, or frame it as a lovely piece of Alaskan art for your home.

You may have come by the gift shop recently to pick up your favorite soap (maybe you just used the last bar), or you planned to stop by to pick up a perfect gift for your grandson, only to discover that the shop was closed. Many of you are aware that coming back as a fully robust, five day a week shop following covid closures has proven difficult. Without adequate staff, we were forced to be closed for the last weeks of June. In the past, the gift shop generally had a volunteer staff of ten to twelve people. We currently have five volunteers. We need more help! If you enjoy people, tend to be somewhat outgoing and could donate at least three days a month to the gift shop, we'd love to have you join us. Work 12 hours a month and get a 20% discount! Contact Jackie at 907-745-5045 or stop by the center.



**Hours: Tuesday through Friday, 10am - 2pm**  
**Questions? Call 907-761-5043**



# JULY BIRTHDAYS!



- |                        |                       |                        |                             |
|------------------------|-----------------------|------------------------|-----------------------------|
| Vernon Aardahl         | Marie C. Dryden       | Clarence Kolerok       | Donna Tedd                  |
| Constance L. Able      | Diane M. Dusek        | Linda Larson           | Marilyn K. Thom             |
| Clayton 'Ted' Ackerman | Kaylene D. Elliott    | Margaryta Lavrova      | Sandra S. Thomas            |
| Walter L. Anderson     | Judy L. Endell        | Leroy Nord             | Billie Jo Traur             |
| Donald L. Atchison     | Jack Farnocchia       | Edith M. Lescault      | JoAnne Utt                  |
| Bonnie Bannon          | Gary D. Fisher        | Anne Marie Leuenberger | Gerald J. Van Hoomissen     |
| Madelyn Belt           | James J. Frederickson | Jim McCall             | Wanda M. Van Hoomissen      |
| Linda Berget           | Patricia J. Gakin     | Judy L. McClain        | Elizabeth Volel             |
| Herb Bischoff          | Gloria Gale           | Jeanette A. McDonald   | Candee Carmalita L. Watkins |
| Kathleen Bonkoski      | Patricia J. Gariepy   | Alvin McNiven          | Georgia Webb                |
| Beatrice Breitgham     | Donald Gibson         | Elizabeth Meier        | Anna Weiss                  |
| Johnnie G. Brown       | Glenn Geopfert        | David L. Mercer        | Carol Werner                |
| John D. Brubaker       | Elinor Goodrich       | Anna Metzger-Dunks     | Maria P. White              |
| David F. Burk          | Frank W. Gwin         | Michael Mircovich      | Pamela J. Whitehead         |
| Tom M. Butlarnadi      | Shirley Hill          | James L Morris         | Lucy Whitman                |
| Norma J. Christensen   | Jerry Hoskins         | Gladis C. Nunez        | Deborah Lynn Williams       |
| Wenona Clampitt        | Monty L. Hotchkiss    | Kathryn M. O'Dell      | Pauline Williford           |
| James F. Cole          | Patricia D. Houser    | Dean O'Guinn           |                             |
| Judith Crosby          | Diane Huffman         | Carol L. Parmenter     |                             |
| David G. Curtis        | Lucinda Irish         | Larry Peach            |                             |
| Edna DeVries           | Susan Jones           | Jerald Pendergrass     |                             |
| Bernardo Dominic       | Barbara Kallander     | Loreen S. Petty        |                             |
| Robert Dreeszen        | LuAnn Kaucic          | Wynona Ralph           |                             |
|                        |                       | Judy Reynolds          |                             |
|                        |                       | Melaney L. Rogers      |                             |
|                        |                       | Shelia Sandford        |                             |
|                        |                       | John C. Schweiger      |                             |
|                        |                       | Maryann Selle          |                             |
|                        |                       | Frances J. Sinder      |                             |
|                        |                       | Jerry Soper            |                             |
|                        |                       | Kathleen Stadem        |                             |
|                        |                       | Dianne L. Steele       |                             |
|                        |                       | Kathleen A. Stone      |                             |



## Meal Cost

### FOR NON-ELIGIBLE INDIVIDUAL

\$14.00 - Full Meal under 60

\$6.00 - Kids 8-12 years

\$5.00 - Kids 0-7 years

*Please pay at the desk and enjoy your meal!*



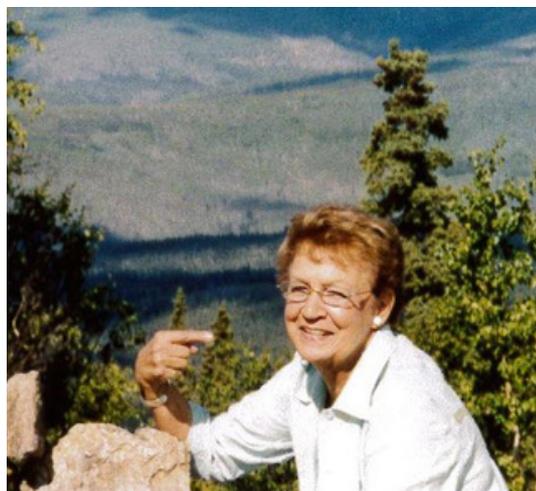


# JULY

## Senior Shout!

Our seniors are amazing and we want to let everyone know how grateful we are for them.

### This months Senior Shout features Dee Brown!



For 25 years, Dee Brown led "Dee Tours," a tour guiding service for seniors, as a volunteer. She understood that travel was a vital part of health for seniors.

Over the decades, Dee has been responsible for enriching hundreds of seniors' lives through her tours, taking her tours from inside Alaska to as far as New Zealand, Europe, Mexico, and Thailand.

Dee has retired from service but the memories she helped create will last a lifetime. Thank you, Dee.

### Solution 1

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

### Solution 2

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

# FIELDS of Fun COLONY DAYS PARADE!



Palmer Seniors were again a treat, showing off what Palmer Senior Center dba Mat-Su Senior Services has to offer during the Colony Day Parade.

Our float was provided by Danny Shuetter and pulled by his brand new Kenworth. He made the kids and crowd happy honking his horn!

Our Stairs were provided by Delbert Henry. They were awesome assisting our seniors up safely with the help of Luke and Danny.

Fields of Fun was the theme. Our seniors said it reminded them of baseball fields. We are to happy to have so many beautiful baseball fields in the Valley, playing games nightly!

Decorating our float was last minute due to our awesome thunder storms that had been showing their stuff!!

We were #48 in line. The parade route this year was thoroughly enjoyed. Thank you to everyone who added their own touch to our FUN.

Next year, make sure to mark your Calendar for the Colony Days Parade!



# WAY TO GO Anna!

Mat-Su Senior Services' very own, ANNA WEISS, represented us well wearing her MSSS shirt and finishing the 5K at Colony Days!

**CONGRATULATIONS, ANNA!**



Farmers Market Coupons are available! Pick-up or mailed to homebound participants.

## *Farmers Market* COUPONS

Pick-up starts on June 1st at MSSS  
**Monday, Wednesday, Friday**  
12p-3p upstairs in Admin

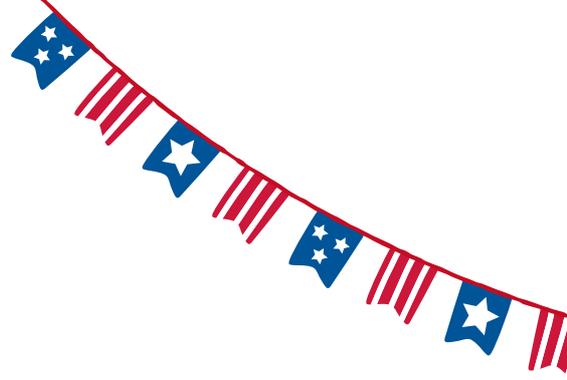
- Applications may **ONLY** be signed by the individual coupons are for
- Anyone picking up coupons for a homebound senior **MUST** have a signed proxy form
- Only **ONE** coupon booklet (worth \$35) per individual
- **Pick-up is ONLY available on Monday, Wednesday, Friday from 12p-3p**



# NOW HIRING

FOR MULTIPLE POSITIONS

Join our team



- Administrative Assistant
- Volunteer & Activities Coordinator
- Development & Communications Coordinator
- Food Service Manager
- Assistant Cook
- Maintenance Technician
- Paratransit Driver

### COME BE PART OF SOMETHING GREAT!

Palmer Senior Citizens Center, Inc. dba Mat-Su Senior Services is a 501(c)3 non-profit organization that was formed in 1980. Our primary mission is to promote honor, dignity, security, and independence for older Alaskans and to assist them in maintaining healthy, meaningful, quality lives.

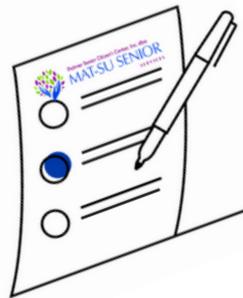
ALL positions require a finger print background check, must be 18+ years of age and have a valid ADL.

Please email resume to Beth at [bethw@matsuseniors.com](mailto:bethw@matsuseniors.com) or come fill out an application at 1132 S. Chugach Street, Palmer, AK 99645 today! For more information please call 907-745-5454.



June 13, 2022  
**Congratulations**  
to our new  
Board Members!

Sue Welton  
Ginger Sweeney  
Merle Beeter



## THANK YOU TO OUR Board Members

### Officers

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

### Members

Catherine Hall  
Dora Wheeler  
Phyllis Moore  
Russ Ingram  
VACANT



# Looking for an event space?

Have you seen our beautiful building?

Did you know we rent it out?



Weddings | Receptions | Anniversaries | Reunions | Business  
And so much more...



Call 907-761-5006  
for reservations or information.





Palmer Senior Citizen's Center, Inc. dba  
**MAT-SU SENIOR**  
SERVICES

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**Are you over 50?  
If so, YOU can be a member!**

Our next Membership Meeting is  
Wednesday, July 13th at noon.