



JUNE 2022

Palmer Senior Center dba Mat-Su Senior Services

SENIOR MONTHLY CHATTER

CORE VALUES

RESPECT | TRUST | INDEPENDENCE | SECURITY | COMPASSION | UNITY



A Message from Brandi...

As we move into the Month of June, LET US ALL, focus on being a Strengths-Based Culture. In a strengths-based culture, leaders, employees and members choose to continually develop each other's potential. This will result in growth for our organization as we give increased attention to our mission, vision, values and processes.

By "2030" 1 in 5 Americans will be considered a "Senior". That means you are amongst a quickly growing population. Services, technology and activities will need to align with being able to utilize those things for the benefit of our older Americans.

BY ALL OF US embracing this WE WILL ALL see an increase in activities taking place in the Palmer Senior Center, and throughout the Mat-Su Borough, hosted by Mat-Su Senior Services.

One idea that I thought would be enjoyable, is if we connected a theme with each membership meeting. For the June 8th meeting, wouldn't it be fun if we celebrated being in the land of the "Midnight Sun" by dressing "Sunny"? It should be fun...I know I will be there in my yellow dress!! Let us remember when we gather in membership meetings that the goal is of unity and to be mission driven. We come with the expectation of the meeting being informative and enjoyable. In doing this we set the mood for the meetings.

The last Wednesday of each month, from 3-5pm in the dining room, we will begin the Monthly Movie Matinee. That means our first showing will be June 29th! The dining room will host a movie suggestion box for proposed movies. The title of the chosen movie will be announced at the last Friday of each month, at 9am in the dining room. That day will also be the new Monthly Coffee Chit-Chats. Yes, the last Friday of each month we will gather together to chat. The first one will be on Friday June 24th! The topic for that day will be "The History and the Future". Some ideas could be the sharing of the history of Senior Services in the valley, as well as new invitations and ideas for our future. Hope to see you all there...we will be strength focused.

Brandi Burchett
CEO

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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 9:00am Monday-Friday to start or make changes
- **ADULT DAY SERVICES:** Monday - Friday, 7:30am - 4:00pm
- **CHORE & RESPITE & SUPPLEMENTAL SERVICES:** Call Monday - Friday, 8:00am - 4:00pm
- **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 are 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...

Hello!

Even after more than 50 years in Alaska, spring and moving into summertime never fails to fill me with awe over the swiftness of the replacement of the darkness and the dreary landscape. All that promise we see in the previous month is suddenly in bloom right before us.

The same thing is happening right here with our wonderful organization. Some new faces and new programs remind me of the gardens that are being sown and cared for throughout the next few months. Some of the tasks will immediately bloom for us while others take time to grow towards the desired results.

In the coming weeks you will be able to acquaint yourself with more of the plans to continue to move the Palmer Senior Center dba as Mat-Su Senior Services forward in the vision we have been holding in the multi-year comprehensive plan that we have had to shelve for so long.

Each of us as members are “gardeners” of this organization and as such, we choose the means to fulfill the dreams and ideas that are a big part of future growth. One of the most important privileges we have as members is to vote for our Board of Directors. Board duties include the expectations that each Board member will be working to accomplish the goals set forth in our Comprehensive Plan. Please keep in mind that the Directors you vote for are volunteers. It is a great benefit to the Center and the organization to have Board members who bring different skills and knowledge to the table.

Enjoy the longer days of beautiful sunlight and may your own personal gardens flourish just as I am looking forward to seeing the Palmer Senior Center dba Mat-Su Senior Services flourish as well. As always, please remember to be kind.

Linda A. Combs

Board President

YOU'RE INVITED!

WE ARE EXCITED TO ANNOUNCE TWO NEW MONTHLY EVENTS



MONTHLY COFFEE CHIT/CHAT will take place on the last Friday of every month starting THIS month! Join us in the dining room at 9am on Friday, **June 24th.**



MONTHLY MOVIE MATINEE will take place on the last Wednesday of every month starting THIS month! Join us in the dining room from 3-5pm on Wednesday, **June 29th.**

Want to participate but you're not a member? It's easy to join! Just swing by the center or visit us online at <https://www.matsuseniors.com/membership>



*Membership
Rewards*

- Eligible to vote for the Board of Directors
- Eligible to run for a seat on the Board of Directors
- Receive a personal Senior Chatter monthly newsletter
- Exclusive access to all things happening at MSSS

JUNE 2022

ACTIVITIES



MON

TUE

WED

THU

FRI

WEEK 1

ALL ACTIVITY LOCATIONS WILL BE LISTED IN THE LOBBY UNLESS NOTED FOR QUESTIONS CONTACT JACKIE AT JLIBBY@MATSUSENIORS.COM OR CALL 907-761-5045

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

2
*CLOSED
STAFF TRAINING

3
10AM SENIOR STRENGTH

WEEK 2

6
10AM SENIOR STRENGTH
1PM HOME & HOSPICE INFO

7
10AM BOOK CLUB
10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS
12P ZUMBA (439 W ELMWOOD)

8
10AM A NEW YOU
1PM POSITIVITY CARDS
1PM PINOCHLE
3PM YOGA (439 W ELMWOOD)
*MEMBERSHIP DAY

9
9:30AM ESTATE PLANNING
10AM BIBLE STUDY

10
1PM BASKET WEAVING
10AM SENIOR STRENGTH

WEEK 3

13
10AM SENIOR STRENGTH
1PM GOOGLE MAPS HOW TO

14
9:30AM TAI CHI
10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS
12P ZUMBA (439 W ELMWOOD)
6PM ESTATE PLANNING

15
10AM A NEW YOU
1PM PINOCHLE
3PM YOGA (439 W ELMWOOD)

16
10AM BIBLE STUDY
1PM VISION LOSS

17
1PM DIABETES PREVENTION
10AM SENIOR STRENGTH

WEEK 4

20
*CLOSED
IN OBSERVANCE OF JUNETEENTH

21
10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS
12P ZUMBA (439 W ELMWOOD)
1PM NATIONAL SEA SHELL PAINTING DAY

22
10AM A NEW YOU
1PM FACEBOOK HOW TO
1PM PINOCHLE
3PM YOGA (439 W ELMWOOD)

23
10AM BIBLE STUDY

24
9AM COFFEE CHIT-CHAT
10AM SENIOR STRENGTH

WEEK 5

27
10AM SENIOR STRENGTH

28
10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS
12P ZUMBA (439 W ELMWOOD)

29
10AM A NEW YOU
1PM PINOCHLE
3PM MOVIE MATINEE
3PM YOGA (439 W ELMWOOD)

30
10AM BIBLE STUDY

JUNE 2022

ALZHEIMER'S CLASS SCHEDULE



MON

TUE

WED

THU

FRI

SAT

WEEK 1

ALL CLASSES TAKE PLACE ON ZOOM
OPEN TO ANYONE
YOU MUST REGISTER ONLINE AT
[ALZALASKA.ORG/](https://alzalaska.org/)
CONTACT JACKIE FOR ASSISTANCE
AT 907-761-5045

1

2

1PM ART LINKS

3

10AM MAT-SU
VALLEY SUPPORT
GROUP

4

1PM STATEWIDE
SUPPORT GROUP

WEEK 2

6

10AM UPPER
SUSITNA SUPPORT
GROUP

7

1PM HELPFUL TIPS
& STRATEGIES FOR
MANAGING
MEMORY LOSS

8

11AM THE RELATED
DEMENTIAS IN
ADRD

9

1PM VIRTUAL
MEMORY CAFE

10

11

WEEK 3

13

14

1:30PM MAT-SU
VALLEY SUPPORT
GROUP

15

1PM STATEWIDE
SUPPORT GROUP

16

17

18

1PM INTIMACY,
SEXUALITY, AND
DEMENTIA

WEEK 4

20

21

1PM EFFECTIVE
RESPONSES FOR
DEMENTIA
AGGRESSION

22

23

24

1PM MOUTHCARE
WITHOUT THE
BATTLE

25

WEEK 5

27

28

29

30

JUNE IS
ALZHEIMER'S & BRAIN
AWARENESS MONTH



JUNE 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

MEATLOAF
MASHED POTATOES
GRAVY
GREEN BEANS
BREAD
DESSERT

2

*CLOSED
STAFF TRAINING

3

FISH
FRENCH FRIES
PEAS
BREAD
DESSERT

WEEK 2

6

CHILI
CAILIFLOWER
BREAD
DESSERT

7

TURKEY ROAST
STUFFING
BROCCOLI
BREAD
DESSERT

8

CHICKEN FRIED
STEAK
MASHED POTATOES
GRAVY
PEAS & CARROTS
BREAD
DESSERT

9

BAKED CHICKEN
RICE
GRAVY
GREEN BEANS
BREAD
DESSERT

10

FISH
RICE
CARROTS
BREAD
DESSERT

*MEMBERSHIP DAY

WEEK 3

13

CHICKEN ALA KING
RICE
PEAS & CARROTS
BREAD
DESSERT

14

SPAGHETTI
W/MEAT SAUCE
CAPRI BELND
VEGGIES
BREAD
DESSERT

15

BEEF ROAST
MASHED POTATOES
GRAVY
BROCCOLI
BREAD
DESSERT

16

BEEF STROGANOFF
PASTA
GREEN BEANS
BREAD
DESSERT

17

FISH
BATTER BITES
CORN
BREAD
DESSERT

WEEK 4

20

*CLOSED
IN OBSERVANCE OF
JUNETEENTH

21

BOILED DINNER HAM
WINTER BLEND
D'BREAD
DESSERT

22

BRISKET
MASHED POTATOES
CAPRI BLEND
BREAD
DESSERT

23

POPCORN CHICKEN
POTATO WEDGES
CARROTS
BREAD
DESSERT

24

FISH
FRENCH FRIES
CAULIFLOWER
BREAD
DESSERT

WEEK 5

27

CHICKEN PATTY
W/MARINARA
PASTA
BROCCOLI
BREAD
DESSERT

28

PORK ROAST
SCALLOP POTATO
GREEN BEANS
BREAD
DESSERT

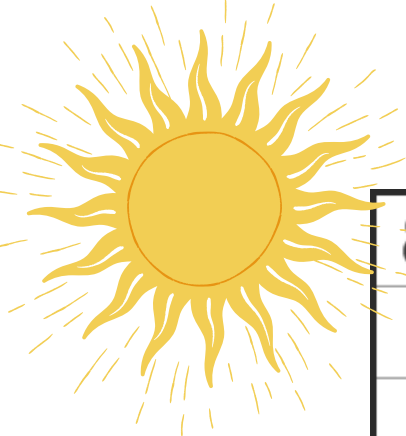
29

BBQ PORK
MASHED POTATOES
CORN
BREAD
DESSERT

30

CHICKEN & DUMPLINGS
BRUSSEL SPROUTS
BREAD
DESSERT





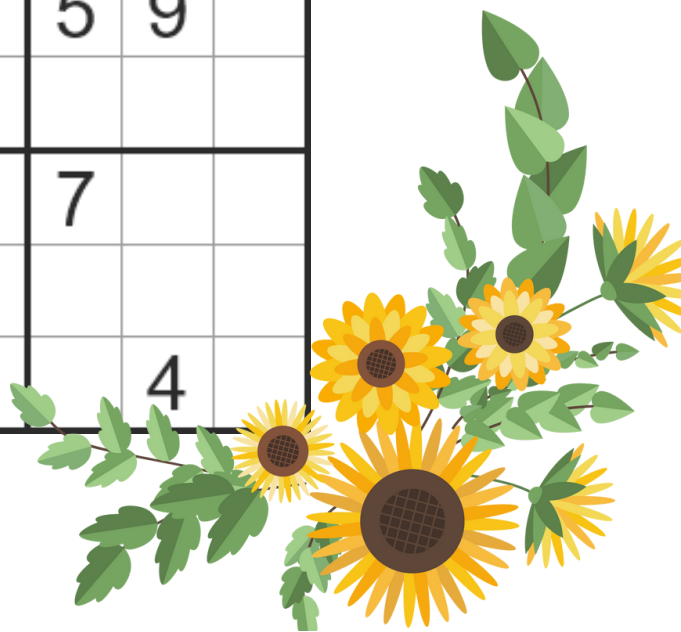
Puzzle 1

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

J
U
N
E

Puzzle 2

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



From the Gift Shop



Father's Day is on the Way!

Sunday, June 19th is Father's Day, a truly American holiday. Though celebrated in over 100 countries, Father's Day was the brainchild of Sonora Dodd of Spokane, Washington. Following the death of her mother in childbirth, Dodd and her siblings were raised solely by their father. While attending a Mother's Day celebration, Dodd decided that a similar tribute should exist to honor her father and other fathers like him. In 1910, with the help for the YMCA, Father's Day was born. In 1972 President Richard Nixon gave it national status by making it a legal holiday to always be celebrated on the third Sunday in June.

Whatever its history, Father's Day is an opportunity to thank and recognize those male role models that added meaning and substance to our lives. The gift shop is here to help you pay tribute to the fathers in your life.

Lazy One men's underwear and lounge shorts have been a staple in the gift shop for many years because of their high-quality fabric, printing, and craftsmanship—not to mention they are fun and so very funny. With sayings like, "Bare Bottoms," featuring the posteriors of three fishing bears, "Full of Bull," adorned with an oversized bull, and "Gas Giant," featuring a rendition of the planet Uranus, these bottoms are guaranteed to bring a smile (or more) to the face of any dad.

The gift shop also features a full line of short and long-sleeved tees with all sorts of manly themes. In addition, there is a nice selection of front zip hoodies in a variety of native designs from which to choose. Sizes for most garments range from medium through 5 X!

For the outdoor enthusiast, the gift shop has a variety of bullet key chains, fish flies crafted by Tony Hepinstall, a self-confessed I-love-to-fish man. Tony's Flies are almost guaranteed to result in a catch every time they hit the water. Duane Richards has hand crafted a group of beautiful and wonderfully weighted knives for hunting and fishing just waiting for you to pick up. Native Northwest pocket multi-use tools are also available in a variety of colors and designs.

Not sure what that just right gift might be? Our volunteers are here to help you put together a great gift for that special someone. Gifts such as one of our unique design mugs and a large bag of Birch Coconut Hot Chocolate mix or a Manly Man set of fisherman's soap and salve guaranteed to remove fish odors from the slimiest of hands. If quieter pursuits are more appropriate for a Father's Day gift, don't forget that the gift shop carries a wide range of books many featuring local authors and Alaskan themes. Not only will we assist you in finding a special gift, but we will gift wrap it for you at no extra charge.

Drop in soon for some great Father's Day shopping, we are open Tuesday through Friday from 10am to 2pm to serve you. Make someone's Father's Day a happy one!

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





Lynne Ammu	Romie Deschamps	Martha Jones	Richard Shultz
George Armstrong	Dawn Dewall	David Kelley	Carol Sizemore
Joyce Arvidson	Bonna Downs	Leonard Kirk	Glen Smith
Susan Atkinson	Roger Endell	Marilyn Kvarford	Donald Snovel
Steven Bergeron	Sherron Farrar	Paul Maguire	Phillip Sparrow
Marcia Bolton	Donna Firmstone	Victoria Marshall	Gracia Stiefel
Phyllis Bottari	Julia Fleshman	George May	Durward Strickland
Beatrice Brandon	Russell Frantzich	Jennifer McCrary	Francine Strother
Betty Brickel	Ina Gibson-Wahrer	Gina McCullough	Geoffrey Tamplin
David Brown	Patricia Gonski	Jeanne McRoberts	Beth Theurich
June Bryant	Yvonne Gossett	Evelyn Mielke	Robert Thom
Gerald Bunting	Eileen Grape	Susan Mohr	Sally Weiland
Ardith Busbey	Patricia Gray	Phyllis Moore	Andrea Wermager
Gerry Chambers	Martin Hadden	Cindy Nelson	Melody Wetzel
Charles Chase	Catherine Hall	Carol O'Hara	Marge Wheeler
Linda Combs	Maureen Hamlin	Jon Olsen	Barbara White
Jerald Conn	Anna Hanson	Mary Patania	Harvey Whitehead
Robert Cook	Jess Hartman	Evon Petluska	Elizabeth Whitmore
Donald Corey	Barbara Hecker	Grace Petron	Agnes Wilson
Rita Davila	Pansy Herring	Randall Putzier	Harold Wilson Sr.
Helen Davis	Sandra Ingalls	Karen Reynolds	
Pamela Deal	Jackie Jones	Cathie Russell	



Answers – Puzzle 1

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

Answers – Puzzle 2

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



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

for Staff Training

THURSDAY, JUNE 2, 2022



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

BOARD ELECTIONS

JUNE 8, 2022

MEMBERSHIP MEETING

Nominees

Merle Beeter
Ginger Sweeny
Joan Tower
Jennifer McCrary
Sue Welton



WE WILL BE CLOSED ON
MONDAY, JUNE 20TH
IN OBSERVATION OF

Juneteenth
The Day of Freedom



Palmer Senior Citizen's Center, INC. dba
Mat-Su Senior Services

NOW HIRING

FOR MULTIPLE POSITIONS

Join our team



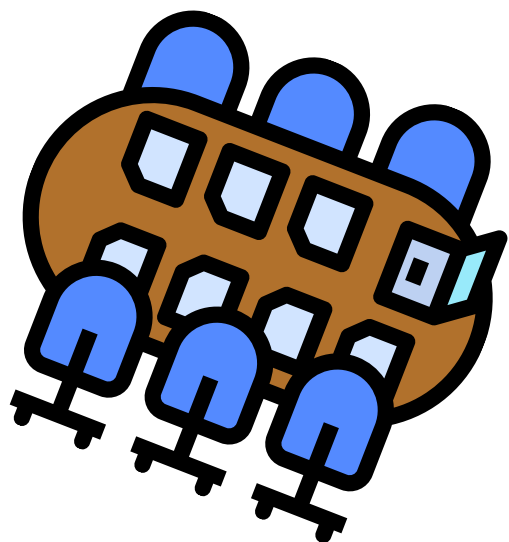
- DSP – Respite Provider, FT Flexible Schedule
- In-Home Monitor, PT 10am – 4pm

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 lisam@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.



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

MAT-SU SENIOR SERVICES
NEEDS YOU!

Volunteers
needed!

We need smiling faces in the:
KITCHEN | LUNCH DESK | FRONT DESK
Hours and days are flexible. Contact
Jackie at 907-761-5045 or email
jlibby@matsuseniors.com

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



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Call 907-761-5006
for reservations or information.





Palmer Senior Citizen's Center, Inc. dba

MAT-SU SENIOR
SERVICES

1132 S. Chugach Street
Palmer, AK 99645

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

RETURN SERVICE REQUESTED



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

Our next Membership Meeting is
Wednesday, June 8th at noon.