

MAT-SU SENIOR CHATTER

Feb. 2021

CORE PURPOSE
SENIORS QUALITY OF LIFE

CORE VALUES
RESPECT • TRUST • INDEPENDENCE • SECURITY • COMPASSION • UNITY



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COVID-19 Update



As the world continues to recover from the Coronavirus Pandemic, Mat-Su Senior Services is making preparations to resume our full slate of services. The leadership team continues to closely monitor the case count and other factors to determine which programs we can safely offer.

HIGH
More than 10 cases
per 100,000 people

INTERMEDIATE
5 - 10 cases
per 100,000 people

LOW
Fewer than 5 cases
per 100,000 people

Widespread Community Transmission

Home
Delivered
Meals
Essential
Medical Rides

Moderate Community Transmission

Grab N' Go Meals
& Commodities

Exercise Room
Library &
Computer Room

Minimal Community Transmission

Congregate Meals (With Safety Measures)

Alaska COVID-19 Data: www.dhss.alaska.gov/dph/Epi/Id/Pages/COVID-19/alertlevels.aspx

Seniors over 65 have been able to sign up for the COVID-19 Vaccine since January 11th. Over the coming weeks/months more and more people will be eligible to get the vaccine.

The State is helping people set up appointments online at covidvax.alaska.gov, or by calling 907-646-3322. You can also contact providers directly. A list of vaccine providers in the Valley can be found on page 3 of this newsletter.

**You can now apply for your
Permanent Fund Dividend.**

**When you apply, please
Pick.Click.Give. for Mat-Su Senior Services.**

Mat-Su
Senior Services
1132 S. Chugach ST.
Palmer AK 99645
907-745-5454

MAT-SU SENIOR
SERVICES

&

Pick.
Click.
Give.

Promoting independence, security,
and quality of life as we age.

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.



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
- Notary Services, including traveling a notary to your home.

CONGREGATE MEALS: (Suspended due to COVID-19)

HOME-DELIVERED MEALS:

Call-in by 9:00 a.m., Monday - Friday.

GRAB N' GO MEALS: (Suspended due to COVID-19)

Monday - Friday, 11 a.m. - Noon

COMMODITIES: (Suspended due to COVID-19)

Monday, Tuesday, Thursday and Friday, 11 a.m. - Noon

ADULT DAY SERVICES: (Suspended due to COVID-19)

Monday thru Friday 7:00 a.m. to 4:30 p.m.

CHORE & RESPITE SERVICES

Call the center for details

NOTARY SERVICE: (Limited due to COVID-19)

Traveling notary available.

VOLUNTEER OPPORTUNITIES (Suspended due to COVID-19)

SENIOR HOUSING CHUGACH AND COLONY ESTATES: Call 761-5001 for information on Senior Housing.

FACILITY RENTAL AND CATERING:

(Suspended due to COVID-19)

Call 761-5006 for information and rates.

TRANSPORTATION: (Limited due to COVID-19)

*For medical trips in Palmer or Wasilla, call ahead for an appointment - One week notice preferred.

VOLUNTARY DONATIONS ARE ACCEPTED FOR ALL SERVICES

SUGGESTED DONATIONS

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

Funding for this Newsletter was provided in part by:
DIVISION OF SENIORS AND DISABILITIES SERVICES.

Sponsor our new vehicle and help Valley Seniors Go Go Go!

4x4 Wheelchair Ready Safe & Secure

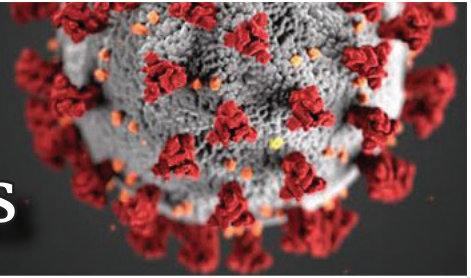
Your company logo can go everywhere we go!

Call (907) 745-5454

MAT-SU SENIOR SERVICES DEPARTMENT MANAGERS

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

COVID-19: Mat-Su Vaccine Locations



Palmer

Fred Meyer #649 (Palmer, Alaska) Pharmacy

535 E Palmer Wasilla Hwy

Palmer, 99645

Make an appointment online: <https://cw2-alaska-production.herokuapp.com/clinic/search>

No Cost

Accepts Insurance? Yes – Please contact your insurance to confirm your vaccine coverage and cost.

Vaccine Type: Moderna

Wasilla

Carrs Pharmacy Wasilla

595 E Parks Hwy

Wasilla, 99654

Make an appointment online: <https://kordinator.mhealthcoach.net/vcl/Wasilla>

Cost: No Cost

Accepts Insurance? Yes – Please contact your insurance to confirm your vaccine coverage and cost.

Vaccine Type: Moderna

Mat-Su Health Services

1363 W Spruce Ave

Wasilla, 99654

(907) 376-2411

Make an appointment online: www.mshsak.org.

Cost: Uninsured patients will not be charged and reimbursed for the administration.

Fees will be covered through a federal government program.

Accepts Insurance? Yes – Please contact your insurance to confirm your vaccine coverage and cost.

Vaccine Type: Moderna, Pfizer

Mat-Su Public Health Center

3227 E Palmer-Wasilla Hwy

Wasilla, 99654

Make an appointment online: <https://myhealth.alaska.gov/clinic/search>

Cost: No Cost

Accepts Insurance? No

Vaccine Type: Moderna

Ptarmigan Pediatrics LLC

3543 E Meridian Park Loop

Wasilla, 99654

Make an appointment online: <https://cw2-alaska-production.herokuapp.com/>

Cost: No Cost

Accepts Insurance? Yes – Please contact your insurance to confirm your vaccine coverage and cost.

Vaccine Type: Moderna, Pfizer



Bob Shaw's President's Report



Dear Members,

In this time of great personal difficulty, we here at Mat-Su Senior Services understand what you and every other member is dealing with at this time. Individually, our entire staff is going through the same. We understand that it is more than just the stress of the situation, not having noon meals or access to the exercise room and library. It is more so the loss of connection to our friends and neighbors.

As a member of MSSS, you are helping preserve our community's history so it can be shared this year, this decade, and hopefully beyond our lifetimes. You become a part of the Center's history when you work, play, volunteer, or live here. Our goal is to help preserve and share the wonderful stories that have started or ended in Palmer.

Help us do more for our Community!

MSSS relies on memberships and donations to preserve, educate, and share Palmer Senior Center's history. Your support can help us accomplish so much more.

Your membership is critical to our success. If you have time or talent to give, we would love to hear from you as well. MSSS is a 501(c)(3) non-profit organization, allowing membership to be tax deductible. You can become a member, or arrange a donation by calling (907) 745-5454.

The doors of the Palmer Senior Center may be closed due to the pandemic, but its heart still beats. I can't wait for the day when we can meet again over a cup of coffee or a hot lunch.

Please keep your spirits up, stay healthy, and safe.

Bob Shaw

MSSS, Board President

Board of Directors

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



Elaine Phillipps' CEO Message



Dear Members,

Hopes are high and anticipation is growing that 2021 will be the year in-which we'll be able to put the pandemic behind us. Leadership at Mat-Su Senior Services is working hard to be ready as soon as it is safe to fully reopen the Palmer Senior Center and resume our full slate of services.

We are filling the ranks and even creating a brand new position - an Activities and Volunteer Coordinator. Once hired, this person will focus on putting together fun and engaging activities for members as well as helping engage and inspire our wonderful volunteers.

We are also excitedly awaiting the delivery of 3 new vehicles. One will be used for Home-Delivered meals and the funds for it were awarded to us by the State of Alaska. The other two vehicles will be used for Senior Rides. We are actively looking for community sponsors to help us with the operation and maintenance of the vehicles. Information on sponsorship opportunities can be found online at www.matsuseniors.com, or by calling 745-5454.

I also want to remind everyone that the application period is open for the Permanent Fund Dividend and we do have some paper applications available for pick up at the Palmer Senior Center. When you apply, we would really appreciate it if you would consider making a Pick.Click.Give. donation for MSSS.

Over the last year, we have all worked together to face an unprecedented global health emergency. During that time we celebrated our agencies 40th birthday. We can now see the light at the other end of the tunnel. We learned a lot from this pandemic and many of the lessons will help us during our next 40 years (and beyond).

Thank You all and Be Blessed,

Elaine Phillipps
CEO, Mat-Su Senior Services



Thank You for Supporting Mat-Su Senior Services!

Support Mat-Su Seniors Services by donating at www.MatSuSeniors.com.

February Menu

*** Menu is Subject to Change ***

Grab N' Go Meals are Suspended until further notice.
On Fish and Liver days, there will be an alternate choice.
Unless otherwise noted, all fish is wild caught - not farmed.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meat Loaf Mashed Potatoes w/Gravy Peas Bread Dessert	2 Pork Chops Steak Fries San Fran Veggies Bread Dessert	3 Baked Chicken w/Rice & Gravy Capri Veggies Bread Dessert	4 Ham & Sweet Potatoes Green Beans Bread Dessert	5 Cod Pan Roasted Potatoes Winter Blend Veggies Bread Dessert
8 Chili Corn Bread Dessert	9 Chicken A La King Rice San Fran Veggies Bread Dessert	10 Roast Beef Mashed Potatoes w/Gravy Broccoli Bread Dessert	11 Beef Stroganoff Egg Noodles Carrots Bread Dessert	8 Cat Fish Fries Cauliflower Bread Dessert
15 Closed for President's Day	16 Meatballs Rice California Blend Bread Dessert	17 Brisket Scalloped Potatoes Brussels Sprouts Bread Dessert	18 Chicken Fried Steak Mashed Potatoes w/Gravy Green Beans Bread Dessert	19 Pollock Burger Steak Fries Winter Blend Veggies Bread Dessert
22 Spaghetti w/Meat Sauce Peas Bread Dessert	23 Lasagna 5-Way Mixed Veggies Bread Dessert	24 Corned Beef Cabbage Capri Veggies Bread Dessert	25 Chicken Tenders Jo Jo Potatoes Key Largo Veggies Bread Dessert	26 Crab Stuffed Pollock Shoe String Fries Peas and Onions Bread Dessert
				

February is National Senior Independence Month

Independence is an important consideration for people of all ages but perhaps especially for older adults. The designation was established to not only help seniors maintain control over their own decisions, but also encourage them to look at their living situation and decide if they need to make changes to increase their quality of life.

February is a good time to celebrate the independence and prepare ourselves and our loved ones to age well. It is equally important to stress the risk of falls, and to join in promoting fall prevention this month. According to the CDC, one out of every three adults age 65 and over falls each year. Falling is also the leading cause of accident related deaths for this age group. This makes falling one of the single highest threats to the independence of seniors.

5 Technologies to Help Seniors Live Independently

AgingCare.com article by Stacy Waxman

Every person has a certain, innate desire to live autonomously and independently, and that desire does not lessen with age. Sometimes though, it takes a helping hand to make sure seniors can enjoy an active and independent lifestyle. Technology can be that helping hand.

Below are five proven technologies to help seniors enjoy a long and active life.

Tablet Computers:

Apple's iPad and Microsoft's Surface are both great tablets, designed for a variety of users with different levels of technological proficiency.

Home Security Systems:

Motion detectors serve as an important part of a comprehensive home security solution, alerting residents if there's movement on the property after dark.

Health Tracking Gadgets:

Many of these gadgets are wearable, such as the Fitbit series or the Nike+ devices. They allow the wearer to not only monitor their movement and physical activity throughout the day, but also to set goals for themselves.

Monitoring Services:

They provide a wealth of information for a long-distance caregiver, including data about movement patterns, medication usage and more.

Medication Dispensing Systems:

Medication dispensing systems are automated assistants that have been stocked by caregivers or loved ones with several days' worth of medication at a time. The system can provide reminders when it's time to take a medication, and even notify caregivers if they're not being taken.



Support the Mat-Su Senior Services Newsletter

For more information, call (907) 745-5454

Heating Assistance Program

www.heatinghelp.alaska.gov

The Heating Assistance Program assists households with income at or below 150% of the federal poverty income guidelines, who have a minimum of \$200 in out-of-pocket heating costs per year, and meet all other eligibility criteria. The benefit is a one-time payment to the household's vendor, sent to the vendor, and applied to the customer's account as a credit.

Open to homeowners and renters

Opens on October 1

Benefits are issued beginning on November 1

Applications are available at Dept. of Public Assistance offices throughout the state, WIC offices, and online at www.heatinghelp.alaska.gov. You can also contact the Heating Assistance Office at 1-800-470-3058 or liheap@alaska.gov.



Word Find



ADMIRER
SWEETHEART
CANDY
LOVERS
GIRLFRIEND
HEART
FRIEND
FLOWERS
GIFT
ROSE
VALENTINE
CUPID
DATE
BE MINE
PASSION
HUG
FEBRUARY
LOVE
BOYFRIEND
GREETING CARD
PARTY
CHOCOLATES
ROMANCE
KISS



MSSS would like to wish a very Happy Birthday to Aedene Arthur, Bonnie Conklin, Danny Maynard, David Rudolph, David Sapp, Deanna Gratrix, Dennis Wheeler, Frank Bird, Helen Woodings, Jean Lennartson, John Hayden, Judy Foster, Judy Garner, Kelley Lloyd, Lenita Deda, Margaret Anderson, Marjorie J Evans, Marvin Noffke, Norma Christiansen, and Ron O'Dell.

Senior Sudoku

FILL IN THE BLANK
SQUARES SO EACH
ROW, COLUMN
AND 3-BY-3
SQUARE HAS ALL
THE NUMBERS
FROM
1 TO 9.



ANSWERS ON THE
NEXT PAGE

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



Avoiding public places continues to be one of the most effective ways to avoid potential COVID-19 exposure. That's why it is so important to learn about the growing availability of online resources.

Aging & Disability Resource Center
MSSS Information

Online Basics Education

Call-In Shared Interest Groups

Computer Chat Rooms for +50

Aging Fall Prevention

700 Free Online Classes for Seniors

Free Lead Online Exercise Classes

Museums to Explore Online

More Places to Explore Online

San Diego Zoo Videos & Live Cams

Georgia Aquarium Web Cams

Virtual Walking Tours

www.dhss.alaska.gov/dsds/Pages/adrc

www.matsuseniors.com

www.generationsonline.org/family

www.covia.org/services/well-connected

www.highway61.co

www.ncoa.org/healthy-aging/falls-prevention

www.openculture.com/freeonlinecourses

www.facebook.com/SeniorGroupFitness

www.travelandleisure.com/attractions/museums-galleries

<https://artsandculture.google.com/search/streetview?hl=en>

www.sdzsafaripark.org/giraffe-cam

www.georgiaaquarium.org/webcam/ocean-voyager/

www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm

<p>X U W F F K P L T J R K C E D L V H P J T Q</p> <p>J T S P A S S I O N O P C H V X O C U N Y F</p> <p>L W G Y H C K C M R M D D U O C B V O G G E</p> <p>X F J A E A A I J W A H T A C C F Y E A B B</p> <p>P H X B P N B J S Q N Z V E T F O C K R I R</p> <p>R I U C E D E N E S C B E C Z E R L K C S U</p> <p>Q O Y F W Y M A V O E G W N Z Q G I A V O A</p> <p>F C S M X V I V A L E N T I N E I T E T G R</p> <p>Q Q I E U S N N X Z J C E L V S R B W N E Y</p> <p>E I F E S W E E X D A P R Q H A L O P L D S</p> <p>A Y L G R E E T I N G C A R D D F Y A O L D</p> <p>Q Y O M M E H E A R T V E P G M R F R V U C</p> <p>A I W X B T L L U V X Y C V I I I R T E N V</p> <p>G Y E F Y H S N W C F E U R F R E I Y K E X</p> <p>V H R V K E C D N X C A P O T E N E W L U B</p> <p>D M S F G A M C P T D R I M O R D N R N S S</p> <p>E N P Q P R T R Q M S C D M T S A D L Y F Q</p> <p>M M X T Q T M Q Q X L W V X P B S K D Q R O</p>	<p>A</p> <p>N</p> <p>S</p> <p>W</p> <p>E</p> <p>R</p> <p>S</p>	<table border="1"> <tr><td>4</td><td>3</td><td>2</td><td>1</td><td>6</td><td>7</td><td>9</td><td>5</td><td>8</td></tr> <tr><td>5</td><td>7</td><td>6</td><td>3</td><td>8</td><td>9</td><td>4</td><td>1</td><td>2</td></tr> <tr><td>8</td><td>1</td><td>9</td><td>2</td><td>4</td><td>5</td><td>3</td><td>7</td><td>6</td></tr> <tr><td>1</td><td>6</td><td>7</td><td>4</td><td>5</td><td>8</td><td>2</td><td>3</td><td>9</td></tr> <tr><td>9</td><td>5</td><td>3</td><td>6</td><td>1</td><td>2</td><td>8</td><td>4</td><td>7</td></tr> <tr><td>2</td><td>4</td><td>8</td><td>7</td><td>9</td><td>3</td><td>1</td><td>6</td><td>5</td></tr> <tr><td>3</td><td>8</td><td>1</td><td>5</td><td>2</td><td>6</td><td>7</td><td>9</td><td>4</td></tr> <tr><td>7</td><td>9</td><td>5</td><td>8</td><td>3</td><td>4</td><td>6</td><td>2</td><td>1</td></tr> <tr><td>6</td><td>2</td><td>4</td><td>9</td><td>7</td><td>1</td><td>5</td><td>8</td><td>3</td></tr> </table>	4	3	2	1	6	7	9	5	8	5	7	6	3	8	9	4	1	2	8	1	9	2	4	5	3	7	6	1	6	7	4	5	8	2	3	9	9	5	3	6	1	2	8	4	7	2	4	8	7	9	3	1	6	5	3	8	1	5	2	6	7	9	4	7	9	5	8	3	4	6	2	1	6	2	4	9	7	1	5	8	3
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Leave your Lasting Mark on the

MSSS Wall of Honor

Buy A Plaque!



MAT-SU SENIOR
SERVICES

Give the gift of an engraved plaque in their honor.

Honor someone special with their name in the entryway of the senior center on a custom-engraved, gold-lettered plaque when they visit!

We are currently filling a wall with beautiful, granite plaques to show the value of our community of supporters.

Plaque Levels & Designs

Each of our levels offers a locally inspired engraved design that will be featured on the top center of the 4"x6" plaque above two custom lines of text.

Bronze – \$250
(Moose)

Silver – \$500
(Cabbage)

Gold – \$1,000
(Water Tower)

Diamond – \$2,500
(Mat Maid)

Platinum – \$5,000
(Colony Barn)

North Star – \$10,000+
(Pioneer Peak)



Leave a lasting legacy at Mat-Su Senior Services by being part of our

Wall of Honor.

You can use your plaque to display your name, a loved ones name, or even your business.
Let everyone who enters the Palmer Senior Center see you proudly support MSSS.



Plaque Order Form

Please mail your completed plaque order form and your method of payment to **Mat-Su Senior Services, 1132 S. Chugach Street, Palmer, AK 99645**. You can also fax your order form to **(907) 746-5173**.

Date: _____ Name: _____ Phone: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Please include what you would like engraved on the plaque (to the right). There is a maximum of 15 letters and spaces per line, two lines per plaque.

Line #1: _____

Line #2: _____



MAT-SU SENIOR
SERVICES

Payment Included: ☐ Cash ☐ Check ☐ Money Order ☐ Payment Plan

Make checks or money orders payable to Mat-Su Senior Services. Payment plans are available. If you have any questions, please contact our administrative office at (907) 745-5454. Mat-Su Senior Services is a 501(c)(3) non-profit organization and all donations are tax-deductible.

MAT-SU SENIOR SERVICES
1132 S Chugach Street
Palmer, AK 99645

RETURN SERVICE REQUESTED

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

Every month, we deliver thousands of meals to Seniors and provide many other much needed services. Your support will help us continue our mission to promote independence, security and quality of life for the seniors and other eligible individuals in the Matanuska-Susitna Borough with respect, trust and compassion.

You can apply for your Permanent Fund Dividend starting Jan. 1, 2021.
When you apply, please Pick.Click.Give. for Mat-Su Senior Services.

