

December 2024

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

1132 S Chugach St. Palmer Alaska 99645
Phone (907) 745-5454 Fax (907) 746-5173

Monday thru Friday, 8:00 am to 5:00 pm

Senior Monthly Chatter



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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.

Events at the Center This Month

HOLIDAY BAZAAR

Dec 13th 12PM - 6PM

Dec 14th 10AM - 5PM

Holiday Celebration Meal

Dec 21st at 12PM

Check out Pages 6 and 7
For more information!

CLOSED

12/25 - 12/27/24 -

Christmas

1/1/25 - New Years Day

Our Services

- Home-Delivered Meals.....Call-in by 9:00 a.m., Monday - Friday
- Commodities.....Monday, Tuesday, Thursday, Friday, 11:30 a.m. - 12:00 p.m.
- Adult Day Services.....Monday thru Friday 7:00 a.m. - 4:00 p.m.
- Chore & Respite Services.....Call the center for details
- Notary Services.....Traveling Notary available.
- Volunteer Opportunities.....Call 907-745-5454
- 55+ Senior Housing.....Chugach and Colony Estates. Call 907-761-5001
- Transportation.....Medical Appointments Only

Board of Directors

- | | |
|-----------------------------|---------------------------------|
| President.....Russ Ingram | Vice President.....Dora Wheeler |
| Secretary.....Elda McCraw | Treasurer.....Philip Munger |
| Director.....Vicki Randolph | Director.....Vacant |
| Director.....Vacant | Director.....Vacant |
| Director.....Vacant | |

Recommended

Donations

- Home-Delivered Meals: \$6.50
- Transportation:
 - Palmer, round trip: \$5
 - Wasilla, one way: \$8

DEPARTMENT MANAGERS

- CEO.....Tim Pettit
- COO/HR.....Beth Westland
- HR CONSULTANT.....Kirk Henke
- Chore & Respite Programs....Lisa Mecham
- Kitchen/Food Services.....Yossi Assis



United Way of Mat-Su



This institution is an equal opportunity provider.

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



IS IN NEED OF VOLUNTEERS!

If you want to learn more about volunteering for bingo, give us a call!



Volunteers Needed in the Gift Shop!

Gift Shop hours are currently 11AM - 2PM Monday through Friday. We are in need of people to volunteer their time for at least one to two days a week for one to three hours.

If interested please call 907-745-5454 or email matsuadministrative@matsuseniors.com

Christmas Friendship Dinner



A MAT-SU TRADITION SINCE 1991

DECEMBER 25

[find us on facebook](#)

11am to 3pm

MENARD SPORTS CENTER

christmasfriendshipdinner.com 3

December Activities

1st Tuesday Book Club

Tuesday, December 3rd at 10 AM

Meeting in the Golden Heart Lounge on the 2nd floor.

Holiday Celebration Meal

Tuesday, December 24th at 12 PM

Celebration meal provided by Mat-Su Senior Services. See Page 7 for more information.

A New You

Every Wednesday at 10 AM

Located in the Fitness Studio.
Instructed by Toni Truesdell.

Knit-Along

Every Thursday at 10 AM

Weekly gathering of knitting and crocheting.
Located in the Golden Heart Room.

Bingo (Blackout Bingo This Month!)

Thursdays, December 12th & 19th at 1 PM

Must be 19 years old to play. Located in the dining room. Final game of the day's payout is \$150.

Living with Vision Loss

Thursday, December 19th at 1PM

Hosted by Jacque Olsen from the Alaska Center of the Blind and Visually Impaired. In the activities room unless noted otherwise.

Board of Directors Meeting

Monday, December 9th at 10 AM

Monday prior to the monthly membership meeting.
Located in the second floor conference room.

Next Membership Meeting

Wednesday, February 12th at 11:30 AM

Quarterly Second Wednesday of the month.
Located in the dining room.

Coffee Chit-Chat

Friday, December 20th at 10 AM

Located in the dining room.

Memoir Writing

Mondays, December 9th & 23rd

12:30 PM - 1:30 PM

Memoir writing workshop hosted by Marilyn Bennett.

Commodities

Monday, Tuesday, Thursday and Friday

11:30 AM - 12:00 PM

Food donations available for pick-up. Located in the dining room.

Palmer Public Library Visits

Mondays from 9 AM - 11 AM

Located in the Golden Heart Room. Visits from the local library. Place, pick up, or return items on hold.

Game Day

Wednesdays from 12 PM - 4PM

Pinochle, Card Games & More! Located upstairs in the Golden Heart Room.

Quilting

Mondays 10 AM - 4:30 PM

Located in the activities room.
Bring your own machine.

Holiday Bazaar

Friday Dec 13th 12 PM - 6 PM

Saturday Dec 14th 10 AM - 5 PM

Located throughout the entire center.
Holiday event at the center,
see page 6 for details.

Senior Strength

Every Monday & Friday at 10 AM

Located in the Fitness Studio, using an exercise video by Craig Willis.

Shufflin' Country Dance Lesson

Cancelled this month

See you in January!

Spanish Group

Every Tuesday at 10:30 AM

Conversational Spanish group. Located in the activities room unless noted otherwise.

Tai Chi

Every Tuesday at 9:30 AM

Located in the fitness studio on the bottom floor. Participants follow videos.




Strong Women

Every Monday, Wednesday & Friday
from 11 AM - 12 PM

Located in the fitness studio on the bottom floor.

Watercolor Art Class

Cancelled this month
See you in January!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCcurring WEEKLY				
9AM-11AM PALMER PUBLIC LIBRARY 10AM SENIOR STRENGTH 10AM - 4:30PM QUILTING 11AM - 12PM STRONG WOMEN 11:30AM - 12PM COMMODITIES	9:30AM TAI-CHI 10:30AM SPANISH GROUP 11:30AM - 12PM COMMODITIES    	10AM A NEW YOU 11AM - 12PM STRONG WOMEN 12PM - 4PM GAME DAY 	10AM KNIT ALONG 11:30AM - 12PM COMMODITIES   	10AM SENIOR STRENGTH 11AM - 12PM STRONG WOMEN 11:30AM - 12PM COMMODITIES 
12/2 	12/3 10AM BOOK CLUB	12/4 	12/5 	12/6 
12/9 10AM BOARD OF DIRECTORS MEETING 12:30PM MEMOIR WRITING	12/10 	12/11   	12/12  1PM BINGO	12/13 <i>No commodities today.</i> Holiday Bazaar Friday 12 PM - 6 PM Saturday 12/14 10 AM - 5 PM
12/16 	12/17    	12/18 	12/19 1PM BINGO 1PM LIVING WITH VISION LOSS	12/20 10AM COFFEE & CHIT CHAT <i>Closed Early at 1 PM for Staff Event</i>
12/23 12:30PM MEMOIR WRITING	12/24 12PM HOLIDAY CELEBRATION MEAL <i>No commodities today</i>	12/25 12/26 12/27 CLOSED CHRISTMAS 		
12/30  	12/31   	1/1/2025 CLOSED FOR NEW YEARS   		



Palmer Senior Citizen's Center, INC. dba

MAT-SU SENIOR
SERVICES



HOLIDAY BAZAAR

AT THE PALMER SENIOR CENTER

1132 S CHUGACH ST

**FOOD
FUN
FESTIVITIES**

FRIDAY DECEMBER 13TH 12PM-6PM

SATURDAY DECEMBER 14TH 10AM-5PM

TAKE A PICTURE WITH SANTA OR THE GRINCH



OVER 35 VENDORS!

INCLUDING MSSS

UNIQUE GIFT SHOP

CHILDREN'S COLORING CONTEST

**HOTDOGS,
PIZZA,
CHIPS,**

& MORE FOR PURCHASE

QUILT RAFFLE

SILENT AUCTION

BAKE SALE

Holiday Celebration Meal

**Tuesday,
December**

**Palmer Senior
Center**

24th at 12PM

1132 S Chugach St

*Brought to you by the Board of Directors
and Mat-Su Senior Services*

***Thank you for your continued
support for seniors***



A Letter from Board Member Vicki Randolph

Cama'i (Hello) to you! Thank you for taking time to read this month's Chatter! My name is Vicki Randolph. I am a life-long, 6th generation Alaskan kid born and raised on the island of Kodiak. My mother's bloodline is Alutiiq (AK Native) and Norwegian. My father's ancestors emigrated from England to the region now known as Virginia in the late 1600's. A career move brought me to Wasilla in June 1991, and I knew within 3 days of arriving that I wanted to live in Palmer; I moved to Palmer 2 months later. I became a consignee with my jewelry (Classy Glass Expressions) in the fabulous MSSS Gift Shop in 2014. I have 2 grown children and a playful Goldendoodle puppy dog, but no grandkids. I love God, nature, all creatures with paws, challenging and exercising my brain with logic puzzles, and feeding the creative side of my brain with a variety of artistic interests.

I worked 35 years in the world of finance with most of that time spent in mortgage lending. After retiring from a career I loved, my days are now filled with play time with my dog, managing my jewelry making business, working on a novel, being active with Palmer Toastmasters, coaching a speech club and mentoring high school students in speech competition for the IDEA homeschool program, and volunteering each week at Frontline Mission. As a young girl I was inspired by my mother's volunteerism activities in our community—she was the volunteer secretary for several local service organizations, she volunteered at the museum each week, and was a regular usher for performing arts events. Mom was a precinct worker in every election, and she helped save countless lives as a lifelong blood donor. My mother set a fine example, instilling in me the desire to give back to the community that supports and sustains me. I'm passionate about "paying it forward." Volunteering has enriched my life and allowed me to serve others—and I'm honored to now serve with the vibrant team of your Board of Directors.

I noticed the Director vacancies and applied to serve on the Board for two primary reasons:

- 1) I believe the Gift Shop is well managed, yet its' value to the community is under-utilized, and
- 2) to help discover ways to increase the use of and revenue production of our Senior Center

It's no secret that the financial situation here at MSSS is at a critical junction. Your MSSS Board of Directors has the daunting responsibility to consider all aspects of the myriad of services currently supported, while also facing dwindling revenue and rising expenses and the difficult decisions that must be made to keep the essential services in place while also striving to keep the Center open.

Because I'm new to the Board of Directors, I'd really like to hear from you.....What do you love about MSSS? What do you wish would change? What services and programs are important to you? Every voice matters. Your involvement, your input, your ideas, your voices are vitally important to these decisions.

You might be wondering....what can I do?

- Can you spare 1 or 2 hours here and there? Nearly every activity of the Center needs volunteers
- Attend Membership meetings
- Attend the monthly Board of Directors meetings (they are open to all members)
- Use the Suggestion Box for your comments, praises, concerns, suggestions and/or talk with your Directors and the MSSS managers
- Attend and vote at the Annual meeting
- Play Bingo!
- And, support other activities offered
- Become a volunteer!

I am hoping to hear from you---please feel free to call me or send a text message

Vicki Randolph

Phone/text: 907-539-7111

A member of MSSS and one of your Board of Directors

Happy Birthday!

Ken B
Anita C
Belinda C
Cheryl C
Christine C
Yolinda D
Linda D
Evangeline D
Patricia D
Verona D
Janine J
Janet K

Candace K
Laura L
Patrick L
Linda M
LaDelle N
Stacy N
Norman O
Phyllis S
Edward S
Jeannie S
John S
Deborah T



NEED HELP PAYING YOUR UTILITY BILLS?

The State of Alaska Residential Utility Assistance Program may be able to help with your heating or electric bill.

You may qualify if you make less than:

Family Size	Gross Monthly Income
1	\$2,350
2	\$3,192
3	\$4,033
4	\$4,875
5	\$5,715
6	\$6,556

For each additional household member, add \$841



Programs are open to renters and homeowners. Some communities may be served by a Tribal Organization. Please see the Heating Assistance website for a listing of which organization serves each community.

For More Information:

Call: 1-800-478-7778

or

Download an application on the Heating Assistance website:
<http://heatinghelp.alaska.gov>

Accepting Applications
October 1, 2024 – April
30, 2025

Heating Assistance Paper Applications

Available for Pickup
at the Palmer Senior Center

8 AM - 5 PM

Upstairs in Admin

Letter from the Gift Shop



October's leftover Halloween candy isn't even all gone, and yet Christmas is only a little over twenty days away. Time to get into the high gear of Christmas cheer. If you haven't already sent holiday greetings to far flung friends and family, stop by the gift shop. Pick up locally produced Christmas cards featuring Alaska at it's Christmas best and some holiday tea. Sit in your favorite chair and send out some holiday cheer.



For some friends and family gift giving is a breeze, but what about uncle Burt or Aunt Tessa? They want nothing, and seem to have everything. For those who are difficult to shop for, the gift shop comes to the rescue. For the avid outdoorsman, choose an ulu complete with custom scabbard to secure it for use on hunting expeditions. For Aunt Lucinda who loves earrings, but rarely wears them because she's allergic to nearly every metal on earth, choose a pair of our surgical grade flexible plastic posts for those sensitive piercings. We also carry stainless steel wires and posts for their tarnish resistance.



The unique and unusual can be found at the gift shop. We have a large two-dimensional carved marble whale that must be seen and felt to be appreciated. The shop handles numerous native carvings, and currently boasts a beautiful working harpoon with an ivory head. Hand carved native necklaces of ivory, mastodon, and baleen grace the shelves of the shop as do carvings of animals and people. There is even a small collection of native masks, all marked at senior friendly prices.



For the truly discerning, geological artist Steven Clement, has hand crafted a collection of rustic bowls using native stone such as marble, quartzite, and gneiss, a turquoise look alike. Their attraction is both visual and tactile and can add much to any décor.



For the undecided, the procrastinator and the discerning, jewelry artist Vicki Randolph of Classy Glass Expressions will stage a pre-Christmas Jewelry Trunk Show. It features a huge variety of her many necklaces, earrings and bracelets in stunningly creative creations. Set for Friday the 19th and Monday the 23rd, the show will make last minute shopping a breeze.



As always, our gift shop staff will be there to cheerfully assist and guide you through your Christmas shopping experience. We are even extending our shopping hours to 11 am to 3 pm, Monday through Friday, December second through December 23rd. We will be closed December 24th through the 31st to give our hard-working volunteers a chance to rest and recharge.



Merry Christmas to each of you and a very happy New Year to you all!

Notice to All Gift Shop Consignees

Beginning immediately, the gift shop will return to it's previous policy of sending out consignee checks only after the amount due reaches \$10.00. Should you have any questions or comments, please contact the gift shop at 907 761-5043. Thank you.

Spot the oopsie!



We made an oops and if you find it, you can be entered into a drawing for a \$10 gift card! Call in at 907-745-5454 with your findings, with one entry for each validated discovery. Submissions due the day before membership meeting by 5pm. Drawing will be made the day of membership meeting each month.

Congratulations!
to November's
Spot the oopsie!
Winner
Thank you for being on the lookout!

Senior Shopping Bus
Alternating Between Palmer Carrs & Fred Meyer
Stops at the Palmer Senior Citizen's Center
Every Friday at 1pm
Returns to the Senior Center at 3pm
Provided by Valley Transit and
The City of Palmer

RESOURCES

Questions about resources that may be available to you.



ADRC
(Links Resource Center)
907-376-3632



Connect Mat-Su
907-373-2628

Support for Caregivers and their Loved Ones who experience ADRD



Alzheimers Resource of Alaska (Wasilla Location)
907-746-3413
Support for Alaskans affected by Alzheimers disease and related dementias.

Durable Medical Equipment Lending



ACE Lending Closet
907-232-4848



Valley Charities & Turn a Leaf
907-521-1908



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MAT-SU SENIOR
SERVICES

1132 S. Chugach Street
Palmer, AK 99645

RETURN SERVICE REQUESTED



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

Our next Membership Meeting is
Wednesday, February 12th,
at 11:30am.