

November 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



## 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.

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## November is National Family Caregivers Month

Family Caregivers play a pivotal role in the lives of people in need, they are there for the early mornings, and the late nights. Family caregivers often go unheard as to just how much they do. They are both emotional and physical backbones in the care for a loved one.

They embody resilience and love for the individual they care for, dedicating months to years of their lives to loved ones. The impact of a family caregiver is profound. If you know of someone who is a family caregiver, offer a supportive hand.



Hear their story, be a pillar of support for them and their loved one in need. If you are a family caregiver, we at Mat-Su Senior Services give you our most heartfelt thanks. If you have questions about resources available for you or your loved one, don't hesitate to call us at 907-745-5454.

# CLOSED

11/11/24 - Veterans Day

11/28 - 11/29/24 -

Thanksgiving

# 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@matuseniors.com](mailto:matsuadministrative@matuseniors.com)

# November Activities

## **1st Tuesday Book Club**

**Tuesday, November 5th at 10 AM**

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

## **A New You**

**Every Wednesday at 10 AM**

Located in the Fitness Studio.  
Instructed by Toni Truesdell.

## **Bingo (Blackout Bingo This Month!)**

**Thursdays, November 14th & 31st at 1 PM**

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

## **Board of Directors Meeting**

**Wednesday, November 6th at 10 AM**

Date change due to Veterans Day Closure.  
Located in the second floor conference room.

## **Coffee Chit-Chat**

**Friday, November 22nd at 10 AM**

Located in the dining room.

## **Commodities**

**Monday, Tuesday, Thursday and Friday  
11:30 AM - 12:00 PM**

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

## **Game Day**

**Wednesdays from 12 PM - 4PM**

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

## **Knit-Along**

**Every Thursday at 10 AM**

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

## **Living with Vision Loss**

**Thursday, November 21st at 1PM**

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

## **Medicare Drug Enrollment**

**Select Dates : Nov 6th & 13th  
from 10 AM - 3:30 PM**

Medicare drug enrollment for Medicare part D.  
Hosted by LINKS ADRC. Call 907-373-3632 to make an appointment

## **Membership Meeting**

**Wednesday, November 13th at 11:30 AM**

Every second Wednesday of the month.  
Located in the dining room.

## **Memoir Writing**

**Mondays, November 4th & 18th  
12:30 PM - 1:30 PM**

Memoir writing workshop hosted by Marilyn Bennett.

## **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.

## **Quilting**

**Mondays 10 AM - 4:30 PM**

Located in the activities room.  
Bring your own machine.

## **Senior Strength**

**Every Monday & Friday at 10 AM**

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

## **Shufflin' Country Dance Lesson**

**Thursday, November 14th at 3:30 PM**

All levels of learning welcome! Located in the Fitness Studio.

**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**



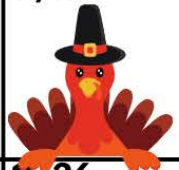
Located in the fitness studio on the bottom floor.

**Watercolor Art Class**

**Friday, November 8th 12 PM - 3 PM**

All skill levels welcome.

In the basement lounge. Materials provided.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OCCURRING WEEKLY</b>				
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
				11/1
11/4  12:30PM MEMOIR WRITING	11/5  10AM BOOK CLUB	11/6  10AM BOARD MEETING  10AM-3:30PM MEDICARE DRUG ENROLLMENT	11/7  <b>GIVE Thanks</b>	11/8  12PM-3PM WATERCOLOR ART CLASS
11/11 <b>CLOSED</b> 	11/12 	11/13 10AM-3:30PM MEDICARE DRUG ENROLLMENT  11:30AM MEMBERSHIP MEETING	11/14 1PM BINGO  3:30PM SHUFFLIN COUNTRY	11/15 
11/18  12:30PM MEMOIR WRITING	11/19 	11/20	11/21 1PM BINGO  1PM VISION LOSS	11/22  10AM COFFEE & CHIT CHAT
11/25 	11/26	11/27 	11/28 <b>CLOSED FOR</b> <b>Thanks Giving</b> 11/29	



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**

# HAPPY BIRTHDAY

Timothy A.

Janet B.

Eunice B.

Clyde C.

Nick D.

Harriet D.

Kathryn F.

Teresa F.

Rose G.

Theresa H.

Eileen H.

Terry H.

Danny M.

Debora M.

Gary M.

Phillip M.

Arleta O.

Margo P.

Kenneth P.

Sue S.

Dawn S.

Jill S.

Lila S.

JoAnn W.

*Santa Cop Applications for 2024 are here!*



Applications are  
available online at

[santacop.net](http://santacop.net)

or for pickup at

**Mat-Su Senior Services.**

For questions please call  
907-864-6701

# A Letter from Board Member

## Dora Wheeler



In the September issue of our newsletter, Board of Director of current time, Tom Schulman, commented on several important categories. The center is an excellent place of socializing for a number of us. The activities a seniors can participate in, which are several, include exercise programs, painting, book club, bingo, commodities, sewing, knitting group, and more. As well as the call for much needed volunteers and board of director positions. And, of course, budget constraints everywhere! I as a board member want to say – we all enjoy and need your participation, this is what makes our Palmer Senior Citizen Center. Thank you!

I want to change the subject, since we all notice the temperature dropping, especially in the mornings. I'm glad the season of fishing, camping, hunting, gardening and harvesting are over with. It gives me more time with the senior center, in my sewing room and/or cooking up something tasteful as Beef (Moose Meat) Barley Soup. Here's the recipe from my kitchen to you!

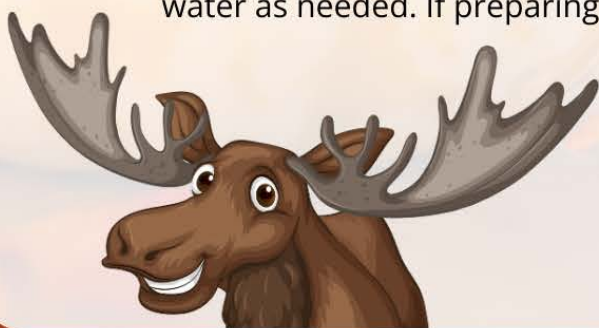
### Beef (Moose Meat) Barley Soup Slow Cooker (low) 6 hours or Stove top 1 hour. Serves 6

- 2 tbsp olive oil
- 1 lb or less cubed beef or moose meat.
- ( if using beef stew meat, cut into smaller chunks )
- ½ cup chopped onion
- 1 tsp garlic powder
- 1 tsp salt
- ½ tsp pepper
- 3 cups water
- 2 (10.5 oz) cans beef broth or add  
- 2 ½ cups water and 3 beef bouillon or  
2 1/2 tsp beef better than bouillon
- 1 bay leaf
- 1 cup diced carrots
- 1 cup chopped celery with leaves
- 1 cup pearly barley or follow instructions for quick cooking barley
- ¼ cup parsley
- 1 cup sliced or diced mushrooms

Heat oil in skillet or pot over medium heat, add meat and sauté until browned. Add onions, garlic powder, salt and pepper, if using slow cooker transfer this mixture to the cooker. Add a bit of water to skillet and stir up remaining browned onions and seasonings, then pour over the meat in the cooker.

Add in the rest of the water, beef broth, bay leaf, carrots, celery, pearly barley, parsley, and mushrooms. If making this on the stove top bring to full boil 2-3 minutes than simmer 15 minutes, add water as needed. If preparing in the crock pot, cover and set to low for 6 hours.

Freezes well.



*Dora Wheeler*

Director of the Board



# 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



## Indigenous People's Day

**THANK YOU!**

To all who attended and performed at our

Indigenous Person's Day Luncheon!

It was wonderful to have you!

Thank you to the Knik Charter Youth Dancers and their Teacher Paiuraq!



# Letter from the Gift Shop

Don't look now, but the holiday season is upon us! The thought can be more frightening than any ghost or ghoul that haunted your driveway just a few short days ago. Don't panic, the gift shop is here to not only stretch your holiday dollar, but to make your Christmas shopping experience a real pleasure —no ghosts of Christmas past, just the joy of Christmas to come!



Join us for a large serving of cheer and a cup of holiday tea. Yes, that great Kobuk holiday Samovar tea is back with us again. It accompanied by chocolaty Winter Mint tea as well. A taste of either will put a smile on nearly anyone's face and melt shopping jitters away.

Send some uniquely Alaskan holiday cheer to friends and family. The gift shop once again features Cindy Pendleton's collection of Alaskan Christmas cards. Over twenty years ago Pendleton entered a National Diabetes Association Christmas card design competition—and won! Her watercolor design featured a group of Alaskan children “trimming” the antlers of a very patient caribou with Christmas ornaments. The design, sold by NDA in their annual Christmas catalogue garnered nearly \$25,000.00 for research! Pendleton decided that she could do something similar for Alaskan charities. So began her annual Christmas card design and sale. When you send Pendleton's Christmas greeting to those near and dear, you are also supporting a well deserved Alaskan charity.



Watercolor artist Ken Harris has once again captured the beauty of the season in his Christmas card collection depicting local icons such as Palmer's famous water tower festooned for the season. Collections also include local flora, fauna and wild creatures. Share our city at Christmas with friends and family.

Our display racks are filled with kuspuks and parkas by Bobbi Lewis. As a special treat this year, we have included traditional native made garments as well. We also have a colorful collection of ruanas in both hooded and hoodless varieties as well as capes, shawls and seasonal hats and scarves of all types, colors, designs and fibers many in traditional native patterns. We even feature leather soled wool yarn mukluks for the tiny tike in your life. Should you want to produce a more personal gift, we carry a large variety of local yarns, from merino to musk ox both natural and in a mix of exciting colors.



Tree décor, candle holders, locally made baskets, mini puzzles, coin purses, beautiful professional business card holders, kitchen must-haves including aprons and towels, and artistically rendered dryer balls are all waiting for your friends and family. The list goes on—beautifully designed copper bracelets with healing magnets to ward of the pain of arthritis as well as making a beautiful fashion statement, jewelry of all kinds, designed and produced by local artists, and a men's gift section large enough to make one sigh in relief!



The shop is filled with both Christmas and traditional Alaskan décor, from pillows to distinctive wall hangings, unique tree trim to unusual blankets and throws. Lotions and potions as well as a huge variety of soaps fill the shelves. Tees, hoodies, ladies' night shirts, and men's comical boxers hang awaiting your inspection. Even our children's section is filled with Christmas goodies. Crocheted hats, toys, and clothing await as does every little girl's dream, a porcelain doll in an exquisitely detailed costume.

A wonderful holiday shopping experience awaits at the gift shop. Don't wait!



Lest we all forget in this season of anticipation, from all of us, a very Happy Thanksgiving to you and yours!

# 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 October's  
Spot the oopsie!**

**Winner**

**Thank you for being on the lookout!**



## 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, November 13th,  
at 11:30am.