

January 2025

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.

Happy New Year!

PFD Application Season is Here!

If you apply for your PFD online, please consider giving towards local seniors in the Mat-Su area by choosing Mat-Su Senior Services when you

Pick.Click.Give.

CLOSED

1/1/25 - New Years Day

1/20/25 - Martin Luther
King Jr. Day

Paper applications are available for pickup at the Palmer Senior Citizen's Center on 1132 S Chugach St starting January 2nd.

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.....Clata Puryear |
| 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

JANUARY Activities

1st Tuesday Book Club

Tuesday, January 7th 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, January 9th & 16th 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

Monday, January 6th at 10 AM

Located in the second floor conference room.

Coffee Chit-Chat

Friday, January 31st 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, January 16th at 1PM

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

Next Membership Meeting

Wednesday, February 12th at 11:30 AM

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

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, January 9th at 3:30pm

Dance lesson for any level of experience. Located in the studio on the basement level.

Strong Women

Every Monday, Wednesday & Friday

from 11 AM - 12 PM

Located in the fitness studio on the bottom floor.

Tai Chi

Every Tuesday at 9:30 AM

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

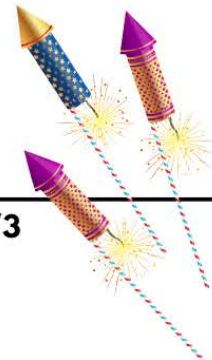
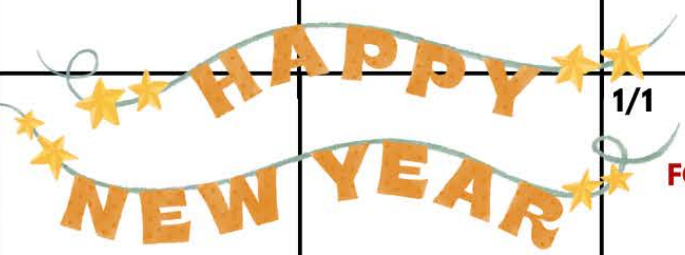
Watercolor Art Class

Friday, January 10th from 12 PM - 3 PM

All skill levels welcome. In the activities room.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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OCCURRING WEEKLY

10AM SENIOR STRENGTH 10AM - 4:30PM QUILTING 11AM - 12PM STRONG WOMEN 11:30AM - 12PM COMMODITIES	9:30AM TAI-CHI 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 
		1/1 CLOSED FOR NEW YEARS DAY	1/2	1/3
1/6 10AM BOARD MEETING	1/7 10AM BOOK CLUB	1/8	1/9 1PM BINGO 3:30PM SHUFFLIN COUNTRY	1/10 12PM WATERCOLOR ART
1/13	1/14	1/15	1/16 1PM LIVING WITH VISION LOSS 1PM BINGO	1/17
1/20 CLOSED FOR MARTIN LUTHER KING JR. DAY	1/21	1/22	1/23	1/24
1/27	1/28	1/29	1/30	1/31 10AM COFFEE CHIT - CHAT



THANK YOU

Pizza Athena

Umialik Insurance
Joan Tower
Pia's Custom Framing
3 Rivers Fly & Tackle
Musk Ox Farm
Rocks for All Ages
95.5 The Pass
Senior Voice

Shear Fire
Masters of Iron
Alaska Wildlife
Conservation Center
Little Cabin Crafts
Big Cabbage Radio
Make a Scene
Dora Wheeler

All About Herbs
Garlands of Grace Florals
All Seasons Clothing Company
Alaska Goldrush Jewelers

Allen & Peterson - Wasilla
House of Bread
Turkey Red
Shear Fire

Anonymous

Pillow for Kids Foundation
Alaska Chicks
Carena Pettit
Nick Lloyd

Claire German
Geria Welbourn
Carl Brubaker
Reckon it's a Craft

Meg Hills
Blissful Bread Company
Carol Parmenter
Sourdough Pawn Shop

Shauna Abdrade
Learning Essentials
Connie Munro
Verona Doyal

Big Dipper Ice Cream
Misfit Consignment
Jenns Homemade Fudge

For your generosity and support in making this wonderful community event possible!

Thank you!

A Letter from Board Secretary

Elda McCraw



Dear Members,

Hello, I'm your current Board Secretary. This letter is a great opportunity to express how much I appreciate each one of you and all that you have done to help this organization in 2024. As there is a lot of hustle and bustle downstairs preparing for the Colony Christmas Bazaar, I'm thinking of all that has been accomplished this past year. We have made a lot of progress and I believe we are on track to be even better.

We have expanded our Adult Day Services and the related delivery of services supporting this Program such as meals and transportation. It is wonderful to see this endeavor work toward success and to provide this much needed service to our Community.

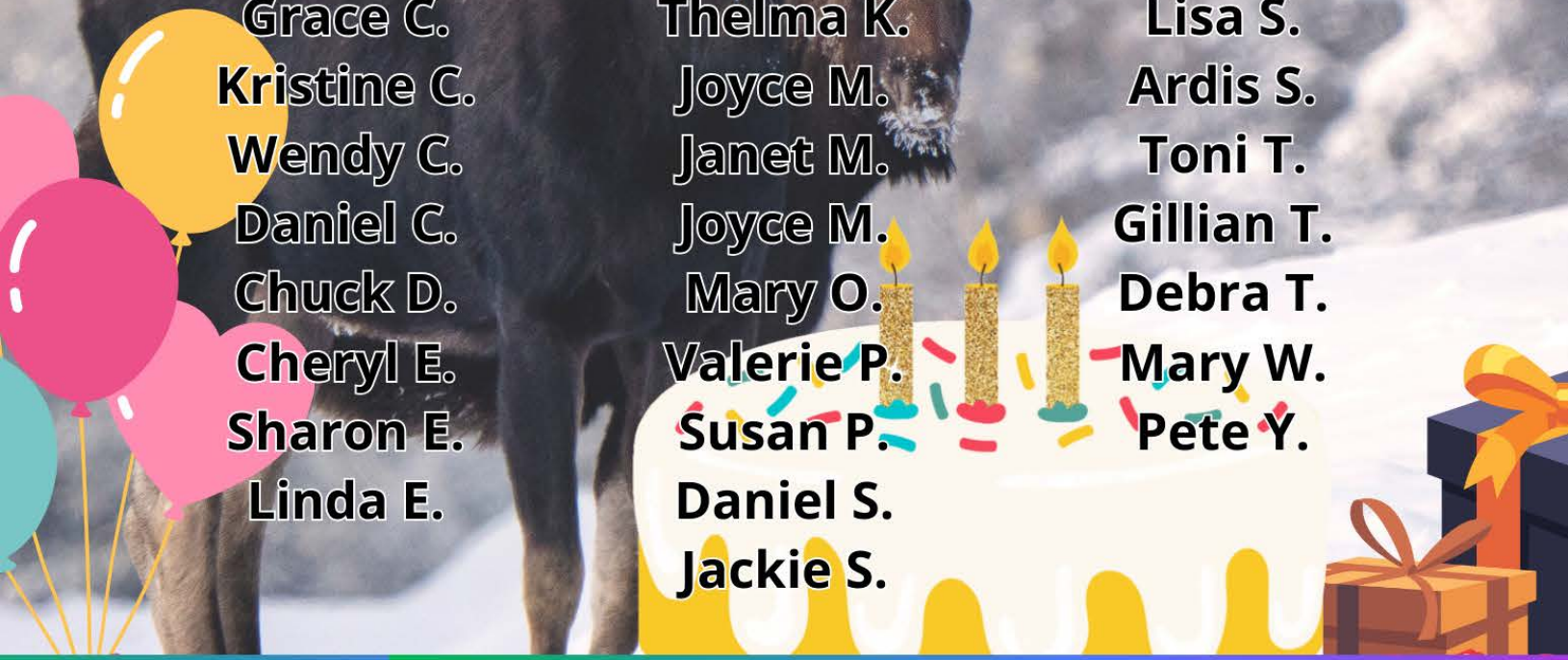
The Center is working very hard to be self-supporting as far as current services for the near future. As finances improve, we hope to be adding new and improved activities like Bingo back to our repertoire. Check it out two Thursdays a month for only \$5 per card and the final round is blackout to win \$150. Just come and enjoy the funny trash talk and excited interaction of these players. My son and I have a very good time playing or volunteering for this activity.

The Board has been looking to add or expand some of our areas of service. We are reviewing proposals on each significant change, looking at potential costs and revenues with each change. This takes time and effort, with participation by both the Board and the Executive Staff. Bear with us as there will continue to be changes in every area of our business over the coming year. It is kind of like being on a carnival ride - so buckle up and come along with us on this new grand adventure of growing this great and wonderful organization. I'm excited to be a participant in growing this organization.

I continue to believe we have the strong potential to build new housing in the next five years. There is not any other organization in the state of Alaska that provides such a variety of services to meet the needs of our seniors. We are proud of our Center and the employees who work very hard but always have time to listen to us and give us a smile. I enjoy getting and giving hugs along with sharing a joyful smile with all my fellow members. If you need anything or if you just would like to talk, I am happy to be available most mornings from 8-11. Please stop by the Golden Heart room and we can visit! Tell me about what you would like about the Center to do, what service could we provide and please, please volunteer your time to make us a better place to be.

Happy Birthday!

- Freda A.
- Marilyn B.
- Sherrill B.
- Maureen C.
- Mary C.
- Grace C.
- Kristine C.
- Wendy C.
- Daniel C.
- Chuck D.
- Cheryl E.
- Sharon E.
- Linda E.
- Jeremy G.
- Ted H.
- Andrew H.
- Shelley H.
- Russ I.
- Sharon J.
- Thelma K.
- Joyce M.
- Janet M.
- Joyce M.
- Mary O.
- Valerie P.
- Susan P.
- Daniel S.
- Jackie S.
- Judy S.
- Helene S.
- Paul S.
- Gloria S.
- Lisa S.
- Ardis S.
- Toni T.
- Gillian T.
- Debra T.
- Mary W.
- Pete Y.



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

Thank You Palmer Lions!



For donating \$5000
towards purchasing
a walk behind
snow plow!

Thank you!



Thank You

Erik Christensen with State Farm

**For donating pizza in
honor of**



**'s
Birthday!**

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 from the Store at 3pm

Provided by Valley Transit and

The City of Palmer

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 the second Wednesday of the month. Drawing will be made the second Wednesday of the month.

Congratulations!
to December's
Spot the oopsie!

Winner
Thank you for being on the lookout!

Notice to All Gift Shop Consignees

Beginning immediately, the gift shop will return to its 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.



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



Palmer Senior Citizen's Center, INC. dba
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.