

February 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.

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

2/17/24 -  
Presidents 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.....Clata Puryear | Director.....Vacant             |
| Director.....Vacant        | Director.....Vacant             |
| Director.....Vacant        |                                 |

## Recommended

### Donations

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



United Way of Mat-Su



This institution is an equal opportunity provider.

## DEPARTMENT MANAGERS

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

*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)



# FEBRUARY Activities

## 1st Tuesday Book Club

**Tuesday, February 4th at 10 AM**

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

## AARP Tax-Aide

**Every Thursday February 6th - April 10th  
10 AM - 4 PM**

Help filing taxes. Must call 211 to make an appointment.

Located in the activities room

## A New You

**Every Wednesday at 10 AM**

Located in the Fitness Studio.

Instructed by Toni Truesdell.

## Bingo (Blackout Bingo This Month!)

**Thursdays, February 13th & 20th 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, February 10th at 10 AM**

Located in the second floor conference room.

## Coffee Chit-Chat

**Friday, February 28th 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.

## Elder Fraud Internet Crimes Presentation

**Monday, February 10th at 11 AM**

Presentation by InfraGard of Alaska. 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, February 20th 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, February 13th 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**

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

## Watercolor Art Class

**Friday, February 14th from 12 PM - 3 PM**

All skill levels welcome. In the activities room.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## OCCURRING WEEKLY

<p><b>10AM SENIOR STRENGTH</b></p> <p><b>10AM - 4:30PM QUILTING</b></p> <p><b>11AM - 12PM STRONG WOMEN</b></p> <p><b>11:30AM - 12PM COMMODITIES</b></p>	<p><b>9:30AM TAI-CHI</b></p> <p><b>11:30AM - 12PM COMMODITIES</b></p>	<p><b>10AM A NEW YOU</b></p> <p><b>11AM - 12PM STRONG WOMEN</b></p> <p><b>12PM - 4PM GAME DAY</b></p>	<p><b>10AM KNIT ALONG</b></p> <p><b>11:30AM - 12PM COMMODITIES</b></p> <p><b>10AM - 4PM AARP TAX-AIDE</b></p>	<p><b>10AM SENIOR STRENGTH</b></p> <p><b>11AM - 12PM STRONG WOMEN</b></p> <p><b>11:30AM - 12PM COMMODITIES</b></p>
<p>2/3</p> 	<p>2/4</p> <p><b>10AM BOOK CLUB</b></p>	<p>2/5</p>	<p>2/6</p>	<p>2/7</p> 
<p>2/10</p> <p><b>10AM BOARD MEETING</b></p> <p><b>11AM ELDER FRAUD INTERNET CRIMES PRESENTATION</b></p>	<p>2/11</p>	<p>2/12</p> <p><b>11:30AM MEMBERSHIP MEETING</b></p>	<p>2/13</p> <p><b>1PM BINGO</b></p> <p><b>3:30PM SHUFFLIN COUNTRY DANCE</b></p>	<p>2/14</p> <p><b>12PM WATERCOLOR ART</b></p>
<p>2/17</p> <p><b>CLOSED FOR PRESIDENTS DAY</b></p>	<p>2/18</p> 	<p>2/19</p>	<p>2/20</p> <p><b>1PM LIVING WITH VISION LOSS</b></p> <p><b>1PM BINGO</b></p>	<p>2/21</p> 
<p>2/24</p>	<p>2/25</p> 	<p>2/26</p>	<p>2/27</p>	<p>2/28</p> <p><b>10 AM COFFEE &amp; CHIT CHAT</b></p>



# 2025 AARP Tax Aide

Beginning February 6th thru April 10th, AARP Tax-Aide volunteers will be providing tax services for the 2024 tax year by appointment only. Appointments can be made online starting the last week in January by accessing the following website:

<https://taxaide.aarpfoundation.org>.

Follow the steps on the website to find a location near you and book your own appointment or have a friend or family member book on your behalf.

Alternatively, if you are unable to make an online appointment, the "211" Services for Alaska can assist you with making an online appointment.

If you cannot access 211 from your phone, call 1-800-478-2221 for assistance.

Be sure to bring all the current tax year documentation, photo ID and Social Security Card, along with last year's tax return to your appointment. If filing a joint return, both taxpayers need to be present. Please make other arrangements for your children to be cared for during your tax appointment. If you have a prior year return (no more than 3 years prior), make a separate appointment for each year you need to have completed.

## **Wear Red for February's Membership Meeting!**

Our quarterly membership meeting will be held  
February 12th at 11:30 AM.

Come and meet with fellow members of your senior center and vote on center related subjects.

**Dress in red and help raise awareness for heart disease!**  
Around half of Americans have at least one risk factor for heart disease. The CDC recommends light exercise for at least 2 hours and 30 minutes in a week, monitor blood pressure and cholesterol, and work with your healthcare team to help prevent heart disease!

# A Letter from Board Member Clata Puryear



Dear Members,

My name is Clata Puryear. I am the newest member on the Board of Directors for Mat-Su Senior Services.

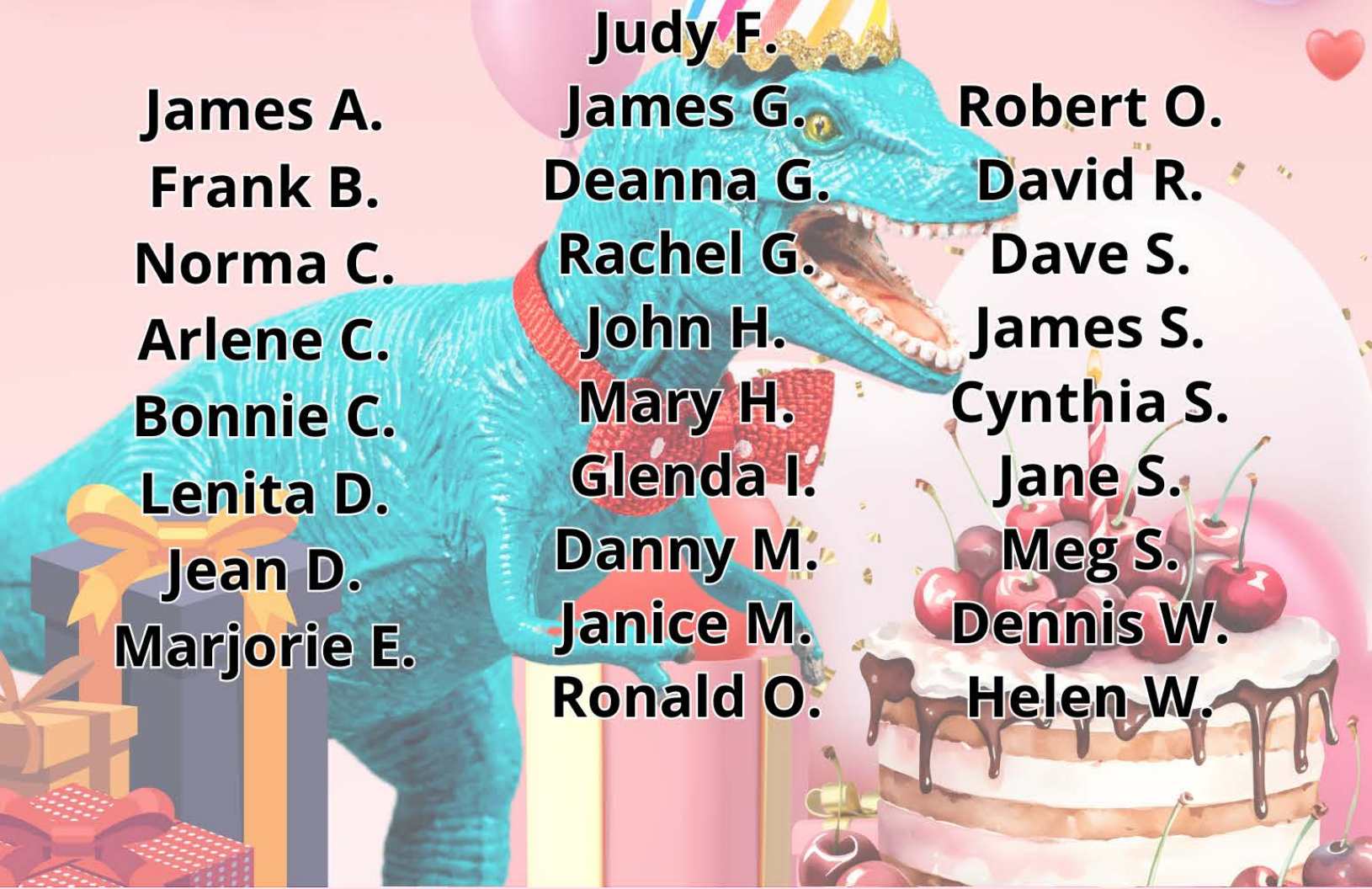
I moved to Alaska in 1997 and to the Valley in 2002. Being in a military family, I have lived many places. Some beautiful, some with beautiful people. We chose Alaska as our permanent home because of a unique combination of both. Since being in Alaska, I have volunteered with special Olympics, the Food Bank, and fostering children. The last foster child being adopted by my daughter. I have happily resided in Colony Estates for almost 14 years.

Upon my joining the board I was immediately impressed by the hard work of the board and the staff at the Palmer Senior Center. I had no idea how committed and how very hard they worked for the benefit and welfare of not only the seniors in their residential housing, but for all the seniors in the valley. I had no idea they worked so hard. I have used the library, the exercise room, and found beautiful things in the gift shop. To me, they were just there. Now, I have realized how much effort and work goes into providing those things for us. It makes me more appreciative. The next time you visit the center for whatever reason, thank them. They really work hard to provide these services for us.

See you there.

*Clata Puryear*

# Happy Birthday



Judy F.

James A.

James G.

Robert O.

Frank B.

Deanna G.

David R.

Norma C.

Rachel G.

Dave S.

Arlene C.

John H.

James S.

Bonnie C.

Mary H.

Cynthia S.

Lenita D.

Glenda I.

Jane S.

Jean D.

Danny M.

Meg S.

Marjorie E.

Janice M.

Dennis W.

Ronald O.

Helen W.



## Senior Shopping Bus

Alternating Between Palmer Carrs & Fred Meyer

Stops at the Palmer Senior Citizen's Center

Every Friday at 1pm

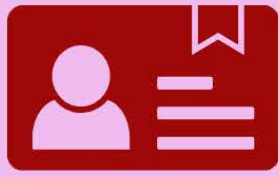
Returns to the Senior Center from the Store at 3pm

Provided by Valley Transit and

The City of Palmer



# 2025 Membership Enrollment is OPEN!



Members must be 50 years of age. Annual dues for 2025 are \$24.00. Lifetime dues are available and dependent on age when applying for membership. Dues are for the calendar year and are not refundable.



You need not be a member to visit our building. Please come and visit sometime, bring someone who hasn't been by in a while. If you prefer when it is quiet, after 1PM is a great time to stop by after the hustle and bustle. There are monthly activity calendars to take home, and other resources year round. The senior center is open Monday thru Friday, from 8am to 5pm. Stop on by!

## 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

# Mat-Su Senior Services Gift Shop

Open Monday  
through Friday

From 11 AM - 2 PM

## ***Board of Directors Position Vacant***

Positions on the Board of Directors are open and new Directors need to be appointed by the Board.

Please contact a Board member if you would be interested in serving on the Board.

We have an active Board of Directors who are passionate about our mission and committed to provide strategic leadership, financial support, and fiduciary governance for our organization.

The purpose and basic responsibilities of the MSSS Board are described on page three of the application. Board meetings are the Monday, before the Membership meetings held on the second Wednesday, each month at the MSSS Headquarters building in the second floor conference room. In addition to attending the monthly Board meetings, Board members are expected to actively participate in at least one Board committee, attend an annual Board retreat, support fundraising activities, make annual personal financial donations, and advocate on behalf of the organization in the community.

**If you are interested, contact a member of the Board of Directors.**

# Spot thee 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 January'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

<p><b>Questions about resources that may be available to you.</b></p>	 	<p><b>ADRC</b>  <b>(Links Resource Center)</b>                  907-376-3632</p> <p><b>Connect Mat-Su</b>                  907-373-2628</p>
<p><b>Support for Caregivers and their Loved Ones who experience ADRD</b></p>	 Alzheimer's Resource of Alaska	<p><b>Alzheimers Resource of Alaska (Wasilla Location)</b>                  907-746-3413  <i>Support for Alaskans affected by Alzheimers disease and related dementias.</i></p>
<p><b>Durable Medical Equipment Lending</b></p>	 	<p><b>ACE Lending Closet</b>                  907-232-4848</p> <p><b>Valley Charities &amp; Turn a Leaf</b>                  907-521-1908</p>



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.