

October 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.

October is Breast Cancer Awareness Month

Breast cancer affects over 2.3 million women worldwide, but did you know it can also affect men? In the United States alone, around 2.8 thousand men will be diagnosed with breast cancer, according to the American Cancer Society. That's It sounds like a small number, but to affected families, it is massive. Man or Woman, if you notice changes in the skin on your chest, a painless lump, or have other concerns, consider seeking professional medical help sooner than later. The earlier the better it is to catch breast cancer and stop it in it's tracks.



CLOSED

10/18/2024

Alaska 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.....Tom Schulman

Vice President.....Dora Wheeler

Secretary.....Elda McCraw

Treasurer.....Russ Ingram

Director.....Meg Smith

Director.....Philip Munger

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 Westlund

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!



Volunteer Fundraising Chairperson Needed!

If you or someone you know would
be interested in learning more
about volunteering for this
position, please reach out!

Contact 907-745-5454

or Email

matsuadministrative@matsuseniors.com

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

OCTOBER Activities

1st Tuesday Book Club

Tuesday, October 1st 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, October 10th & 17th at 1 PM

Must be 19 years old to play. Located in the dining room. Final game of the day's payout is \$100.

Board of Directors Meeting

Monday, October 7th at 10 AM

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

Coffee Chit-Chat

Friday, October 25th 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.

Estate Planning Workshop

**Monday, October 7th
from 9:30 AM to 4 PM**

Law Office of Constance A. Aschenbrenner hosting a free workshop. Appointments can be scheduled at 907-334-9200.

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, October 17th 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 : Oct 16th & 22nd
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, October 9th at 11:30 AM

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

Memoir Writing

**Mondays, October 7th & 21st
12:30 PM - 1:30 PM**

Memoir writing workshop hosted by Marilyn Bennett.

Quilting

Mondays 10 AM - 4:30 PM

Located in the activities room.
Bring your own machine.

Senior Luncheon : Indigenous Day

Monday, October 14th from 12:30 PM - 1:30 PM

In the dining room. Luncheon brought to you in part by Mat-Su Senior Services.

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, October 10th at 3:30 PM

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

Tai Chi

Every Tuesday at 9:30 AM

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

Spanish Group

Every Tuesday at 10:30 AM

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

United Way Resource Guides & Info

Tuesday, October 8th 11 AM - 1 PM

Information about United Way of Mat-Su and resources for seniors.

Strong Women

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

Located in the fitness studio on the bottom floor.

Watercolor Art Class

Friday, October 11th 12 PM - 3 PM

All skill levels welcome. In the activities room. Materials provided.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCcurring WEEKLY				
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
	10/1 10AM BOOK CLUB	10/2	10/3	10/4 
10/7 9:30AM - 4PM ESTATE PLANNING 10AM BOARD MEETING 12:30PM MEMOIR WRITING	10/8 11AM - 1PM UNITED WAY RESOURCE GUIDES & INFO 	10/9 11:30AM MEMBERSHIP MEETING 	10/10 1PM BINGO 3:30PM SHUFFLIN COUNTRY	10/11 12PM - 3PM WATERCOLOR ART 
10/14 12:30PM SENIOR LUNCHEON INDIGENOUS DAY	10/15 	10/16 10AM - 3:30PM MEDICARE DRUG ENROLLMENT	10/17 1PM BINGO 1PM LIVING WITH VISION LOSS	10/18  CLOSED FOR ALASKA DAY
10/21 12:30PM MEMOIR WRITING	10/22 10AM - 3:30PM MEDICARE DRUG ENROLLMENT	10/23	10/24	10/25 10AM COFFEE CHIT-CHAT
10/28	10/29	10/30	10/31 	

COMING SOON



Palmer Senior Citizen's Center, INC. dba
MAT-SU SENIOR SERVICES



HOLIDAY BAZAAR

AT THE PALMER SENIOR CENTER

1132 S CHUGACH ST

FRIDAY DECEMBER 13TH 12PM-6PM
SATURDAY DECEMBER 14TH 10AM-5PM

**FOOD
FUN
FESTIVITIES**

TAKE A PICTURE WITH SANTA OR THE GRINCH



OVER 35 VENDORS!

**INCLUDING MSSS
UNIQUE GIFT SHOP**

CHILDREN'S COLORING CONTEST

QUILT RAFFLE

SILENT AUCTION

BAKE SALE

**HOTDOGS,
PIZZA,
CHIPS,
& MORE FOR PURCHASE**

Vendor Applications at matsuseniors.com

Bishop's Attic II
Thee Thrift Store

We would like to give a heartfelt thanks to Bishop's Attic for their donation of bingo prizes for our clients at Adult Day Services.

Thank you!



HAPPY BIRTHDAY

- | | | | |
|----------|-------------|-----------|-----------|
| Mario C | Christine F | Darrell L | James R |
| Philip C | Carol G | Richard M | Linda S |
| Donald C | Lawrence H | Terry R | Vivian S |
| Sandra C | Drusilla K | | Jack S |
| Garris C | Susan L | | Teresa S |
| Nancy C | | | Michael T |
| Norma E | | | Richard W |
| | | | John W |
| | | | Cheryl Y |



Follow us on **Facebook!**

facebook.com/matsuseniorsofficial

Senior Citizens Center Inc. dba Mat-Su Senior

A Letter from Board Member Tom Schulman



The leaves are falling, and there's a nip in the air!

I hope each of you appreciate the services provided by the Center and especially, enjoying each others company while here. I love seeing you all. Socializing is such an important part of our health. I've heard that from many of you -- that the Center's activities give you something to look forward to and opportunities to help in whatever way you can. Personally, I am so thankful for all of you who come to volunteer and help. Your presence is an encouragement to fellow seniors. You are what makes the Palmer Senior Center so wonderful. Again, thank you.

We have an excellent group of dedicated Board members and I'm thankful for their input, wisdom, and dedication. We have been busy tackling some very tough decisions, mostly focused on finances and offered services. Like you, we are all experiencing ever-increasing budget constraints, trying to make ends meet. The Center is no different ... all our costs are rising. Our staff has been diligent in stretching those dollars and in cutting any way they can.

Yet, with the cuts, it remains our mission to continue to serve you, our members, seniors, and those in need, the best way possible with what we've been blessed with. Along with our Board and Staff, I remain confident of a bright future.



I want to again, put out the request for several places where volunteers are key and where you can help. One example is our amazing gift shop. The Center's gift shop offers unique gifts that are mainly Alaska-made. Many are on consignment from various creative artists in the community. The shop needs more help so they can remain open on a regular basis. Did you know that the shop is totally operated by a small group of amazing volunteers?

Next, you may have noticed a greater presence of the Center on social media. The goal is to make the public more aware of our wonderful facility, the services offered and the fun activities happening here. I am grateful for our staff doing such a fantastic job at getting the word out there.

These folks are the people who keep our Center operating so the members and our community can enjoy what we offer - - the opportunity to come, gather, and socialize. Please remember to thank the staff and volunteers for their service. And remember to encourage one another - - it costs us nothing yet has great rewards.

Finally, there are a number of holidays and other events coming up. We here at the Center would love to celebrate them with you. Don't be a stranger. Stop on by.



Tom Schulman
Director of the Board

Starting October 1st. You can enroll for 2025 Annual Membership!

Membership for one year is \$24 and is also tax deductible! Lifetime memberships are also available and cost varies by age. If you enroll as a member of the Palmer Senior Citizen's Center, you are a part of something great. Your enrollment gives you access to our monthly newsletter sent to your mailbox or email address, voting rights at membership meetings, and enables you to apply for the Board of Directors. Being a member also means, .. being a member! You stand for supporting and being involved with senior citizens in the valley, including a communal place where seniors can come and engage in activities with other senior Alaskans. We have a library, billiards room, exercise room and workout studio on the basement level. If you want to read a book, play pool, get some steps in, or attend a guided strength building workshop, we invite you to come and see what we're all about! Our main floor boasts our beautifully windowed dining room, gift shop, and activity rooms. Come chat with friends, have a cup of hot coffee, shop for friends -or yourself-, or attend an activity of your interest. The top floor has many offices of warm and friendly faces who are always happy to help with questions. Just around the corner from the elevator is the Golden Heart Lounge, where computers, tables, televisions with comfortable chairs, and a wii gaming system are set up for anyone's use! Pick a puzzle, board game, audio book or movie from the shelf and take some quality time for yourself or with friends.

Being a member of the Palmer Senior Citizen's Center is about seniors helping seniors. Members are part of all facets of their community. In this age, more than ever, connection is a foundation important to our overall wellbeing. The center is open from eight in the morning until five in the evening, but time is no matter when it comes to being a member. Being a member is a badge of honor, something worn to say you are involved, quietly or loudly. Palmer Senior Citizen's Center Incorporated doing business as Mat-Su Senior Services is a short drive down South Chugach Street, and is in dire need of more helping hands to bring life and love to seniors in need. If you want to become a member, or volunteer and learn about what it means to help senior citizens quietly or loudly, stop by the administrative office for an application. Applications are also available on our website. If you have questions about being a member or volunteer at the Palmer Senior Citizen's Center, call

Mat-Su Senior Services at 907-745-5454.



What's New at the Gift Shop?



It's fall, a time that is all about kids. School has started. Halloween is just around the corner. There are new friends, new clothes, new schedules, and a lot to learn. Costumes and candy are on the horizon. The gift shop is ready to help make it all fun for kids (the REAL job of grandparents, great aunts, and great elder friends). Melanie Kopperud has just added a new character to her troupe of hand-knitted creations: Kara the Cow. Kara is perfect for any of the little ones in your life with her perky ears and knobby horns. She joins a green monkey, a pink aviator lady bug, a multi colored elephant and other assorted creations all designed to put fun into youthful lives, and smiles on little faces.

Have you heard of Squishmallos? No, they're not something to eat, they're a toy that has taken the market by storm, a bit like Beanie Babies did back in the day. These soft squishy toys are a cross between a pillow and a stuffed animal. They have a very unique feel, both soft and squishy, hence the name. They are the brainchild of Jonathan Kelly, claw machine toy maker and owner of Kelly Toys.

While on vacation in Japan, he noticed how the populace seemed to be devoted to "cute soft plushies," so he developed the Squishmallo and promoted the toy through TikTok. The Pandemic provided the perfect environment to push the growth of a pillowlike soft cuddly toy—for kids and adults alike. Today there are thousands of designs, and both kids and adults collect them. Each Squishie comes with a complete and extremely unique backstory, often times hilarious, and always very hip (suggesting possible costume themes). The gift shop has recently acquired a collection of Squishies. Pop in soon and find a cuddly friend for that special kid, or feed the kid in you with several for yourself (we won't tell).



Fall is travel time for the more mature. The warm weather in climes that have no place for snow shovels, calls many Alaskans. For these snowbirds and anyone else that is sojourning, Vicki of Classy Glass Expressions has come up with a wonderful way to keep jewelry collections safe and well maintained: the travel pouch. With many divided sections in a pull-string pouch, jewelry is easily organized and takes up very little space. In gorgeous colors, these pouches are a great addition to anyone's luggage.



The gift shop's earring displays are newly laden with great collections of both commercial and local handmade bobbles in every color and style imaginable. Come in and find a perfect design to set off your fall fashions. We know you'll love them.



The shop has recently added several intricately constructed cutting boards featuring rare woods in food safe oil finishes. They must be both seen and touched to be appreciated. If you have begun thinking about Christmas, these would make great gifts to add to Santa's bag.

Young or more mature, male or female, there is always something for everyone at the gift shop. Drop by and see us soon! And watch out for bats, vampires and things that go bump in the night.

Happy Halloween!



Spot the oopsie!



We made an oops and if you find it, you can be entered into a drawing for a \$10 VISA 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.

BLACKOUT BINGO

\$100 PAYOUT!

for the blackout game only

At the **Palmer Senior Center**
1132 S Chugach St Palmer AK



Thursday
October 10th
October 17th
at 1pm

\$5

PER PACKET

Blackout game is last game of the day

Must be 19 years old to play



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, October 9th,
at 11:30am.