

KPCS

Food Pantry
Senior Meals
Senior Center
Homeless Outreach

Key Peninsula Community Services
17015 9th Street Ct NW
PO Box 392
Lakebay, WA 98349
253-884-4440
yourkpcs.org

Connecting People to Build Community



Food Pantry



Have You Heard of the Key Peninsula Food Project?

It's a simple and impactful way to support neighbors in need. Just collect nonperishable food at home, and it gets picked up right from your doorstep every other month.

Next time you see a good sale, grab an extra item and toss it in your green bag. The KP Food Project delivers these donations directly to Key Peninsula Community Services, where they help stock our Food Pantry shelves.

A big thank you to Aleece for her continued coordination and care! Want to get involved? Reach out to and learn how easy it is to make a difference: Aleece@KeyPenFoodProject.com

Senior Meals & Senior Center

You are invited to Rural Farm Camp

August 12, 13, 14th from 1-2 PM

Tuesday August 12th—Share pictures and memories of your farm. Or just come and listen.

Wednesday August 13—Taste & Tell: Farm Fresh Memories . We'll taste seasonal fruits, jams, fresh veggies from the garden and share

Thursday August 14—Get on the bus, we're going to meet Erin's sheep...read Erin's Farm tips inside.



Pictured: Siouxsie Sewe

Summer brings challenges for everyone, but you can help by donating some of the most-needed items to our KPCS Homeless Outreach Team:

Homeless Outreach

- **Sunscreen** (travel-size if possible)
- **Water bottles**
- **Chapstick or lip balm**
- **Aloe vera gel**
- **Sun hats** or baseball caps
- **Sunglasses**
- **Lightweight socks** (dry, breathable material)
- **Travel-size hygiene products** (especially wipes)
- **Bug spray** or insect-repellent wipes
- **Nonperishable snacks** (granola bars, nuts, trail mix)

The 3 Fifteens

I was that person who could not function without her first and second cup of coffee every morning before doing anything else. Don't get me wrong, I am still addicted and if the power goes out, I can easily go into panic mode because I know that nasty headache is on its way. I'm sure there are a few of you shaking your head in understanding and sympathy.

But, one day, I learned to start my day out in a more healthy and happy way. It's called the 3 fifteens. It's a simple routine that once becomes a habit, you won't want to miss a day of it.

The first is simple. Keep a 15-ounce glass of water on your night table and drink it before getting out of bed in the morning. We tend to dehydrate at night, and consuming room temperature water is the best and fastest way to rehydrate our bodies.

The next is taking 15 slow breaths. Inhale gently through your nose and exhale slowly through your mouth. This helps you start your day in body awareness rather than immediately in your head thinking about what you need to do today or worse worrying about what is happening in the news.

The third is 15 minutes of sunlight. Preferably in the morning as this is the best time for your body. Still, getting outside even on a cloudy day is so beneficial to our health.

If you do the 3 fifteens every day for a month, you can pattern in a new and healthy routine. You will be surprised at how much better you can feel. And then, go and enjoy your first coffee or tea of the day! It tastes even better!

With love

Bobbi



Garden Harvest is Starting!



The survey results are in....
More lettuce, onions, snap peas, beets, herbs, tomatoes, and plenty of other great ideas. Thank you for sharing! We've already started planting some of your suggestions like lettuce and tomatoes and we'll keep using your input to add even more fruits and vegetables to the garden.

Keep an eye out, you'll see the harvest sneaking its way into lunches and the Bread Closet.



If you'd like to volunteer in the garden, let Teresa know! She's always looking for help with watering and weeding.



Is getting to the Senior Center for lunch a challenge?

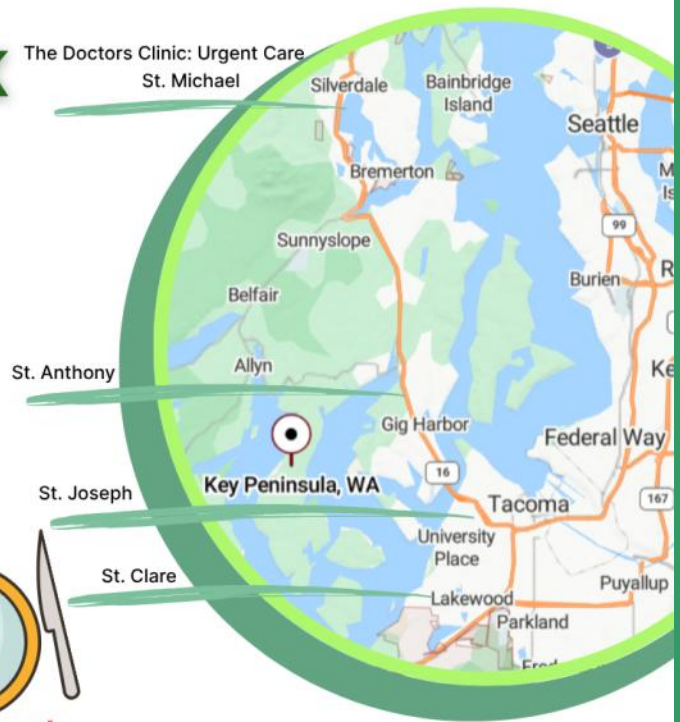
Don't miss out—call us and catch a ride on the Shuttle Bus!

We're happy to pick you up and get you here safely. Give us a call!

WHAT DO YOU THINK ABOUT....

Join the conversation about what matters in our community. We want to hear from YOU — your lived experiences, your ideas, and even your concerns.

The KP is such a unique location, let's share about it.



Wednesday,
August 20

5:00 pm- 6:30 pm

at Key Peninsula Community Services
17015 9th St Ct NW, Lakebay, WA 98349

WHAT DO YOU THINK ABOUT....

- ✓ Access to care - What does this mean to you? Have you or someone you know faced challenges getting to a doctor, dentist, or other services? Are there barriers like transportation, language, or cost that make it harder to get care?
- ✓ Nutrition - Can you easily find nutritious, affordable food where you live? How do food choices affect our health, school success, and community well-being? What could help more people eat well?
- ✓ Mental Health - Are mental health services easy to find and use? Is there stigma around seeking help?
- ✓ What about Diabetes & Chronic Conditions-How does diabetes (or conditions like high blood pressure, asthma, or arthritis) affect you or your loved ones? Is it easy to get the support, supplies, or education needed to manage these conditions? What would make it easier to stay healthy and prevent complications in our community?

And many more
topics will be up for input!



**Please call
by 10AM to
reserve your
meal
253-884-4440**

August

**60+: Suggested
\$3 EACH**

**Under 60:
Required \$5**

Tue	Wed	Thu	Fri
 <i>These services are supported by funding from Pierce County through its Human Services Department.</i>			
			1 BBQ Pulled Pork Sandwich Baked Beans Coleslaw, Fruit
5 Shrimp Alfredo Mixed Veggies Melon	6 Loaded Baked Potato Green Beans Fruit	7 Sloppy Joes French Fries Mixed Veggies Fruit	8 Chicken Salad Bowtie Pasta Potato Salad Fruit
12 Mac & Cheese with Ham Mixed Veggies Fruit	13  Luau! Fish Baked Potato Coleslaw, Roll Fruit	14 Veggie Burgers Sweet Potato Fries Fruit	15 Beef Taco Salad Tortilla Chips Fruit
19 Chicken Caesar Salad Roll, Fruit	20 BLT Green Salad Fruit	21 Karl's Birthday Crab Cakes Mediterranean Pasta Salad, Sweet Potato Fries, Blueberry Cobbler	22 Cheesy Lasagna Garlic Bread Caesar Salad Fruit
26 Meatball Hoagie French Fries Roll Fruit	27 BBQ Chicken Potato Salad, Roll Coleslaw Fruit	28 Pot Luck	29 Sausage & Pepperoni Pizza Green Salad Fruit



These services are supported by funding from Pierce County through its Human Services Department.

August 2025 Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All month long—visit the Key Center Library to enjoy a perfect pairing: Jellyfish Art from KPCS and Sea Creature creations from Camp Earthworms Preschool.				1 4:00 PM: KP Art Walk	2 8:30AM: SAIL
4 4PM: SAIL	5 8:30AM: SAIL 9AM: Clearwater Casino Trip 9:45AM: Tai Chi	6 9:30AM: Cards & Games 10AM: Haircuts 12:30 PCHS Presentation 1PM: PCHS Mobile Van & SHIBA 4:00 PM: SAIL	7 8:30AM: SAIL 9:45AM: Tai Chi 1PM: BINGO	8 10AM: Free Table 12:45PM: Movie: Grease	9 8:30AM: SAIL
11 4PM: SAIL	12 8:30AM: SAIL 9:45AM: Tai Chi 10AM: DSHS, Tacomaprobono Legal Help 5:30 PM: Board Meeting	13 Lunch Luau! 9:30AM: Cards & Games 4:00 PM: SAIL	14 8:30AM: SAIL 9:45AM: Tai Chi 11AM: Pierce Co. Social Services 1PM: Farm Trip	15 12:30 PM Flag Retiring Ceremony 	16 8:30AM: SAIL
18 4PM: SAIL	19 8:30AM: SAIL 9AM: Walmart Shopping Trip 9:45AM: Tai Chi	20 9:30AM: Cards & Games 10AM: Haircuts 4:00 PM: SAIL 5:00 PM: Healthcare Conversation	21 8:30AM: SAIL 9:45AM: Tai Chi 12PM: Birthday Lunch 1PM: BINGO 	22 10AM: Free Table 12:45PM: Movie: The Big Chill	23 8:30AM: SAIL
25 4PM: SAIL	26 8:30AM: SAIL 9:45AM: Tai Chi 9:00 AM Belfair Shopping	27 9:30AM: Cards & Games 4:00 PM: SAIL	28 8:30AM: SAIL 9:45AM: Tai Chi	29	30 8:30AM: SAIL

8/8

8/22





Tacomaprobono Community Lawyers

We'll be on the Key Peninsula in August for our regular 2nd Tuesday pop-ups -- KPCS 10-noon, Mustard Seed from 1-3 p.m. and Gig Harbor City Hall from 4-6 p.m.

You can get an appointment to attend a clinic by filling out our online intake form, visiting our main office for an in-person intake Monday-Thursday 1-3 p.m., or you can also walk in to a clinic that's convenient for you. If you do walk in without an appointment that's OK, but do plan to arrive as early as possible and bring any notices or other documents related to your issue. If you walk in and haven't already done an intake, an HJP paralegal will screen you for income eligibility at the clinic but you do not need to bring proof of income or ID.

COMPLETE YOUR ONLINE INTAKE NOW!



scan to go directly to our online intake form



KPCS

FOOD PANTRY DONATIONS NEEDED:

- Personal hygiene products
- Canned Soup
- Canned stew, chili, spaghetti o's
- Boxed side dishes, hamburger helper
- Tuna

THANK YOU



Caring for the Puget Sound Starts at Home

Summer beach days are here, and the more time I spend down in the cove, the more I see how fragile the ecosystem is in Puget Sound. It's a vital habitat for countless species that are under increasing strain from pollution, runoff, and habitat loss. The good news is that every one of us can help protect it through small, everyday actions. Simple choices like picking up pet waste, using fewer lawn chemicals, and washing your car at a public facility can drastically reduce the pollutants that end up in our local waterways. Opting for native plants, conserving water, and saying no to single-use plastics are also powerful ways to support the health of the Sound and the lands that surround it.

You can take it even further by volunteering for habitat restoration projects, joining a beach or stream cleanup, or installing a rain barrel at home. Educating friends and neighbors about these easy steps multiplies your impact. The health of the Puget Sound doesn't rely on a few big moves—it depends on thousands of small, smart ones. Together, we can keep our shared environment thriving for generations to come

-Brandon



How do farmers party?

They turnip the beet!



Make Friends With Sheep at Foxglove Farm

People are often surprised when I tell stories about how my sheep are friendly, affectionate, and each possess distinct personalities. Many folks miss these traits by assuming sheep should be treated similarly to dogs or cats, which is definitely not the case! If you want to make friends with a sheep, try following some of the following tips:



Remember “ABC”; Always Be Calm. As prey animals, sheep are hyper aware of sudden noises and movements and will react as if threatened- by bolting. When in the presence of any prey animal- including sheep- speak calmly at a normal volume, don’t make any sudden or large movements, and keep an overall calm demeanor.

Make yourself small. Crouch or sit rather than stand, and that fluffy ewe will be more likely to come say hi.

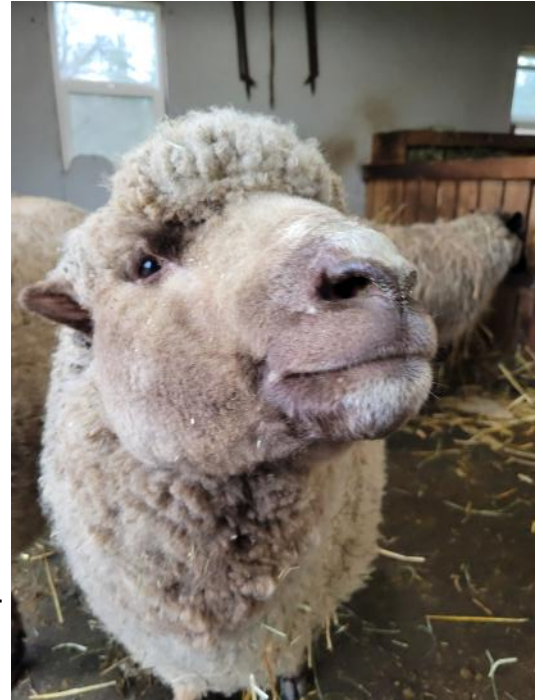
Bribery works! Food and treats are excellent enticements to encourage a sheep to approach you. While each animal has its own taste preferences, saltine or animal crackers are universal favorites.

Don’t touch that noggin! Avoid petting sheep on their forehead or the top of their head (ie, where one would typically pet a dog). Petting a sheep on the head can be interpreted as a challenge, which may cause them to headbutt. Funny videos showing sheep headbutting people abound on the internet, but in real life, this can be dangerous or even deadly behavior! Give a fuzzy sheep some scratches on the cheeks or their shoulders instead.

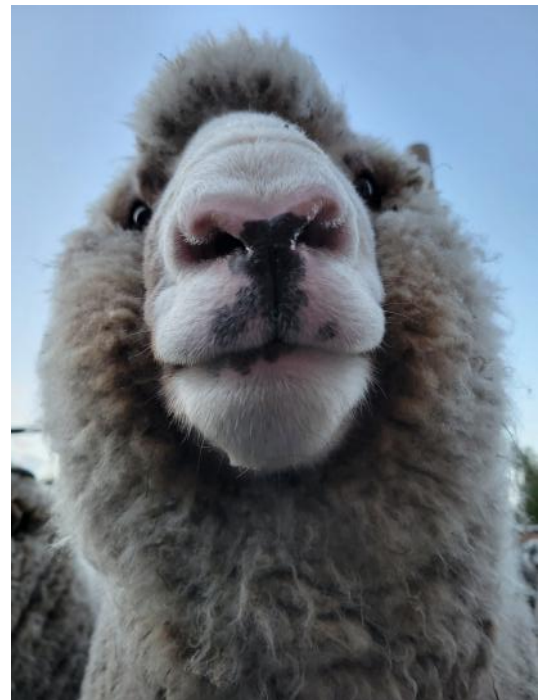
Let the sheep come to **you**. Sheep respond poorly to being pursued, even if it’s just for pets! Sit quietly with treats in hand, and you’ll be surrounded by the whole flock in no time.

Get permission: NEVER approach any livestock without receiving permission from the owner first.

Keep these simple tips in mind when visiting my farm during Senior Summer Camp: Rural Farm Week on August 14, 1-2pm!



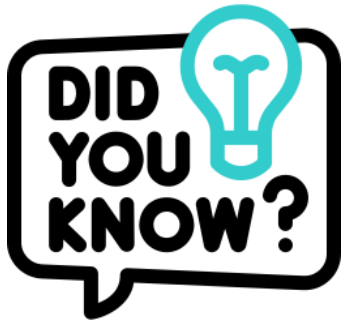
Pictured: Debbie Hairy



Pictured: Woolly Nelson

Sign up at the front desk with Erin





OUR FRIENDS AND NEIGHBORS HAVE
SOME GREAT INFO TO SHARE.....



DSHS Mobile Office Oficina Móvil is Coming!

Key Peninsula Services

17015 9th St. Ct NW Lakebay, WA 98349

Tuesday, August 12, 2025

10:00am - 2:00pm

KP Lutheran Church Monthly Community Gatherings:

- Men's Breakfast – 1st Saturday of each month at 8:00 AM
- Women's Brunch – 2nd Saturday of each month at 11:00 AM

Whether you're new to the area or just looking to connect, these are wonderful opportunities to share a meal, visit, and make new friends. All are welcome!

Could your neighbor
use a nutritious
meal delivered?



We'll cook but we need your help with delivery.
Meal pickup is available every day but if that
doesn't work, we are fortunate to have a
volunteer for delivery driver on Friday's.
Lots of options!

FOOD BACKPACKS 4 Kids KIDS. FAMILY. COMMUNITY.

FARM STAND

PROCEEDS BENEFIT OUR PROGRAMS

EVERY SATURDAY
June 21st through Harvest Season
10am to 2pm

9127 154th AVE Ct NW
Lakebay, WA 98349

Cash Preferred

Want to volunteer or participate as a grower?
info@foodbackpacks4kids.org
or call 253.857.7401

TACOMA NARROWS AIRPORT DAY

WATCH AIRPORT ACTIVITIES • VISIT AIRPORT BUSINESSES
STEM ACTIVITIES FOR KIDS • DISPLAYS AND BOOTHS • AIRCRAFT FLYBYS
ANTIQUE AIRCRAFT • MUSEUM • HONOR OUR MILITARY • YOUNG EAGLES
THE HUB RESTAURANT • FOOD TRUCKS



FREE ADMISSION

DATE
AUG. 16, 2025

GATES OPEN
9 A.M.

WELCOME
9:30 A.M.

ACTIVITIES
10 A.M. TO 4 P.M.

PARKING ALONG
26TH AVE. NW
SHOULDER

TACOMA NARROWS AIRPORT
1202 26TH AVE. NW
GIG HARBOR, WA 98335

PIERCE COUNTY AIRPORT
TACOMA NARROWS

Learn more:
PierceCountyWa.gov/AirportDay

Explore the airport from the inside!