

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

Thanks to the generous support of the **Angel Guild** and the **Boeing Employees Community Fund**, our Food Pantry refrigerated box truck is running strong with a **brand-new engine**! We're grateful the old, cracked block held on just long enough for us to get all the logistics in place for a complete swap. Now we're ready to keep food moving safely and reliably for our neighbors....and just in time for our busiest season of the year....

The Annual Basket Brigade is Coming!

It's that time of year again, and we couldn't be more excited! Look for **sign-ups starting in mid-October**. Together, we'll spread holiday cheer and make sure our neighbors have **full hearts and full cupboards**.

Your generosity helps us build baskets brimming with comfort, care, and kindness for families right here in your community. Let's make this year's Basket Brigade reach more families than ever before.

Senior Meals & Senior Center

At KPCS, we're proud to serve **nutritious meals four days a week promptly at noon** and this fall, we're mixing things up! We're trying out new recipes while also bringing back some of the all-time favorites you've been asking for:

- Crispy fried chicken with real mashed potatoes and homemade gravy
- Crowd favorite: cheeseburgers
- Meatloaf
- Classic tater tot casserole
- Pan roasted pork with roasted vegetables
- Lots of ice cream and frozen yogurt for dessert



There's always room for more at the table and we'll happily set out more chairs, so come join us - we hope to see you soon!



Homeless Outreach

As we welcome the mild climate of October, we hope it comes in gently. But we also know the Northwest has a way of surprising us with sudden rains and chilly winds. For our neighbors experiencing homelessness, an unexpected storm can make life especially difficult. We invite you to join us in preparing together. Think about what would help if the rains start and you're caught without shelter:

- Tents - Tarps - Socks - Coats - Blankets

Cold weather items of all kinds are deeply appreciated as we head into the seasons ahead. Your donations not only provide warmth and comfort, they remind our neighbors that they are not forgotten.

Thank you for standing with us and for being part of a community that cares.

Autumn is here!

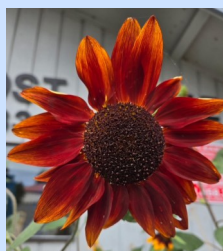
Step outside in the early morning and smell that the season has changed. Feel the cooler air and anticipate the coming rain.

Of course, now it is getting dark earlier every day. The changing barometric pressure will bring havoc to many an arthritic joint, and our sleep may be messed up, too. Oh, joy.

As it gets darker, we tend to be inside longer and become less active. My recent and very fun vacation reminded me in no uncertain terms that diet and exercise are crucial to my well-being. My vacation also negatively affected all parts of me, from my muscles to my brain and gut health because of poor eating choices and inconsistent movement. Frankly, I was surprised by how much and how fast those changes happened. I was also surprised that it took longer to get myself back to where I was. I had to consciously make good eating decisions and get back to class and move consistently again!!

Moral of the story: Diet and consistent exercise is even more important as we continue to age. Oh, and playing with others keeps it fun, too. So, SAIL on my friends and come to one of our fitness classes!!

With love,
Bobbi



1. Pumpkins are not vegetables; they're fruits. But, botanically speaking, which type of fruit?

- A. Berry
- B. Legume
- C. Drupe
- D. Citrus



CALL FOR A RIDE ON THE SHUTTLE BUS 253-884-4440

Where is the Shuttle Bus Going in October?

Give us a call to learn more about our services and to reserve your spot!

-  Tues–Fri – Get a ride to a nutritious lunch with great friends at KPCS.
-  Monday, Oct 20 – Shopping trip to Walmart. Meet at KPCS at 9:30 am.
-  Monday, Oct 27 – Trip to the Pumpkin Patch. Meet at KPCS at 10:00 am.



Oh My Gosh - Now What?

**There's no diagnosis like an
Alzheimer's or Dementia
diagnosis.**

More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis.

Examine the questions and discover the answers in this **six-part in-person workshop series** for families and individuals beginning their journey.

Sponsored by Pierce County
Aging and Disability Resources

 **Gig Harbor Senior Center at
Peninsula Lutheran Church**
6509 38th Avenue
Gig Harbor, WA 98335

 **Wednesdays from
12:30 pm – 1:30 pm**
No RSVP needed to attend.

-  **October 1, 2025**
Dementia Basics:
What is happening to us?
-  **October 8, 2025**
Disease Progression:
What should we expect?
-  **October 15, 2025**
Shock and Grief:
How do we express our worries?
-  **October 22, 2025**
Mood and Behaviors:
How do we adapt to these changes?
-  **October 29, 2025**
Legal and Financial Issues:
How do we prepare?
-  **November 5, 2025**
Resources:
Where can we turn for help?



DSHS Mobile Office Oficina Móvil is Coming!

Key Peninsula Services

17015 9th St. Ct. NW Lakebay, WA 98349

Tuesday, October 14, 2025

10:00am - 2:00pm

Apply inside • Solicitar adentro

Food • Cash • Medical

Comida • Efectivo • Médico

You can also drop off paperwork, complete a review, make changes to an existing case or request an EBT card.

washingtonconnection.org



Thank You for Being a Friend

If you've ever watched *The Golden Girls*, you know the joy that comes from true friendship - the laughter, the support, and that feeling of always having a place at the table. We see that same spirit here every day at KPCS, and it's something worth celebrating.

Trying something new can be hard. Walking into a room full of people you don't know can feel a little like the first day of school wondering if you'll fit in, if there's a spot at the "cool kids' table." But here, the cool kids are different: they're kind, funny, welcoming, and always ready to make room for one more.

It's the simple acts I get to witness that make all the difference: inviting someone to sit with you, striking up a conversation, or the joyful chorus of "Hi!" when someone walks through the door. Those small moments let people know they were missed, and that they belong.

As we continue to work on filling our dining room with friends again, we want to pause and say: thank you. Thank you for showing up for each other. Thank you for making this a place where people feel seen, welcomed, and cared for.

In the words of the Golden Girls: *thank you for being a friend.* - Robyn Readwin

ADHD/PTSD Support Group

Are you navigating the challenges of ADHD or PTSD? Join a **peer support group** designed to provide understanding, connection, and practical strategies for adults.

What to Expect:

- A safe, supportive space to **share experiences and coping strategies**
- Discussions about common challenges such as **procrastination, forgetfulness, "time blindness," brain fog, and emotional overwhelm**
- Emphasis on **strengths**, including creativity, humor, and compassion
- Guidance on managing **shame** and practicing **forgiveness** for a healthier mental life

Important: This group is **not therapy** and does **not diagnose or treat ADHD or PTSD**. It is **peer support facilitated by a professional with 30+ years of mental health experience**. Participation is intended to complement, not replace, professional care.

When & Where: Wednesday, October 8th at 3:00 PM in the New Private Meeting Room at KPCS, perfect for privacy and small groups!

Facilitator: Jackie Furrey, MSW, retired public mental health professional

Join us to connect, learn, and support each other on your journey.

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

OCTOBER

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

**60 — : Required
\$29.34 EACH**

Tue	Wed	Thu	Fri
	1 Beef Chili Corn Bread Peach Cobbler	2 Beef Stroganoff Green Salad Oranges Bread Pudding	3 Chicken Tortilla Soup Cheese Quesadilla Peas, Fruit
7 Roasted Pork Roasted Veggies Roll Fruit	8 Baked Lemon Cod Rice Pilaf Coleslaw, Grapes Lemon Bars	9 Beef Meatball Soup Salad with Walnuts Garlic Bread Pie	10 Hot Dogs French Fries Pork 'n' Beans Fruit
14 BBQ Chicken Tater Tots Coleslaw Roll, Fruit	15 Ham & Cheese Macaroni Brussels Sprouts Fruit	16 Shrimp Alfredo Peas Oranges	17 Veggie Pizza Green Salad Fruit
21 Cheeseburgers French Fries Fruit	22 Fried Chicken Mashed Potatoes & Gravy, Corn on the Cob, Peas, Roll Apple Crisp	23 Pork Burrito Spanish Rice Refried Beans Fruit	24 Tuna Salad Cottage Cheese Bowtie Pasta Salad Roll, Peaches
28 Cheese Tortellini Caesar Salad Garlic Bread Fruit	29 Tater Tot Casserole Green Salad Peaches	30 Pot Luck	31 Pork Meatballs Carrots & Peas Rice Fruit



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



2025 ACTIVITIES

Mon		Tue	Wed	Thu	Fri	Sat
 Photo by Jan Murphy			1 9:30AM-11:30AM: Cards & Games 10:00AM: VA Assis- tance 11:30AM SHIBA Advisor 1:00PM PCHS Mobile Van	2 8:30AM: SAIL 9:45AM: Tai Chi 1:00PM BINGO	3 10:00AM: Program/ Volunteer Committee Meeting 1:00PM: Fiber Arts Club 	4 8:30AM: SAIL
6 4:00PM: SAIL	7 8:30AM: SAIL 9:45AM: Tai Chi 1:00PM: Book Club	8 9:30AM: The Point Casino Trip 9:30AM-11:30AM: Cards & Games 3:00PM PTSD/ADHD Support Group	9 8:30AM: SAIL 9:45AM: Tai Chi 11:00AM: Pierce Co. Social Services 12:30PM Loteria Game Day	10 10AM: Free Tables (weather permitting) 12:45PM: Movie: Arsenic and Old Lace	11 8:30AM: SAIL	
13 4:00PM: SAIL	14 8:30AM: SAIL 9:45AM: Tai Chi 10AM: Tacomapro- bono Legal Help 10AM: DSHS Mobile	15 9:30AM-11:30AM: Cards & Games 10:00AM Haircuts 1:00PM Tech Class	16  8:30AM: SAIL 9:45AM: Tai Chi Birthday Lunch 1:00PM BINGO	17 1:00PM: KARAOKE 12:00PM: Blood Pres- sure Checks 5:00PM: Dinner and Encore Presentation of "Return to Home"	18 8:30AM: SAIL	
20 9:30AM: Walmart Trip 4:00PM: SAIL	21 8:30AM: SAIL 9:45AM: Tai Chi 12:15PM: SAIL/Tai Chi Lunch Presentation by Bobbi	22 9:30AM-11:30AM: Cards & Games 1-4PM: SHIBA Medi- care Advisor By Appt	23 8:30AM: SAIL 9:45AM: Tai Chi	24 10AM: Free Tables (weather permitting) 12:45PM: Movie: Addams Family	25 8:30AM: SAIL	
27 10:00AM: Pumpkin Patch Trip 4:00PM: SAIL	28 8:30AM: SAIL 9:45AM: Tai Chi 1:00PM Pumpkin Decorating	29 9:30 AM-11:30AM: Cards & Games 10:00AM: Haircuts	30 8:30AM: SAIL 9:45AM: Tai Chi Pot Luck 	31 1PM-3PM: Costume Party 	1 8:30AM: SAIL	



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Quiz answers: 1. A 2. B 3. D



Tacomaprobono Community Lawyers

We'll be on the Key Peninsula in October 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

Statewide Healthcare Insurance Benefits Advisor available!



Open enrollment begins 10/15 and runs until 12/7

SHIBA appointments available at KPCS Wednesday, October 22 from 1-4 pm

Get one-on-one personal counseling for all your Medicare questions from a SHIBA advisor. SHIBA is a free, unbiased service of the Office of the Insurance Commissioner

Call to book your spot: 253-884-4440

October Movie Fridays at the Senior Center!

Join us for fun, laughter, and a spooky-good time this October!

Friday, Oct 10 – *Arsenic and Old Lace*

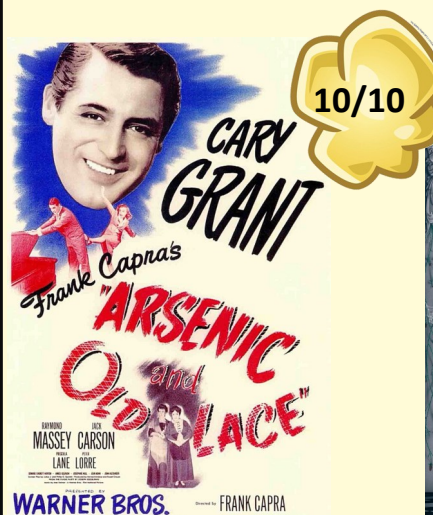
A classic dark comedy where two sweet old ladies have a very peculiar hobby—and their nephew discovers the shocking truth!

Friday, Oct 24 – *The Addams Family*

America's spookiest (and kookiest!) family takes center stage in this fun-filled comedy of love, mischief, and family quirks.

Popcorn provided — and yes, feel free to sneak in your favorite candy!

Bring a friend, settle in, and enjoy the show. Everyone's welcome! 12:45 Start



Peninsula Community Health Services

Mobile Clinic will be at KPCS

Wednesday, September 3rd, 1-3pm

Need health care but can't make it to the clinic? PCHS is bringing care to you with their **Mobile Health Care Bus**.

- Primary medical care
- Preventive checkups & screenings
- Help managing ongoing health needs
- Support connecting with additional services

This is a great opportunity to get quality care close to home. The mobile clinic is open to everyone, and they work with most insurances (including Medicaid/Medicare) — no one is turned away for inability to pay.

Take care of yourself without leaving the neighborhood!

2. According to a 2021 survey, what percentage of Americans say they believe in ghosts?

- A. 21%
- B. 41%
- C. 61%
- D. 81%



FOOD DRIVE



WHAT WE NEED?

- CAN SOUP
- CAN CHILI/STEW
- TUNA
- PERSONAL HYGIENE PRODUCTS
 - TOOTHPASTE AND TOOTHBRUSHES
 - BAR SOAP OR BODY WASH
 - SHAMPOO AND CONDITIONER
 - DEODORANT
 - FEMININE HYGIENE PRODUCTS
 - TOILET PAPER
 - RAZORS AND SHAVING CREAM
 - HAND SANITIZER
 - LOTION
 - COMBS AND HAIRBRUSHES

Get your Halloween Costume Ready for the
KPCS Halloween Party October 31, 2025!
Check out Angel Guild for fun options!



Thank You to all who served

VA ASSISTANCE AVAILABLE

Wednesday, October 1st
10:00 AM
VA Assistance

STOP MEDICARE FRAUD

Tips to keep you safe

- ▶ Protect your Medicare number located on your red, white and blue Medicare card. Treat it like a credit card and don't carry it with you unless you need to use it.
- ▶ Do not give out your Social Security, Medicare, and bank account numbers over the phone or in person, unless you made the contact and you trust the person.
- ▶ Remember that nothing is ever "free." Don't accept offers of money or gifts for free medical care.
- ▶ Ask questions. You have a right to know everything about your medical care including the costs billed to Medicare.
- ▶ Use a calendar to record all your medical appointments and any tests or x-rays you get. Check it against your Medicare statements to make sure your statements are accurate.
- ▶ Be wary of medical providers who tell you the item or service isn't usually covered, but they "know how to bill Medicare" so Medicare will pay.
- ▶ Be cautious if a company requests you pay for premiums in cash, pay a year's premium in advance, or pressures you to buy right away because "it's your last chance."
- ▶ Check with the Office of Insurance Commissioner to make sure an insurance company or agent is allowed to do business in Washington state.

If you suspect fraud or have questions, call our Insurance Consumer Hotline, and ask to speak with SHIBA (Statewide Health Insurance Benefits Advisors). SHIBA is Washington state's Senior Medicare Patrol project. We can help you prevent, detect and report Medicare and Medicaid fraud and abuse.

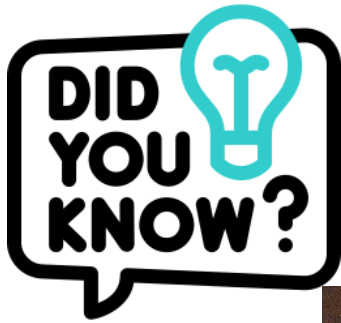
1-800-562-6900



This project was supported, in part by grant number 90GAP0002-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20202.

SHIP00-2003-SHIBA-stop-Medicare-fraud-04/2022

www.insurance.wa.gov/shiba



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

FREE WAYPOINT⁺ south

COMMUNITY DINNER

SUNDAYS @ 6P

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!

The Home Group of Alcoholics Anonymous meets at KPCS on Fridays and Sundays from 7-8pm. This is an open meeting; all are welcome, including families.

KPCA PRESENTS

DOWN HOME *with* JOEL GIBSON JR.

Sat October 4th 7-10pm
A FUNDRAISER BENEFITTING KPCCA

LIVE MUSIC - FOOD - DANCING
DRINKS - 50/50 RAFFLE

\$30
PRESALE PRICE \$40 AT DOOR

TICKET INCLUDES CONCERT & FOOD

KPCIVICCENTER.ORG

Introducing CARE Cafe

Caregiver Support Group reimagined. We're transforming the group into a more relaxed and inclusive space for everyone. Open to all caregivers, care receivers, friends, and family.



🕒 Third Monday of each month at 2:00pm

📍 Mustard Seed Cafe
9016 154th Ave. Ct NW, Lakebay, WA 98349

☎ 253-884-9814

✉ tmspinfo@themustardseedproject.org



We will be open again the 1st and 3rd Thursday in OCTOBER.

Check-In Between 4:30—5:00 PM in KC Corral. It is not Urgent Care

9013 Key Peninsula Hwy #D Lakebay WA

The Key Free Clinic is a non profit group of Volunteers working to create access for acute medical care. We offer massage, acute clinical care and sport physical. We are open the 1st and 3rd Thursday of every month. We are located in the OK Corral in Key Center in the Key Peninsula Council Office.

3. What Frank Sinatra song served as inspiration for the name Scooby-Doo?

- A. Somethin' Stupid
- B. "That's Life"
- C. "Wichcraft"
- D. "Strangers in the Night"

