



**Inclement Weather Policy**

KPCS follows the Peninsula School District's inclement weather determinations. If the school district is closed due to weather, KPCS will also be closed.

If the school district has a delayed start, the Senior Center and Senior Meals will be closed. For outreach and Food Pantry operations, closure or delay decisions will be based on weather forecasts.

Please stay tuned to local news and announcements for updates during inclement weather events.

**Embracing the New Year:  
Fresh Starts and Exciting Opportunities**

As we step into a new year, it's natural to reflect on the past twelve months and anticipate what the future might bring. We're entering a new chapter filled with fresh starts, exciting opportunities, and a chance to learn and grow.

January, named after the Roman god Janus, who is depicted with two faces – one looking backward and one looking forward – perfectly encapsulates this spirit of reflection and anticipation. It's a time when many of us set new goals and aspirations for the coming year, striving to improve ourselves and our lives.

This year, why not take some time to embrace this fresh start? Whether you decide to set ambitious resolutions, learn new skills, or simply focus on being more present and mindful, there are countless ways to make the most of the new year.

So, as we say goodbye to the old and welcome the new, let's celebrate the endless possibilities that await us in the coming year. After all, the best is yet to come!

Here's to a year filled with joy, growth, and memorable experiences.

**Happy New Year!**

**Staff:**

Willow Eaton	Executive Director
Brett Higgins	Food Pantry Manager
Jackie Daigle	Kitchen Manager
Delci Whited	Outreach Manager
Teresa Conness	Prog/Vol Coordinator
Peggy Gablehouse	Office Manager
Brandon Burton	Office Manager
Erin Taylor	Receptionist
Vivian Blanchard	Chef
Robin Ripa	Kitchen Assistant
Judy Carter	Outreach Assistant
Natalie Loyd	Food Pantry Assistant
Carol McIntyre	Food Pantry Assistant
Lisa Steward	Food Pantry Assistant



**Did you know** that the tradition of Baby New Year dates back to ancient Greece and Rome, where the new year was represented by a baby wearing a diaper and a sash? This tradition continued through the Middle Ages and Renaissance in Europe, and eventually spread to other parts of the world, including the United States.

It's amazing to think that a tradition that began so long ago is still a part of our modern-day celebrations!

## Move, Move, MOVE....

By Bobbi, S.A.I.L & Tai Chi Instructor

Lesson learned from my visit with:  
New Year's Resolutions

**In a nutshell, they don't work.** But, we keep making them. Why is that? Is it because we feel that this is the year we can make that change? Or is it because that is what we always have done? I really don't have an answer and that's okay. I suspect there may be a scientific answer in one of those psychologist journals. But who among us read those?

**My last year's resolution was to give up eating cookies,** especially the warm homemade ones from the Metropolitan Market. Or cookies from a package, or cookies from a tray or... Well, you get the idea. Still I thought I really could keep that resolution. Some of those who know me are still smiling and even laughing because they have seen me at pot lucks heading for the desert table rather than the tables of luscious salmon and other homemade dishes. As my Grandfather said " desert first, then the main course." Hmm, that might explain things a bit.

How about you? Are you going to try again?

Me? Yes. I am going to try again, and this one is going to stick.

A wise person said recently... say to yourself, "don't believe everything you think" Whoa, what a concept: don't believe everything "I" think. I am amazed how that can stop me thinking, judging, regretting, having anxious thoughts, getting too serious, or just stuck on one repeating mental headline.



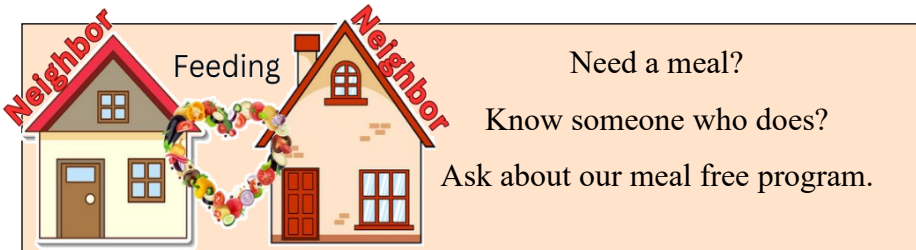
I find that every now and then I stop and say out loud "Don't believe everything I think" And it really works, even just for a moment. It stops my inner voice long enough to notice and just take a breath and smile to myself. So, this one I have previewed and it does work. So why not just continue throughout the new year with

something that is already proving to work?

Wow!

**It looks like this is the year that I WILL SUCEED.**

With love  
Bobbi



### A Note from Reception

By Erin

**Attn: Knitters, Crocheters, Spinners, Weavers, Felters, et al!**

If you love all things fiber arts, come join me in the KPCS library for a monthly Fiber Arts Group!

It'll be a relaxed and fun gathering where we can share our projects, learn new skills, and enjoy some good company.

No matter your proficiency level and no matter the craft, everyone is welcome to bring their yarn, fabric, or any fiber project they're working on.

We meet the second Thursday of each month, starting **Thursday, January 9th at 9:30am**. Come see me if you have any questions- I can't wait to see what you've been creating!

Erin's Friends: Siosxie Sewe & Roberta Flock

## **Crews Quarters- Now manned by Brandon!**

### **Connecting with the Community to Beat the Winter Blues**

Seasonal depression can feel especially isolating in the Pacific Northwest, where the dark days and constant rain often make it harder to connect with others. However, combating loneliness and depression can be easier when you lean on your community. We here at KPCS along with all the local groups and organizations can offer support during the winter months, whether through group exercise classes, social gatherings, or volunteer opportunities. Reaching out to friends, neighbors, or joining a community group can foster a sense of belonging and help lift your spirits.

In addition to social connections, engaging in creative activities can also help combat the winter blues. Taking up a new hobby, such as knitting, painting, or baking, can provide a sense of accomplishment and distract from negative thoughts. There's also group trips and activities that can provide social interaction and opportunity for new friends. By staying connected with your community and focusing on activities that bring you joy, you can better navigate the challenges of seasonal depression in the Pacific Northwest.

-Brandon

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### **Gems from Jean**

I hope this new year finds you basking in glow of the Holidays. Isn't it wonderful that in this dark, often gray, time of year we have these times of celebration full of lights, music, food and fun! So after all of this, now it is time to get back to reestablishing our healthy routines.

What might some of these routines be, a few I can think of are:

- getting out and seeing other people, community is so important to our wellbeing
- some exercise everyday, maybe just a walk in our beautiful outdoors
- eating a well rounded diet
- regular health check ups, including dental and vision.

With your health in mind, here are two gems from Jean:

1.) Get those yearly appointments made early in the year! This is especially important if you are starting in a new Medicare plan, or seeing a new doctor; we all know that it can take months to get on the schedule.

2.) Remember OEP still offers you options if you are signed up for an Advantage Plan in 2025. Open Enrollment Period, from January 1<sup>st</sup> to March 31<sup>st</sup> allows you the opportunity to switch to a different Medicare Advantage plan if you find your plan is not suiting your needs. So, it would be good to 'test drive' your new plan and see if it is a good fit for you.

I hope you find yourself well and content with the coverage you have in 2025, but as always I will be available to help if yours isn't fitting your needs as well as you'd hoped.

I will be back to visiting with all of you the second Tuesday of each month in 2025.

Looking forward to seeing you all again!

### **Jean Jackson**

*Your resident Medicare Advocate—Hoping to demystify Medicare for you. I may not know the answer to every question, but I have the resources to find them, or direct you to the source that can. Call me at: (253)442-5813 anytime.*



**Please call  
by 10AM to  
reserve your  
meal**



**60+: Suggested  
\$3 EACH**  
**60 — : Required  
\$5 EACH**

Tue	Wed	Thu	Fri
	<b>1</b> <b>Happy New Year!</b> 	<b>2</b> Baked Mac & Cheese with Ham, Brussels sprouts, fruit	<b>3</b> Shrimp Alfredo, broccoli, fruit
<b>7</b> Grilled cheese & minestrone soup, fruit	<b>8</b> Taco bowls, fruit, strawberries & whipped cream	<b>9</b> Chicken & dumplings, fruit, dessert	<b>10</b> BBQ pork sandwiches, tater tots, coleslaw, fruit
<b>14</b> Tuna salad & broccoli cheddar soup, green beans, fruit	<b>15</b> Vegetarian chili, corn bread, frozen yogurt parfait	<b>16</b> Lasagna, green salad, garlic bread, fruit, sherbert	<b>17</b> Pork stir fry, rice, fruit
<b>21</b> Chicken pot pie, mixed veggies, fruit	<b>22</b> Pork skillet with noodles, Brussels sprouts, fruit, rolls	<b>23</b> Honey walnut shrimp, rice, steamed carrots, fruit	<b>24</b> Veggie pizza, 3-bean salad, fruit
<b>28</b> Beef Stroganoff, peas, fruit	<b>29</b> Pork, bean, & cheese burritos, Spanish rice, green salad, fruit	<b>30</b> Baked cod, Tartar sauce, rice pilaf, coleslaw, broccoli, lemon bars	<b>31</b> BBQ chicken, baked beans, baked potatoes, roll, fruit

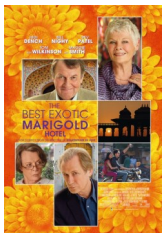
## What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat Sun
		1 	2 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	3 10:00 Coffee & Gab	4/5 8:30 SAIL
6 4:00 S.A.I.L	7 8:30 S.A.I.L 9:45 Tai Chi	8 9:30 Cards/Games 10:00 Haircuts 4:00 S.A.I.L	9 8:30 S.A.I.L 9:30 Fibre Art Group 9:45 Tai Chi	10 12:30 MOVIE: The Princess Bride	11/12 8:30 SAIL
13 4:00 S.A.I.L	14 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono 12:15 Medicare Talk 12:30 Medicare Help	15 9:30 Cards/Games 4:00 S.A.I.L 5:30 PIT Count Training	16 8:30 S.A.I.L 9:45 Tai Chi 11:00 Pierce County Social Services 1:00 BINGO	17 Birthday Wear your Pajamas. Win a prize! 	18/19
20 4:00 S.A.I.L	21 8:30 S.A.I.L 9:45 Tai Chi	22 9:30 Cards/Games 10:00 Haircuts 4:00 S.A.I.L	23 8:30 S.A.I.L 9:45 Tai Chi	24 12:30 MOVIE: Exotic Marigold Hotel	25/26 8:30 SAIL
27 4:00 S.A.I.L	28 8:30 S.A.I.L 9:45 Tai Chi 9:30 Shopping w/ Jennifer	29 9:30 Cards/Games 10:00 Haircuts 4:00 S.A.I.L	30 8:30 S.A.I.L 9:45 Tai Chi 10:00 PIT Count/ Resource Fair	31 9:30 Little Creek Casino	



**The Princess Bride** A fairy tale adventure about a beautiful young woman and her one true love. He must find her after a long separation and save her. They must battle the evils of the mythical kingdom of Florin to be reunited with each other. Based on the William Goldman novel "The Princess Bride" which earned its own loyal audience.

1987; PG; 1hour 38minutes



**The Best Exotic Marigold Hotel** This feel-good comedy-drama follows a group of British retirees who decide to spend their retirement in India. It's a heartwarming story about friendship, adventure, and new beginnings.

2011; PG13; 2hours 4minutes

## **Continuing the Conversation: The Housing and Homeless Coalition's Ongoing Series Debunking Myths about Homelessness.**

### **There's nothing that I can do to help address homelessness on the Key Peninsula**

This statement is false!

For the past few months, you have been reading our articles about homelessness on the Key Peninsula and each time we referenced the Pierce County Point-in-Time count. Federal, state, and county governments utilize this method to identify individuals experiencing homelessness, their locations, and the factors that led to their situation.

Last January, Pierce County Homeless and Prevention Programs began a pilot project to better identify individuals experiencing homelessness on the KP. KPCS was one of the locations selected to hold an event to provide supplies and resources during the Point-in-Time count. Due to the tremendous success of last year's event, KPCS will be holding the event again this year

#### **This is where YOU can help!**

Pierce County is once again looking for volunteers to assist with the 2025 Point-in-Time count on January 30th and 31st ... and there are several ways that you can help.

#### **Sign up to survey people experiencing homelessness.**

Volunteers support the PIT Count by signing up to interview people experiencing homelessness during overnight or day shifts. To be a volunteer you must meet the following requirements: Be 18+ years old, have access to a smart phone, and attend a virtual or in-person training. This will occur during the events and then an overnight count from 9pm until 3 am the next morning.

#### **Provide donations for volunteers to hand out.**

Donations from the community are needed to hand out during the Count. Donations offer a starting point for our interviews and can help break the ice when volunteers are out surveying.

Donations can be dropped off Monday - Friday from 9 a.m. - 4 p.m., through January 27, at the Pierce County Human Services office, 3602 Pacific Ave. Suite #200, Tacoma, WA. or bring donations directly to KPCS

We are accepting the following NEW or VERY GENTLY donations: Coats, Space blankets, Hats/beanies, Gloves, Socks, and Feminine hygiene products.

#### **Volunteer at PIT Count-related events in the community.**

There will be 7 events located countywide and one of them is at Key Peninsula Community Services. Volunteers are needed to assist in the official count, as well as helping distribute needed supplies, food and connections to service organizations.

Pierce County Human Services has a website with all the information to get you started volunteering for this important project:

<https://www.piercecountywa.gov/4719/Homeless-Point-in-Time-PIT-Count>

This year we are very fortunate to have Key Peninsula resident, Valeri Almony (Social Services Program Specialist 3) heading up the PIT Count. She can be reached at [Valeri.Almony@piercecountywa.gov](mailto:Valeri.Almony@piercecountywa.gov), if you have any questions about volunteering. And you can always contact Delci Whited, KPCS's Housing & Homeless Program manager to get information on volunteering for this event, or any questions you may have about homelessness on the KP.

#### **There IS something that YOU can do about homelessness on the Key Peninsula and it starts with outreach!**

Thank you for considering helping us with this important event.

### **The Homeless Point-in-Time (PIT) Count helps us understand why people experience homelessness.**

Every day in Pierce County, thousands of people sleep in cars, shelters or on the street. They are someone's mom, dad, child or friend. Do you ever wonder how they lost everything and became homeless? We answer this question and more every year through the PIT Count.

## HOME Food Pantry News by Brett Higgins

As we enter 2025, the Food Pantry is excited to continue providing essential services to our community. We're committed to expanding our reach and offering new programs that will help even more individuals and families in need. We look forward to working with our

dedicated staff, volunteers, and community partners to make this year a success and to continue making a positive impact in the lives of those we serve. Thank you for your continued support, and here's to a brighter future for all!

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## Please join us in this transformative journey by contributing to KPCS



As you can see, the new self-shopping model is making a real difference for our food bank customers. But we need your help to make our vision for an even better shopping experience a reality.

Our goal is to raise an additional \$50,000, building on the incredible \$25,000 in generous support we've already received from Pierce County.

With this funding, we can make our vision for an even better shopping experience a reality, providing more space and opportunities for our community. If you're inspired by this article and want to help us reach our goal, please consider donating to our annual appeal. Your support will make a tangible difference in the lives of those who rely on our food bank. Every penny helps.

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## Outreach by Delci, Outreach Manager New Year's Resolutions and Outreach in Action

The New Year is a time for fresh starts and intentional goals. At KPCS, we encourage resolutions that strengthen our connections to the community. Simple acts like volunteering, spreading kindness, or learning about local outreach initiatives can make a meaningful difference. Together, we can create a stronger, more compassionate community.

As the Street Outreach Manager for the Homeless Housing Program (HHP), I witness the impact of dedicated efforts daily. Through outreach, we connect with those in need, ensuring they have access to essential resources and support. This year, let's resolve to uplift each other and prioritize understanding, empathy, and action.

**Stay tuned for our exciting new Outreach office space, opening in January!**

# WISH LIST

## FREE CLOTHING BANK

- New or Gently Used Shoe Rack
- Plastic Hangers
- Warm Clothing

Fleece jackets or sweats, coats, jeans, warm socks



## News and Tips from Tacoma Probono Community Lawyers

**Happy New Year from Tacoma Probono Community Lawyers and our Peninsula outreach team!** Our next visit to Key Peninsula/Gig Harbor will be Tuesday, January 14— we'll be at KPCS 10-noon, The Mustard Seed Project of Key Peninsula in Key Center from 1-3 p.m. and Gig Harbor City Hall from 4-6 p.m. On Monday, January 20, we'll also be at Gig Harbor City Hall from 10-noon. All pop-ups are first-come, first-served, no appointment needed -- remember to bring with you any documents that relate to the issue you'd like to talk about with us!

### Are you facing eviction?

What should you do if you've received a summons and complaint for 'unlawful detainer' – that is, eviction? If you are low income, you may be eligible to have one of our Housing Justice Project attorneys represent you in court. It is OK if you haven't been able to reach our program to get help – if you have a date for a 'show cause' hearing, all you need to do is show up for that hearing. You can attend via Zoom or in person. Our paralegals and attorneys will be there to screen you for eligibility so the court can appoint an attorney to represent you. Often the court will also grant a continuance of the hearing so you'll have a chance to meet with the attorney.

### Are you dealing with other issues with your landlord?

The Housing Justice Project now has attorneys who specialize in preventing evictions by dealing with other issues (repairs, habitability, etc.) before they end up in court. They do special outreach events in Lakewood, Tacoma, Sumner and Puyallup – these are all on our legal aid pop-up calendar listed as Housing Justice Project Tenants Rights Clinics. You can also reach these attorneys through our regular contact processes:

### How to contact Tacoma Probono Community Lawyers

In addition to our 2<sup>nd</sup> Tuesday and 3<sup>rd</sup> Monday on the Peninsula, we have a regular schedule of legal aid pop-ups all around Pierce County. The schedule for all these is on our website, [www.tacomaprobono.org](http://www.tacomaprobono.org) and they are a good alternative point of contact for our program, especially since we do not require screening or eligibility to provide help and resources.

In addition to the pop-ups, the best way to contact our program if you need help is through the online intake form on our website, [www.tacomaprobono.org](http://www.tacomaprobono.org), or in person at our downtown Tacoma offices, Monday-Thursday 1-3 p.m

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**Did you know** that January is often a difficult month for people struggling with housing payments due to post-holiday expenses and higher heating costs? Many housing advocates consider January to be a critical month for eviction prevention efforts. By helping people stay in their homes during this challenging time, eviction prevention programs play a crucial role in ensuring a happy and secure New Year for those at risk of losing their housing.

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