



The Importance of Smiling

If you feel great, a smile comes naturally. It's an outward sign of joy, amusement, or excitement. Obviously, it is not natural to smile when we're sad or upset; but it turns out that smiling might be the best thing to do when you're ready to shift into a brighter mood. And it's not just for you; each time you smile at a person, their brain coaxes them to return the favor. You are creating a reciprocal relationship that allows both of you to release 'feel good' chemicals in your brain (endorphins), activate the reward centers, increase attractiveness and the chances of living longer, healthier lives.

Scientists have found that smiling on purpose can help people feel better. Just the simple act of putting a smile on your face can lead you to feel actual happiness. Smiling on purpose changes brain chemistry.

How Smiling Affects Your Brain

Each time you smile you throw a little feel-good party in your brain. The act of smiling activates neural messaging that benefits your health and happiness.

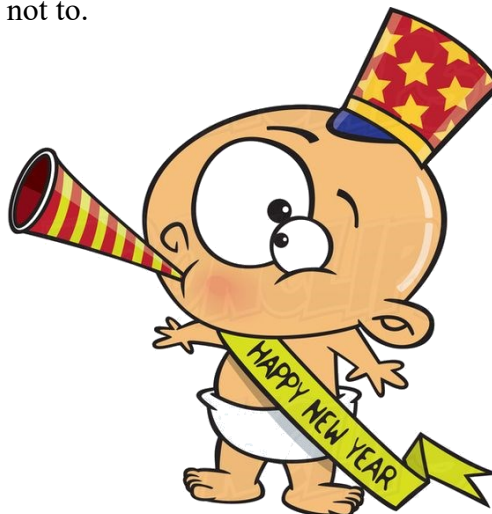
For starters, smiling activates the release of neuropeptides that work towards fighting off stress. The feel good neurotransmitters dopamine, endorphins, and serotonin are also released when a smile flashes across your face. This not only relaxes your body, but it can lower your heart rate and blood pressure.

How Smiling Affects Your Body

You are actually better looking when you smile. When you smile, people treat you differently. You're viewed as more attractive, reliable, relaxed, and sincere. A study published in the journal *Neuropsychologia* reported that seeing an attractive smiling face activates your orbitofrontal cortex, the region in your brain that processes sensory rewards. This suggests that when you view a person smiling, you actually feel rewarded.

How Smiling Affects Those Around You

Did you know that your smile is actually contagious? The part of your brain that is responsible for your facial expression of smiling when happy or mimicking another's smile resides in the cingulate cortex, an unconscious automatic response area. In a Swedish study, subjects were shown pictures of several emotions: joy, anger, fear and surprise. When the picture of someone smiling was presented, the researchers asked the subjects to frown. Instead, they found that the facial expressions went directly to imitation of what subjects saw. It took conscious effort to turn their smile upside down. So if you're smiling at someone, it's likely they can't help but smile back. If they don't, they're making a conscious effort not to.



Did You Know?

On the second Thursday of each month at 11:00AM Stefanie Love, Pierce County Social Service Coordinator, sets up a table in front of the Food Bank to be available to answer your questions and provide information.

There are many services provided by Pierce County that you may not be aware of.

If you, or someone you know, needs help, stop in and talk to Stefanie. That's why she's there. To help.

The **Key Free Clinic** will be open the first and third Thursday of each month, 4:30-7:00pm beginning January 2024.

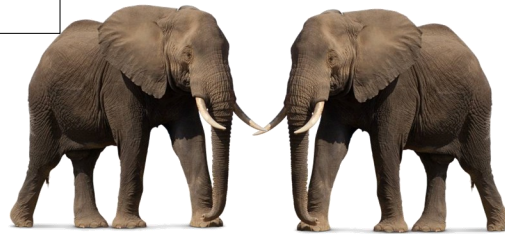
Jan. 4, 18; Feb. 1, 15; Mar. 7, 21; Apr. 4, 18
May 2, 16

In the Key Center Corral

Did You Know?

The KPCS Food Bank distributed approximately 600,000 pounds of food in 2023.

- That is the equivalent weight of approximately 120 elephants.
- Or is roughly equal to the weight of 5 Boeing 747 jets
- If you were to stack 600,000 pounds of food, it would reach higher than the Statue of Liberty. Okay, this one is a guess, but I'm going with it.



Share Your Collection

Do you have a special collection you'd like your friends at the Center to see and admire? We have a display case waiting just for your treasures.

Talk to Peggy about displaying your precious collection in our display case in the Lobby. We love changing things up and seeing what other people find interesting.



Knitting and Crochet Club

Tuesday - January 9th & 23rd

@ 12:45PM in the "PORT" Room

Interested in crocheting this simple cushion cover for your living/bedroom?

We'll have patterns and yarn for you!

Or, bring your current project for show and tell!

This month, we'll be meeting 2nd and the 4th Tuesday (1/9/24 and 1/23/24)

E	F	T	M	V	G	S	M	V	G	F	G	O	V	U	N	C
A	B	N	C	Z	O	U	Z	E	B	R	A	A	U	Q	R	J
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G	F	P	Y	P	R	D	Q	T	R	W	L	E	P	K	O	U
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A	X	X	M	H	A	T	E	E	H	C	I	C	C	B	I	O
K	A	D	R	A	P	O	E	L	R	O	P	O	O	A	I	P
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O	M	V	E	R	U	T	L	U	V	W	C	A	V	C	P	U
Y	X	U	O	H	C	I	R	T	S	O	Q	P	C	R	F	A

ANIMALS

ANTELOPE	CROCODILE	HIPPOPOTAMUS	OSTRICH
BABOON	ELEPHANT	HYENA	RHINOCEROS
BUFFALO	GAZELLE	LEOPARD	VULTURE
CHEETAH	GIRAFFE	LION	WARTHOG
CHIMPANZEE	GORILLA	ORYX	ZEBRA

Please call ahead to reserve your meal



Goodbye December
Hello January
Happy New Year

60+: Suggested
\$3 EACH

60 — : Required
\$5 EACH

Tue	Wed	Thu	Fri
2 Turkey a la King Green Beans Peaches Dessert	3 Cube Steak Mashed Potatoes & Gravy Green Beans Dessert	4 Chicken Enchilada Spanish Rice Broccoli Grapes Dessert	5 Kielbasa Sauerkraut Bun Mixed Veggies Fruit Dessert
9 Spaghetti w/ meat sauce Green Salad Fruit Garlic Bread Dessert	10 Chicken Taco Salad Spanish Rice Fruit Apple Pie	11 Meatloaf, Gravy Mashed Potatoes Peas Apples Brownies	12 Fish Sticks Baked Potatoes Coleslaw Mandarins Roll
16 Chicken Fried Steak Mashed Potato & Country Gravy Peas, Roll Fruit Dessert	17 Hot Turkey Sandwich Mixed Veggies Pasta Salad Mixed Fruit Pumpkin Bars	18 Salisbury Steak w/ Gravy & Roll Steamed Carrots Fruit Dessert	19 Birthday Meal Mac & Cheese w/ Ham Broccoli Fruit Dessert
23 Grilled Cheese Sand- wich Tomato Soup Green Beans Fruit Dessert	24 French Dip Broccoli Mixed Fruit Carrot Cake	25  Potluck LUNCHEON	26 Chicken & Broccoli Casserole Peas Fruit Dessert
30 Chicken Noodle Soup Ham & Cheese Sand- wich Carrots Fruit Dessert	31 Beef Stroganoff Green Salad Bread Stick Banana Cake	JANUARY <i>Garnet</i> PROSPERITY STRENGTH LOVE CONTENTMENT PERSEVERANCE 	 snowdrop January Birth Flower

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
					Sun
1 4:00 S.A.I.L	2 8:30 S.A.I.L 9:45 Tai Chi	3 9:30 Cards/Games 10:00 Foot Care 11:30 Veteran's Assistance 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	4 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	5 12:30 Program Comm.	6 8:30 SAIL
8 9:00 Shopping 4:00 S.A.I.L	9 Teresa's Birthday! 8:30 S.A.I.L 9:45 Tai Chi 10:00 Medicare Help 10:00 Tacoma ProBono 12:45 Knit & Crochet	10 9:30 Cards/Games 10:00 FREE Haircuts 4:00 S.A.I.L	11 8:30 S.A.I.L 9:45 Tai Chi 11:00 Pierce County Social Services	12 12:30 MOVIE: Jerry & Marge Go Large	13 8:30 SAIL
15 4:00 S.A.I.L	16 8:30 S.A.I.L 9:45 Tai Chi	17 9:30 Cards/Games 12:15 TALK: Medicinal Mushrooms & Sustainable Gardening 4:00 S.A.I.L	18 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO 6:00PM Relatives Raising Kids	19 11:30 PCHS Medicare Help 11:30 Blood Pressure 12:15 Birthday	20 8:30 SAIL
22 4:00 S.A.I.L	23 8:30 S.A.I.L 9:45 Tai Chi 12:45 Knit & Crochet	24 9:30 Cards/Games 12:45 Painting w/ Teresa 4:00 S.A.I.L	25 8:30 S.A.I.L 9:45 Tai Chi POT LUCK: Pajama Party	26 12:30 MOVIE: The Big Burn; American Experience	27 8:30 SAIL
29 4:00 S.A.I.L	30 8:30 S.A.I.L 9:45 Tai Chi 10:00 TRIP: Belfair HUB	31 9:30 Cards/Games 10:00 TRIP: Lucky Dog Casino 4:00 S.A.I.L	Feb 1 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	2 12:30 Program Comm.	3 8:30 SAIL



Jerry & Marge Go Large

Friday, Jan. 12; 12:30PM

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.



American Experience: The Big Burn

Friday, Jan. 26; 12:30PM

Dramatic story of an unimaginable wildfire that swept across the Northern Rockies in the summer of 1910. The fire devoured more than three million acres in 36 hours, confronting the fledgling U.S. Forest Service with a catastrophe that would define the agency and the nation's fire policy for the rest of the 20th century and beyond.

Upcoming Stuff to Do

Shopping: 2nd Monday;

January 8; Leave the Center 9:00AM

Shop with friends and leave the driving to us.

Shopping destinations are determined on the day of the trip depending on rider request.



Belfair Shopping

We will be shopping at the HUB, thrift store and senior center. We'll also visit Habitat for Humanity and will take stop requests.

Tuesday, January 30th

Depart 10:00AM

Return: Approximately 2:00PM

Lucky Dog Casino

Feeling Lucky? Join us on a trip to the Lucky Dog Casino. Lots of fun games and a meal onsite. Come along just for the ride. It's beautiful.

Wednesday January 31st

Depart 10:00AM

Return: Approximately 3:00PM

VERY Beginner Painting with Teresa

Follow along with an instructional video and Teresa to learn to paint a simple landscape.

Wednesday, January 24th; 12:45

No experience or talent necessary

Donations always appreciated

Genevieve Ozman has generously offered free haircuts for anyone needing one on the 2nd Wednesday each month.

You **MUST** schedule with Peggy for your haircut.

January 10th 10:00AM

Please be prepared to leave a donation.

Are you a mixed-generation family? Are you raising your grand-kids, nieces, nephews or other relatives? You are not alone!

We're restarting the **KP Relatives Raising Kids (RRK)** group (formerly organized through Children's Home Society)

Call Lori at 253-514-3658

3rd Thursday, 6:00 to 8:00

January 18th

POT LUCK & PAJAMA PARTY!

Don't miss this chance to eat great food prepared by your Center friends while wearing your favorite jam.

Those dressed in party theme (pajamas) will be entered into a drawing to win a super-awesome prize.

Thursday, January 25th; Lunch time

Do you have a great idea for something to do?

Join the Program Committee Meeting the first Friday of each month at 12:30.

We're here for you. Let's hear from you!

Let's Talk Wellness: By Bobbi

A New Year's Resolution

How many times have we made New Year's Resolutions only to break them within a week or so? Whether it is to go on another diet to finally lose that extra weight, eat less sugar (my resolution Every Year), exercise more, be nicer, etc.

All good intentions, indeed.

So why can't we keep them?

Experts say it takes at least 30 days of abstinence to make the changes necessary in the brain. In the meantime, it's usually very uncomfortable during those weeks and very hard to stick to. When I tried to go cold turkey with sugar, my body went into withdrawal.

I got a nasty headache, cravings, and just got downright cranky.

No real incentive to keep at it.

There does seem to be another way to make the big change you desire. **START SMALL.** Literally, make one small change in your behavior.

Pick something that you know you can do.

For me, it was to stop drinking sodas. I actually did it! I still allow myself other kinds of sweets but try really hard to stay mindful of what I am doing. And this New Years resolution? To stop eating cookies. That is a bigger small step!

I think I can do it.

I know I can do it!

How about you?



Need a check up?

**Mobile Medical Clinic
Wed., Jan. 3 | 1pm - 3pm**



Their mobile team offers a wide range of primary care services including:

- Basic office visits
- Diagnostic studies (labs, etc.)
- Referrals when appropriate

PCHS IS DRIVEN TO SERVE YOU.

Peninsula Community Health Services (PCHS) is a patient-centered medical home that has been serving the broader peninsula for nearly 35 years!

They recently opened a new KP clinic with primary care Medical, dental, and pharmacy services @ 11901 137th Ave Ct NW.

PCHS Office

360.377.3776

SHIBA Line

360.475.3095

Website

pchsweb.org

Scan for more info!



Have insurance questions?

PCHS has free & confidential sessions with certified Navigators.

Their team can help with:

- Medicare (SHIBA)
- Medicaid (HealthplanFinder)
- Sliding-scale system for those paying out-of-pocket.



Insurance Navigators

Fri., Jan. 19 11:30am - 1:30pm

News and Tips from Tacomaprobono Community Lawyers



Happy New Year, welcome to 2024!

Our January 9 visit to KPCS will begin our third year of partnership with Key Peninsula Community Services – we're proud to be one of the essential resources offered at this awesome

location and look forward to seeing you on 1/9 between 10-noon if you have a question about a legal issue!

Are you experiencing domestic violence?

Washington State law says that domestic violence happens when you are related to, living with now or have lived with, or have ever been in an intimate relationship with does any of these:

- Harms you physically, including sexual assault
- Causes you to fear immediate physical harm or assault
- Stalks you, including online (called cyberstalking)
- Engages in behavior that causes you physical, emotional, or psychological harm, and unreasonably interferes with your free will and personal liberty (called coercive control)

No one has the right to threaten or hurt you. The abuser's relationship to you does not matter.

You can ask for a protection order if you are experiencing domestic violence, harassment, sexual assault, or stalking. You can also ask for a protection order if you are a **vulnerable adult** experiencing abuse or neglect, or on behalf of such an adult. You do not need a lawyer to file a protection order. There is no cost and the forms are available in the Pierce County Courthouse.

If you are currently experiencing domestic violence, harassment, sexual assault, or stalking, get help from your local domestic violence shelter. Shelters provide safety planning, temporary shelter, legal advocacy, counseling, and other services. To find the program nearest you, call the [National Domestic Violence Hotline](#) at 800-799-7233 or text "START" to 88788. In Pierce County contact the [Crystal Judson Family Justice Center Helpline](#) at (253) 798-4166 or walk in to 718 Court E, Tacoma, WA 98402, 8:30-12 and 1-3 Monday-Friday.

From the Navigation Room

Wow! We made it and what a ride! We came from a soft opening to needing a Program Coordinator to keep all our programs running smoothly. Great job to both the idea people and the manager of the programs: Willow and Teresa. Go ladies!

Our Food Bank added 3 new employees over the year and numerous volunteers as well as the volunteers that have been with the food bank for years. When I enter the food bank to deliver something, they are flying! Sometimes all I get is a roll of the eyes and a deep breath because they have just a moment for themselves. Great job to Brett, Diana, Judy, and Natalie for keeping things so organized in the Food Bank along with all the volunteers: new and old.

Kyong is the financial wizard of the organization. She is good at keeping the financials in order and making sure everything is balanced. She gives both her personal time and her business time. If she knows someone is in need, she is there for them with personal calls, a car, and her time. She is so sociable and a very caring person. We are very fortunate to have her.

The KITCHEN; The hub of the business! The planning of the menu, to the food, and the people; they try to please everyone with some lighter dishes like salads, tacos, tuna and chicken salad, to mash potatoes, meatloaf, chili, Mac & Cheese, and other heartwarming meals that people love. They are always thinking about what we might enjoy and will it please as many as possible. They look for new ideas and appreciate when you give your thanks.

The Front Desk is mine and I love coming to work each week. I will complete my 3rd year here in the first quarter. I am glad to be a part of this team and to be able to work in my community. I feel more than appreciated by my peers and feel the same way about them. I am looking forward to what this year will bring.

Take care all and ahoy mate!

Peggy