

# KPCS

## Food Bank

### Senior Center

### Senior Meals

17015 9th Street Ct NW  
 PO Box 392  
 Lakebay, WA 98349

**February 2023**

#### Staff

Willow Eaton	Executive Director
Kyong Bertsch	Administrative Assistant
Brett Higgins	Food Bank Manager
Jackie Daigle	Kitchen Manager
Teresa Conness	Program/Volunteer Coordinator
Rob Gordon	Driver, Project Manager
Diana Nole	Food Bank Assistant
Judy Carter	Food Bank Assistant

#### Board of Directors

Frank DiBiase	President
Vicki Husted-Biggs	Vice President
Karl Bonn	Treasurer
Tony Ives	Secretary
Sandy Dunn	(sub)Secretary
Joe Crain	
Diana Sammons	
Mike Fay	



#### Look What's Going On!

#### **ALL MONTH!**

#### **Have a Healthy Heart Game**

Win awesome prizes!

#### **New! Friday, 3rd; 12:30PM**

First Program Committee Meeting

#### **Saturday, 4th; 5:00PM**

TRIP: Pier Into the Night

#### **Friday, 10th; 12:30PM**

MOVIE & SUNDAES: Roman Holiday

#### **Valentine's Day, 14th**

10:30-12:00 Lipsology with Jilly Eddy

*Wear Red for our Valentine's Party*

*Special prizes for those in red*

12:00 Delicious lunch by Jackie

*Champagne and strawberries*

12:30 Live Music with Andy Burnett

#### **New! Thursday, 16th; 8:30AM**

Swimming @ Metro Parks

#### **Friday, 17th; 12:00PM**

Birthday Lunch

#### **Tuesday, 21st; 9:30AM**

Knitting Group Goes Shopping

#### **Wednesday, 22nd; 10:30AM**

Foot Care

#### **Thursday, 23rd; 12:00PM**

PotLuck

#### **Friday, 24th; 12:30PM**

MOVIE & S'MORES: Eternal Sunshine of the Spotless Mind

#### **Tuesday, 28th; 10:30AM**

Wondrium Discussion Group:  
 How Blood Pressure Works  
 with Lana Thigpen



#### Food Bank News

By Brett

**Food Insecurity** is the limited or uncertain availability of nutritionally adequate and safe foods for individuals and families.

In the next few months, our Food Bank will be focusing on 1 or

2 items to help keep our shelves stocked.

In February we are looking for ***Canned Tuna and Jars of Peanut Butter.***

Canned tuna is a healthful food rich in protein and contains many vitamins and minerals such as B-Complex vitamins, Vitamins A and D as well as iron, selenium and phosphorus. Tuna also contains healthy omega 3 essential fatty acids DHA and EPA.



Peanut butter is rich in heart-healthy fats and is a good source of protein, which can be helpful for vegetarians looking to include more protein in their diets. A 2-tablespoon serving of peanut butter contains up to 8 grams of protein and 2 to 3 grams of fiber

In 2022 The KPCS Food Bank had over ***13 thousand visits*** from our neighbors looking for help with food insecurity.

#### **Did you know?**

KPCS offers free Blood Pressure Checks  
 Stop by to have yours checked  
 It's worth 5 points!  
 Friday, 17th; 11:30

## Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

"Studies show self-care routines, such as taking a daily walk and keeping doctor's appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke," said David Goff, M.D., NHLBI's director of cardiovascular sciences.

It may be easier than you think to "put your heart" into your daily routine. Each Sunday, look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it's online or via a phone call, to help you stick to your goals.

Here are few self-care tips to try every day to make your heart a priority:

### Self-Care Sunday

Find a moment of serenity every Sunday. Spend some quality time on yourself.

### Mindful Monday

Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range. Being aware of your health status is a key to making positive change.



### Tasty Tuesday

Choose how you want to approach eating healthier. Start small by pepping up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy products.

### Wellness Wednesday

Don't waffle on your wellness. Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea, or lightheadedness. You might be having a stroke if you have numbness in the face, arm, or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

### Treat Yourself Thursday

Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is

healthy. Whatever you do, find a way to spend some quality time on yourself.

### Follow Friday

Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the *Journal of the American Heart Association*. If your mental health gets between you and your fabulous self, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

### Selfie Saturday

Inspire others to take care of their own hearts. Talk about your self-care routine with loved ones or share a selfie on your social media platforms. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

Learn more about heart health and heart-healthy activities in your community, and see what others are doing for their heart health, at [nhlbi.nih.gov/ourhearts](https://nhlbi.nih.gov/ourhearts) or follow #OurHearts on social media.

Join us for an informative production of **Understanding Your Vital Signs: How Blood Pressure Works** by Wondrium (formerly Great Courses).

High blood pressure, or hypertension, is known as a "silent killer". It can be a common, underlying risk factor for developing several fatal health issues. Join neurophysiologist and medical educator Dr. Cara Sandholdt to learn what your blood pressure measures, what is normal, and why it matters.

**Tuesday, 28th; 10:45AM**

## Let's Talk Wellness

### Lessons with my visit with Mortality:

By Bobbi

*Palliative Care and Hospice.* Those are some really SCARY words for most of us, I suspect. I was not ready when Dan was being introduced to the subject and going through his journey into death. We didn't understand how Palliative Care and Hospice works.

I now realize what an uphill struggle it can be to introduce the subject to families who are terrified of losing their loved one. Even when treatments will not give any semblance of well being, or may diminish quality for their remaining days, many fall into the trap of doing everything possible to keep their person alive.

There are many reasons why we aren't familiar with, or have a wrong idea, of what palliative and hospice care entails. I definitely had the idea that hospice was this dark scary place to go and die. I had no concept of what palliative care was. Handing me a pamphlet, alongside the information about chemotherapy, guaranteed it did not get read. We were totally ignorant and scared. No one sat us down and asked us questions that could eventually lead us to what might work best for Dan. I so wish they had done that for him, and me.

Since Dan's death, I have been reading what many would say are morbid books about death and dying. Ironically, I have found comfort in other people's stories. Especially those that consider experiencing terminal illness into death while teaming palliative and hospice care ALONG SIDE of medical treatment. I didn't know that was an option

How loving and personalized this care can be with the right team of people working together with the patient, family, and their doctor. This approach focuses on what "well-being" might look like for a terminally ill person during this time. It can start early on and continue as needed and desired.

The three books are: *Being Mortal* by Atul Gawande, *With the End in Mind* by Kathryn Mannix and *Making the Rounds With Oscar* by David Rosa.

### FOOT CARE

February 22nd

Please call to make an appointment

No cost, but donations

to purchase supplies are always welcome

## News From the Front Office

Do you have a special collection of something? We have a display case for you to share it. Take a look at the space and bring your collection in to Peggy. We will usually keep it for at least 2 weeks to a month.

**Lunchtime:** If you come in and sit in the Community Room at lunchtime, the servers assume you are there for lunch and not just coffee. If you have not signed up ahead of time, please tell the server you did not sign up. If the kitchen has plenty, she will get you a plate. It is only right that everyone gets served who pre-registered. Thank you for your cooperation.

Kyong & Peggy

### What's Up in the Kitchen?

#### POT LUCK February 23rd

**PLEASE NOTE:** You do NOT have to bring a dish to join us for a meal on Pot Luck days. There is always more than enough.

**Want to be more involved?** Jackie needs a volunteer on Tuesdays, 10:00 –1:00. No experience necessary. Even one Tuesday per month makes a difference. See Jackie for information.

**Birthday Lunch** is always on the third Friday. This month it is February 17th. Join us for Jackie's famous Parmesan Chicken. If it's your birthday month, you will be entered to win a prize.



Let's Party!  
Valentines Day

Lip print reading

Special Lunch

Live music

# FEBRUARY

# Food Market



Please bring Peninsula Market receipts to our Center. We receive 1% of purchases!

Tue	Wed	Thu	Fri
<p>FEBRUARY BIRTH FLOWER</p> <p><i>Violet</i></p>  <p>✦ MODESTY ♥ FAITHFULNESS ☺ HUMILITY</p>	<p>1</p> <p>Grilled Cheese Sandwich Tomato Soup Green Beans Fruit Dessert</p>	<p>2</p> <p>Sloppy Joe's Broccoli Salad Fruit Dessert</p>	<p>3</p> <p>Pizza: Vegetarian &amp; Meat Salad Mandarins Dessert</p>
<p>7</p> <p>Mac &amp; Cheese w/ Ham Carrots &amp; Peas Fruit Dessert</p>	<p>8</p> <p>Chicken Noodle Soup 1/2 Tuna Sandwich Mixed Veggie Fruit Dessert</p>	<p>9</p> <p>Philly Cheese Sandwich Coleslaw Fruit Dessert</p>	<p>10</p> <p>Spaghetti w/ meat sauce Salad Mandarins Garlic Bread Dessert</p>
<p>14</p>  <p>BBQ Chicken Loaded Baked Potatoes Mixed Veggies Fruit Dessert</p>	<p>15</p> <p>Beef Chili Broccoli Cornbread Fruit Dessert</p>	<p>16</p> <p>Chef's Salad Fruit Roll Dessert</p>	<p>17</p> <p>Parmesan Chicken Salad Rice Pilaf Peaches Dessert</p>
<p>21</p> <p>Beef Taco Salad Spanish Rice Fruit Dessert</p>	<p>22</p> <p>Tofu Stir Fry Mixed Veggies Rice Fruit Dessert</p>		<p>24</p> <p>Chicken Pot Pie Green Beans Fruit Dessert</p>
<p>28</p> <p>Beef Lasagna Salad Garlic Bread Fruit Dessert</p>		<p><b>60+: Suggested \$3 EACH</b> <b>60 — : Required \$5 EACH</b></p>	

## What's Happening This Month?

# February

Don't miss our **Have a Healthy Heart Game** this month (see insert)! Full of fun and prizes.

Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Cards/Games 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	2 8:30 S.A.I.L 9:45 TaiChi 1:00 BINGO	3 <b>12:30 Program Committee</b>	4 8:30 S.A.I.L <b>5:00 TRIP: Pier Into the Night</b>
6 9:00 Shopping 4:00 S.A.I.L	7 8:30 S.A.I.L 9:45 TaiChi 10:00 Tacoma Probono	8 4:00 S.A.I.L	9 8:30 S.A.I.L 9:45 TaiChi	10 <b>12:30 Movie: Roman Holiday</b>	11 8:30 S.A.I.L
13 4:00 S.A.I.L	14 8:30 S.A.I.L 9:45 TaiChi <b>Valentines Party! Live Music</b> 	15 10:00 Cards/Games 11:00 Medicare Help 12:30 Genealogy 4:00 S.A.I.L	16  8:30 S.A.I.L 8:30 Swimming 9:45 TaiChi 1:00 BINGO	17 11:30 PCHS Insurance Help 12:30 Blood Pressure <b>12:00 Birthday</b>	18 8:30 S.A.I.L
20 4:00 S.A.I.L	21 8:30 S.A.I.L <b>9:30 Knit &amp; Crochet Trip</b> 9:45 TaiChi	22 10:00 Foot Care 4:00 S.A.I.L	23 8:30 S.A.I.L 9:45 TaiChi 12:00 POT LUCK	24 <b>12:30 Movie: Eternal Sunshine of the Spotless Mind</b>	25 8:30 S.A.I.L
27 4:00 S.A.I.L	28 8:30 S.A.I.L 9:45 TaiChi 10:45 How Blood Pressure Works	1 4:00 S.A.I.L	2 8:30 S.A.I.L 9:45 TaiChi	3	4

Meals are prepared Tuesday-Friday, fresh in our kitchen by our Kitchen Manager, Jackie, and her dedicated volunteers. Please call to reserve your meal.

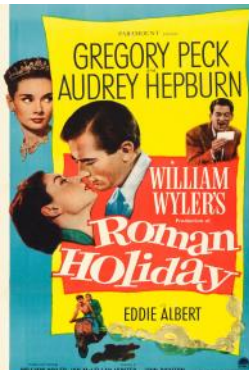
We offer these meals at a suggested donation of \$3.00 for clients over 60 years of age, \$5.00 for people under 60.

**Meals are served 12:00-12:15.** We will not serve meals after 12:15 unless you have called and arranged for a meal to be refrigerated for you.

**The Health Department does not allow us to serve meals once their temperature has dipped below safety temps.**

## FREE Movie on the Big Screen

Friday, February 10; 12:30 PM



### Roman Holiday

A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome.

1953 Not Rated 1h 58minustes

*Gregory Peck, Audrey Hepburn.*

Enjoy Ice Cream Sundaes  
with your movie



Friday, February 24 ; 12:30 PM



### Eternal Sunshine of the Spotless Mind

Much to his surprise, timid Joel Barish is shocked to discover that the love of his life, sparky Clementine, has had him erased from her memory. As a result, hurt and angry, Joel wants to pay her back in the same coin, going as far as to undergo a painless but intricate medical procedure to do the same. However, poor Joel is utterly unaware that darkness is an essential part of the light. And as the once-cherished recollections of Clementine gradually fade away, giving way to a soulless black void, something unexpected happens. Now Joel has second thoughts, toying with the idea of stopping the irreversible process. Who said ignorance is bliss?

2004 R 1h 48minustes *Jim Carrey, Kate Winslet*



Enjoy Hot Chocolate &  
S'mores with your movie



Need a check up?

Mobile Medical Clinic  
Wed., Feb. 1st | 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](http://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., Feb. 17th | 11:30am - 1:30pm

## TacomaProBono

Happy New Year from Tacomaprobono Community Lawyers!



With the new year, we have new hours and more opportunities for intake. In addition to continuing our open hours for phone intake Monday-Thursday from 10 a.m.-noon and 1-3 p.m., we are now open for in-person intake at our office:

621 Tacoma Ave S., Suite 302

Monday-Thursday, 1-3 p.m.

The most efficient way to contact us 24/7 is through the online intake form on our website, [www.tacomaprobono.org](http://www.tacomaprobono.org). You should expect to receive a call back from an intake specialist within 1-3 days after applying for help.

You can also check the Events Calendar on our website to locate a Legal Aid Pop-Up in Pierce County so you can ask questions and get connected in person – and we're at KPCS on the 2<sup>nd</sup> Tuesday of every month!

### ***TACOMAPROBONO'S HOUSING JUSTICE PROJECT TENANT TIP:***

#### **Important change to Washington's Landlord-Tenant Laws about how you pay your rents:**

##### ***Landlords can no longer require tenants to pay electronically.***

Starting June 2022, a landlord must allow you to pay rent by personal check unless one of your rent checks bounced in the last 9 months. Landlords must also accept rent paid by cashier's check or money order.

Landlords cannot require you to make rent payments by electronic means only (for example, using an app on a mobile device or a website).

You can read this law at [RCW 59.18.063](http://RCW 59.18.063).

Landlords may provide an accessible location on the property to pay rent (like a dropbox) and may require you to pay rent at that location as a term of a rental agreement. Be sure to read all the terms of your lease or rental agreement carefully.

If they do not provide an accessible, on-site location to pay rent, then your landlord must accept rent paid by mail.

Landlords may refuse to accept cash for rent. However, if they accept cash for rent, they must give you a written receipt.

If you request a receipt for a rent payment, your landlord must give you a receipt, whether you made your payment via cash, check, money order, or electronic payment.

Tacomaprobono office is open by appointment only, phones are open

#### **Monday-Thursday 10 a.m.-noon and from 1-3 p.m.**

*Check the Events Calendar on our website to locate a Legal Aid Pop-Up in Pierce County. You can ask questions and get connected in person. We're at KPCS every month!*

**Tuesday, February 14, 10:00-12:00 at KPCS**

## **Have Your Lip Prints Read!**



Lip prints can talk. And Jilly Eddy, the World's first Lipsologist understands their language. Put on your lipstick, kiss paper and Jilly will tell you all kinds of things based on your kiss print. She will share such information as your energy levels, emotional or health issues, and special messages your lips have for you.

Not only will you have fun but you might also learn something meaningful and have something interesting to talk about with others.

**Valentine's Day! Tuesday, 14th; 10:00-12:00**

# Knitting and Crochet Club

Tuesday - February 21st, 2023

Destination: Tacoma Hobby Lobby

Leaving Center at 9:30am



## Let's go Shopping!!!

We are going on a Field Trip to Tacoma Hobby Lobby to find that specific yarn that you have been searching for - for your next project. If interested, please sign up at the front desk. We have limited seating, so sign up early!

We'll even stop on the way back to have lunch.....



### Bridge anyone?

Are you interested in learning to play Bridge? Know how to play but need some practice?

Accomplished Bridge Player?

We have someone who will

teach us the game but is up for a spirited game if we have four players.

Let Peggy know what level Bridge player you are so we can get something going. Call Peggy at 253-884-4440

We don't just play cards! How about a Scrabble,

Dominoes, Sequence, Dice, Checkers, Backgammon or Chess ?? **Name your game!**

Come on in and have a cup of coffee or cocoa and relax with us. Some days the library room is pretty noisy!

We usually start between 9:30 & 10 AM and play until lunch, but anyone can join at any time between games. KPCS hosts the 1st and 3rd weeks each month which means we provide light refreshments. We have gifts for the winners on those days.

**Everyone welcome. No signup required.**

### Pier Into The Night with Harbor Wildwatch



Take an underwater journey of Gig Harbor Bay without getting wet. While you are warm and dry on the dock, our divers use an underwater video camera to live stream what they encounter below the surface.

Bring a chair and blankets. We will supply the hot chocolate and snacks.

**Saturday, February 4th**

**Meet at Center at 5:00PM**

We may be able to pick you up at home, please call for information.

*Requested donation \$3.00*