



KPCS is a 501c3 nonprofit, operating on the Key Peninsula in Washington State since 1982

**Staff:**

Willow Eaton Executive Director  
Brett Higgins Food Pantry Manager  
Jackie Daigle Kitchen Manager  
Kyong Bertsch Admin. Assistant  
Teresa Conness Prog/Vol Coordinator  
Peggy Gablehouse Receptionist  
Vivian Blanchard Chef  
Mike Hanson Kitchen Assistant  
Judy Carter Food Pantry Assistant  
Natalie Loyd Food Pantry Assistant

**Board of Directors:**

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

**Board Election 2024**

It's that time of year again! As we approach our annual board member election, it's important to remember that your vote matters. Our board members play a crucial role in shaping the direction and decisions of our organization.

This year, we will be voting on two board member positions, as they have reached the end of their three year terms. These two current board members are eligible for re-election, and we encourage voters to carefully consider their experience and contributions to our organization.

**Tony Ives:** as the Executive Director of Kitsap Community Resources,



Tony brings an impressive depth of knowledge and expertise in the nonprofit sector and fundraising initiatives. His leadership role within the organization gives him unique insights into the inner workings of the nonprofit world, enabling him to make informed decisions and drive sustainable growth for our

organization. Tony has served on the KPCS Board of Directors for three years and is committed to serve another three.

**Karl Bonn:** Karl is a valued member of the KPCS community, actively



participating and volunteering for the organization. He has served as Treasurer for the past three years and has demonstrated a strong understanding of investments, managing our financial resources to maximize returns, and the inner workings of our organization. His expertise in finance and his dedication to KPCS make him a valuable asset to our board, and we are grateful for his continued service.

**Show your support for our organization by casting your ballot for these dedicated individuals. February 7th**



**FREE CLOTHING BANK**

The KP community is filled with kind-hearted people who never cease to amaze us with their generosity. Donations of food, goods, clothing, and money come in almost every day, ranging from small gestures to large gifts. Every donation, big or small, is deeply appreciated and used to improve the lives of those in need.

Among the many items we receive, clothing stands out as one of the most abundant. In an effort to better manage and distribute these donations, we have established a Free Clothing Bank in the Starboard Room. Feel free to browse and take any clothing you may need, but we kindly ask for your help in keeping the space neat and organized. Let's keep spreading the kindness and joy throughout our wonderful community!

## 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 here. To help.



### The Mobile Community Services Office is Coming!

**Tuesday February 13th; 10:00AM - 2:00PM**

Apply inside

Food

Cash

Medical

Drop off paperwork, complete a review, make changes to an existing case or request an EBT

## Exciting News from Your Home Food Pantry

### New Software to Enhance Client Services

We're pleased to announce that we've implemented new software in our pantry that will enable us to provide improved services to our clients. The new software will allow us to quickly and efficiently refer clients to other services they may need, allow clients to self-register online, and offer limited online ordering options.

These enhancements will streamline our processes and make it easier for clients to access the help they need. We're committed to continuously improving our services and providing the best possible support to our community.

As part of this new process, we'll be asking clients to complete a new intake form that includes a few voluntary demographic questions. This information will help us better understand the needs of our community and ensure that we're providing the most effective services. We appreciate your cooperation and honesty in completing the intake form.

We'll be sharing more information about how to use the new software in the coming weeks. If you have any questions, please don't hesitate to reach out to our staff.

Thank you for your patience as we roll out these improvements.

## Iditarod Livestream

Watch the livestream of the Iditarod and discuss race preparation and management with Jackie Furrey.

**Wednesday, March 8th, 12:45PM**

## Take a Trip to Watch "All is Lost" FREE Movie & Trip!

Showing Saturday, March 9; Grand Cinema In Tacoma

A solitary mariner struggles to survive in the Indian Ocean as his damaged sailboat begins to sink and his radio equipment fails. Later in the movie, he attempts to locate a shipping route, hoping to be rescued. **Must preregister.**



## Knitting and Crochet

**Tuesday - February 13th & 27th**

**@ 12:45PM in the "PORT" Room**

Let's make a microwavable Bowl Cozy!

We'll have several different patterns and yarn for you to start this project.

Or, bring your current project for show and tell!

## Medicare Help with Jean Jackson

I thought I would briefly introduce myself, Jean Jackson. You may have seen me these past few Wednesdays, when I have been available to help with Medicare questions and enrollment. It has been a delight to spend some time at KPCS, and I look forward to getting to know you all better in 2024.

My background revolves around caring for the needs and concerns of others. I worked overseas with my husband in Japan for 16 years with Mission to the World. Back in the States since 2005, I served as the International Student Program Director at a private school for 5 years, and at the YMCA as the Dance Director (also for 5 years), and maybe most significantly in being the mother to our nine children.

As the Western Washington Regional Director for Retirement Nationwide, I bring that same passion of caring to help my clients discover their best options for preparing for and living in their retirement years. Medicare is a component of that work, and what has brought me to you.

When I visit on the **second Tuesday of each month**, I will give a little presentation at lunch time. My goal is to help you better understand and utilize your Medicare benefits.

In February the topic will be, “How Well Do You Know Medicare?”

It has come to my attention that we get settled in our ways. It is often easier, and feels safer to just stay with the comfortable and familiar.

When it comes to Medicare, I am finding that many people don't really know what the different parts of Medicare are, or how they fit together. Most of you that are already on a Medicare plan know what Part A, and Part B cover, and people also know that Part D covers their prescriptions drugs. But, when we start talking about Part C, the waters get a little murky, and then when Plans A, B, C, D, E, F, G and N are mentioned, let alone a SNP, well now things have gotten downright muddy!

I want to clear the water, and show you how some of these parts are interchangeable, and how others work together—the goal always being, to give you the best coverage for your needs.

Why change anything, or even “rock the boat”, if what you have is working? That is, at first glance, a reasonable conclusion. But, wouldn't you agree, that all progress requires the willingness to look at the possible benefits of the new, or different? And, the ultimate question when it comes to your Medicare coverage is not, “is it working for me”, but rather, “is it the best option for my current set of needs.”

I look forward to sharing with you, and hearing your questions.

Here to serve you,

Jean

**How Well  
Do You  
Know Medicare?**



## Upcoming Stuff to Do

### Shopping: 2nd Monday;

**February 12th; 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.

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### **Swimming at Camp Stand by Me**

Catch the van at KPCS at 8:30, ride to the pool, swim for an hour and return just in time for lunch!

**Friday, February 16th**

**Wednesday, February 21st**

**Depart 8:30AM**

**Return: Approximately 12:00PM**

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### **The Point Casino**

Play with Passion, Relax in Style

**Wednesday February 28th**

**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 Sunset

**Tuesday, February 21st; 12:45PM**

**No experience or talent necessary**

**Donations always appreciated**

Haircuts by donation with Genevieve Ozman.

2nd Wednesday each month.

**February 14th, 10AM - 2PM**

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

Drop Ins are **strongly** discouraged

**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, 6:00PM to 8:00PM**

**February 15th**

### **Valentines Dance Party!**

**LIVE Music with Andy Burnett**

**Dress in your best Valentines attire (red, pinks, hearts) and be entered to win an awesome prize.**

**Don't miss this chance to party with your friends.**

**February 14th**

### **Heart Health**

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste products of metabolism. When the heart stops, essential functions fail, some almost instantly.

Given the heart's never-ending workload, it's a wonder it performs so well, for so long, for so many people. But it can also fail, brought down by a poor diet and lack of exercise, smoking, infection, unlucky genes, and more.

Lifestyle changes and medications can nip heart-harming trends, like high blood pressure or high cholesterol, in the bud before they cause damage. And a variety of medications, operations, and devices can help support the heart if damage occurs.

# FREE TAX HELP

## KEY PENINSULA COMMUNITY SERVICES

Thursdays  
February 8-  
April 11  
10am-4pm

Address: 17015 9th St Ct NW, Lakebay 98349

## All Tax Assistance is by Appointment Only

To make an appointment, use:

Or call 2-1-1 for appointments

Visit: [www.goodwillwa.as.me](http://www.goodwillwa.as.me)



## What to Bring:

### Identification

- Social Security Card or ITIN letter for ALL family members on return
- Photo ID for primary taxpayer (& spouse, if married)

### Income and Benefits

- W-2 form for each job worked
- 1099 forms for other income (interest, dividends, unemployment, social security income, retirement, 1099-Misc., etc.)
- Form 1095A if you purchased health insurance through WA Healthplanfinder or Healthcare.gov

### Expenses

- Childcare expenses and provider name, address and tax ID number
- Mortgage and real estate taxes if you own a home
- Higher education expenses
- Business expenses, if self-employed

### Other

- Spouse must be present if married filing jointly
- Recommended: Bank account information for direct deposit

\*Tax payers must earn \$63,000 or less in income to qualify for assistance; other tax assistance and site locations can be found at [www.IRS.gov/vita](http://www.IRS.gov/vita)

**Please call  
ahead to  
reserve your  
meal**

# FEBRUARY

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

**60 — : Required  
\$5 EACH**

Tue	Wed	Thu	Fri
 <p><i>February</i> <i>Birth Flower</i> modesty faithfulness humility spiritual wisdom</p> <p>Violet</p>	<p>1</p> <p><b>Beef Stew Biscuit Cottage Cheese Melon Choc Chip Cookie Bar</b></p>	<p>2</p> <p><b>Chicken Pot Pie Carrots Fruit Dessert</b></p>	
<p>6</p> <p><b>Pulled Pork Sandwich Seasoned Potatoes Broccoli Fruit Dessert</b></p>	<p>7</p> <p><b>Baked Cod Jo Jo's Green Beans Green Apple &amp; Spin- ach Salad Dessert</b></p>	<p>8</p> <p><b>Tofu Fried Rice Fruit Pudding</b></p>	<p>9</p> <p><b>Beef Stroganoff Cauliflower Fruit Dessert</b></p>
<p>13</p> <p><b>Chicken Alfredo Broccoli Fruit Dessert</b></p>	<p>14</p> <p><b>Blueberry Pancakes w/ Strawberries Potatoes O'Brien V-8 Juice</b></p>	<p>15</p> <p><b>Clam Chowder Coleslaw Cornbread Grapes Dessert</b></p>	<p>16 <b>Birthday Meal</b></p> <p><b>Veggie &amp; Pepperoni/Sausage Pizza Green Salad Fruit Dessert</b></p>
<p>20</p> <p><b>Beef Taco Salad Spanish Rice Fruit Dessert</b></p>	<p>21</p> <p><b>Chicken &amp; Dumplings Green Salad Fruit Cobbler</b></p>	<p>22</p>  <p><b>Potluck LUNCHEON</b></p>	<p>23</p> <p><b>Tuna Sandwich Chicken Noodle Soup Peas &amp; Carrots Fruit Dessert</b></p>
<p>27</p> <p><b>Grilled Cheese Sandwich Tomato Soup Mixed Veggies Fruit Dessert</b></p>	<p>28</p> <p><b>Beef Lasagna Green Beans Green Salad Garlic Bread Dessert</b></p>	<p>29</p> <p><b>Guest Chef's Meal:</b></p> <p><b>Lion's Mane Fritters</b></p>	 <p><b>February</b> Birthstone &amp; Color <a href="http://www.BirthdayBullseye.com">www.BirthdayBullseye.com</a></p> <p>Amethyst Purple</p>

## What's Happening This Month?

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat Sun</b>
			1 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	2 12:30 Program Comm.	3 8:30 SAIL
5 4:00 S.A.I.L	6 8:30 S.A.I.L 9:45 Tai Chi	7 <b>Board Election</b> 9:30 Cards/Games 10:00 Molina Assistance 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	8 <b>8:30 Swimming @ Easter Seals</b> 8:30 S.A.I.L 9:45 Tai Chi 11:00 Pierce County Social Services	9 <b>12:30 MOVIE:</b>	10 8:30 SAIL
12 9:00 Shopping  4:00 S.A.I.L	13 8:30 S.A.I.L 9:45 Tai Chi <b>10:00 DSHS Mobile</b> 10:00 Medicare Help 10:00 Tacoma ProBono 12:15 Medicare Talk 12:45 Knit & Crochet	14 <b>Valentine's Party Live Music Dance</b> 9:30 Cards/Games 10:00 Haircuts for donation  4:00 S.A.I.L	15 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO  6:00PM Relatives Raising Kids	16 <b>8:30 Swimming @ Easter Seals</b> 11:30 PCHS Medicare Help 11:30 Blood Pressure <b>12:15 Birthday</b>	17 8:30 SAIL  <b>7:00 PM It's Summer Somewhere Civic Center</b>
19 4:00 S.A.I.L	20 8:30 S.A.I.L 9:45 Tai Chi	21 <b>8:30 Swimming @ Easter Seals</b> 9:30 Cards/Games 12:45 Painting the Sunset w/Teresa	22 8:30 S.A.I.L 9:45 Tai Chi <b>12:00 POT LUCK</b>	23 <b>12:30 MOVIE:</b>	24 8:30 SAIL
26 4:00 S.A.I.L	27 8:30 S.A.I.L 9:45 Tai Chi <b>10:30 Garden Club</b> 12:45 Knit & Crochet	28 9:30 Cards/Games 10:00 Foot Care <b>10:00 TRIP: The Point Casino</b>	29 8:30 S.A.I.L 9:45 Tai Chi <b>LUNCH: GUEST CHEF</b>		

### Committed to Nutritious Meals

At KPCS, we partner with The Mustard Seed Project and their Registered Dietitian Nutritionist, Carolyn Benepe to ensure that our meals are both nutritious and delicious. This collaboration allows us to design menus that provide the nutrients our customers need to thrive.

By leveraging the expertise of Carolyn, and incorporating the latest nutrition research, we are able to create balanced, innovative meals that meet the unique needs of the seniors we serve.

At KPCS we believe that nutritious meals are essential for a healthy, happy life. Our partnership with The Mustard Seed Project helps us deliver on this belief, one meal at a time.



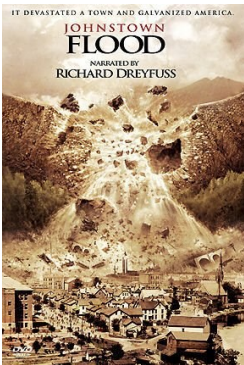
## On Golden Pond

Friday, February 9th; 12:30PM

Cantankerous retiree Norman Thayer (Henry Fonda) and his conciliatory wife, Ethel (Katharine Hepburn), spend summers at their New England vacation home on the shores of idyllic Golden Pond. This year, their adult daughter, Chelsea (Jane Fonda), visits with her new fiancée and his teenage son, Billy (Doug McKeon) on their way to Europe. After leaving Billy behind to bond with Norman, Chelsea returns, attempting to repair the long-strained relationship with her aging father before it's too late.

1981 PG 1hr 49m

Katherine Hepburn, Henry Fonda, Jane Fonda



## The Johnstown Flood

Friday, February 23rd; 12:30PM

It is 1889 and the citizens of Johnstown, Pennsylvania and other towns in the Conemaugh River valley are decimated when the dam upstream at the South Fork Hunting and Fishing Club explodes. Accounts of survivors show physical and emotional terror of the flood experience as one in every ten residents die by drowning, crushing, impalement or burning. The official death toll is 2209. Estimates in newspapers range as high as 15,000. Some blame the steel millionaires and wealthy bankers who own the South Fork Hunting and Fishing Club.

1991 Documentary 51minutes

Hosted by Richard Dreyfuss

### **You may ask yourself why are volunteers so important for nonprofits?**

For many nonprofits, volunteers are the face of the organization. They are out in the community providing services, collecting donations, and working to help the nonprofit achieve its mission and goals.

Volunteers offer valuable skills, time, and enthusiasm to ensure nonprofit programs and events can take place. Volunteers don't just give their time; many are also donors. This makes them long-term partners that contribute significantly to the success of the nonprofits they support.

#### **Volunteer Opportunities in our Food Pantry:**

- \*\*Truck unloading:** Tuesday through Thursday 10:30AM to 1PM (time approx..)
- \*\*Food Basket fulfilling:** Tuesday through Friday 10AM to 3PM (half shift available)
- \*\*Product photography and descriptions (can be in-person & remote):** With our new intake system for visual ordering online & in-person
- \*\*Website content writer (in person or remote):** new content for our new site [www.yourkpcs.org](http://www.yourkpcs.org) & the Food Panty's sub-site.
- \*\*Volunteer Garden Manager**

With all the positive changes coming at KPCS we welcome our community to join us in these exciting times. If you are interested in these or other volunteer opportunities please talk to Teresa, our Volunteer Coordinator.



**KPCS Staff, Hard at Work to Serve You!**



And the winners are: Natalie, Kyong, as snowman, and Jackie!



Task: Create a Snowman from your fellow staff and bathroom tissue.



You know that line in your job description: “other duties as assigned”? Teresa climbs in the attic to check the furnace.



Teresa meets the Clauses at the Holiday Shuttle Kick-off.



### Guest Chef Bobby Doyle

Join us for a very special luncheon menu with Guest Chef Bobby Doyle. Bobby has over 30 years in the restaurant industry specializing in fresh and local ingredients. His latest passion is healthy eating with homegrown mushrooms. He will be serving his specialty Lions Mane Fritters which features Lions Mane Mushroom, partnered with citrus and fresh herbs. Please make sure to sign up early. Seatings are limited.



*Lions Mane Fritters*

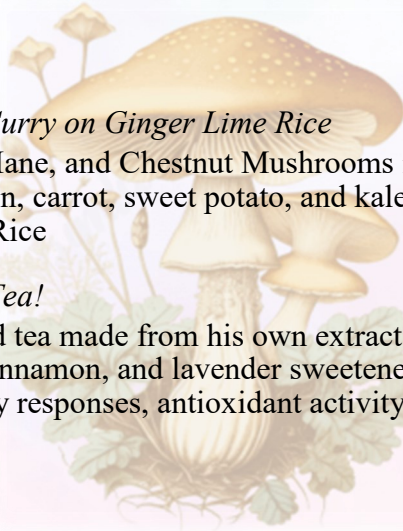
*Mixed Green Salad*

*Thai Style Mushroom Curry on Ginger Lime Rice*

Shiitake, Lions Mane, and Chestnut Mushrooms in a thick broth of coconut milk, Thai curry spices, onion, carrot, sweet potato, and kale served on a bed of Ginger and Lime infused Jasmine Rice

*Medicinal Mushroom Tea!*

A non-caffeinated tea made from his own extracts of medicinal mushrooms, mint, cacao, vanilla, ginger, cinnamon, and lavender sweetened with local honey. All extracts are known to boost immunity responses, antioxidant activity, and elevated levels of cognition, memory and calmness.



### From the navigation Room:



From my desk, I can watch Barney and Sharky, the fish. I was just looking at the tank and watched Barney swim through the bubbler. Sometimes I stand by his tank, and he will have a mouthful of rocks and spit them at

me. He changes his furniture more often than I do. I have added Bug Sorter to my resume. Barney does not like black bugs, so I sort them out. Not sure how I would use that qualification in the future.

We have some great programs coming up this month; Neighbor Feeding Neighbor involves everyone so please make sure you check it out inside this newsletter to see

how you can help. We will be opening the Free Clothing Bank around the first of the month in the Starboard Room. We are also hosting VITA, the Tax Prep People, for the next couple of months.

The Footcare Program and the Haircut Program continue to be very popular and book up quickly. Remember, these people are volunteering their time, tools, and products. There is money out of their pockets. Please think about what you might pay for a haircut or a pedicure and be generous in your appreciation to them. Give what you truly can. It is appreciated.

KPCS truly tries to bring in the services the Key Peninsula needs. We bring them in with donations and grants so the funds are limited. If you can help in any way, please do. Everything is welcome.

Take care and ahoy Matie!

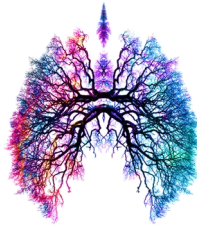
Peggy

## Let's Talk Wellness: By Bobbi

### Breathe in - Breathe out

Of course we breathe! Breathing is automatic from our first inhale to our final exhale. But did you know that by paying attention to "how" you breathe you can effect your heartrate in a good way? If you slow your out breath down and slow the number of times you breathe in per minute you may slow your heart rate. When I go to the doctor for a checkup I actually do this. I can even lower my blood pressure using breathing techniques.

Slowing your breathing and breathing through you nose has many health benefits. One of the most beneficial is helping you relax and sleep. Breathing slowly has also been shown to help strengthen our immune systems. Science is finally catching up to the wisdom of the ancients. We actually breathe an



**BREATHE**

average of 20,000+ times per day, which is approximately 13 breaths per minute. You may want to try a technique where you breathe 6 times per minute. This seems to be the ideal number of breaths per minute for optimum health.

There are many different breathing methods you can explore. YouTube is a great place to find demonstrations and people who can lead you through some of these techniques. I just saw a TED Talk with Max Strom called Breathe to Heal. This is a good start. I learned a lot and it was only 18 minutes long.

May you be happy and peaceful

Bobbi



KPCS, in collaboration with KP Partnership for Healthy Community, is excited to launch our new pilot program **Neighbor Feeding Neighbor**.

This program aims to provide fresh, nutritious meals to our most isolated and underserved neighbors. The meals are made with love by Vivian, KPCS's talented chef, ensuring that recipients are provided with high-quality, home-cooked food.

### From the navigation Room

From my desk, I sit across from Barney and Sharky, the fish. I was just looking at the tank and watched Barney swim through the bubbler. Sometimes I stand by his tank, and he will have a mouthful of rocks and spit them at me. He changes his furniture more often than I do. I have added Bug Sorter to my resume. Barney does not like black bugs, so I sort them out. Not sure how I would use that qualification in the future.

We have some great programs coming up this month; Neighbor Feeding Neighbor involves everyone so please make sure you check it out inside the newsletter to see how you might help. We will be opening the clothing closet around the first of the month in the Starboard Room. We are also hosting the Tax Prep

If you or someone you know is in need of food assistance, please don't hesitate to reach out to any of our staff.

Our Neighbor Feeding Neighbor program is designed to meet the needs of our community and ensure that no one goes hungry. Together, we can provide nutritious meals to those who need them most.

Let's spread goodness, one delicious meal at a time by sharing good food with our neighbors!

People for the next couple of months.

The Footcare Program and the Haircut Program continue to be very popular and book up quickly. Remember these people are volunteering their time, tools, and products. There is money out of their pockets. Please think about what you might pay for a haircut or a pedicure and be generous in your appreciation to them. Give what you truly can. It is appreciated.

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Take care and ahoy Matie!

Peggy



## News and Tips from Tacoma Probono Community Lawyers

### *Are you experiencing stalking?*

For the newsletter this month we're offering some tips from our Family Safety Project on how to discourage stalking, a form of domestic violence we often encounter at our pop-up events all over Pierce County.

Remember, 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](https://www.nvdc.org/) at 800-799-7233 or text "START" to 88788.

In Pierce County contact the Crystal Judson Family Justice Center Helpline at [\(253\) 798-4166](tel:2537984166) or walk in to 718 Court E, Tacoma, WA 98402, 8:30-12 and 1-3 Monday-Friday.

# Anti-Stalking Measures



### What you can do

1

#### CHANGE YOUR PASSWORDS

Get a password manager to save and generate strong and secure passwords,

2

#### ADD TWO-FACTOR AUTHENTICATION

Do this especially for your password manager. The most secure authentication uses a USB plug in or app.

3

#### REMOVE ANY UNFAMILIAR APPS

Parental monitoring apps are usually visible in your list of apps and can track your location and online activity.

4

#### REMOVE UNUSED DEVICES FROM GOOGLE ACTIVITY

Go to [Myactivity.google.com/activitycontrols](https://myactivity.google.com/activitycontrols). Incognito mode will prevent saving data, including autofill data and purchase history

5

#### DISCONNECT ANY CLOUD ACCESS

This can help prevent monitoring through smart cameras, IoT devices, wearable devices, and more.

6

#### CHANGE YOUR WIFI

If you continue to have trouble after changing your WIFI password, consider changing your router as well.

7

#### DISABLE APPLE FAMILY SHARING

Apple family sharing allows access to certain amounts of data, including the "Find My" app on your device.

8

#### LOOK FOR BLUETOOTH TRACKERS

You can use apps such as "Tracker detect" or the Tile app to find nearby Apple Airtags or Google Tiles.

9

#### CHECK YOUR CAR BATTERY

You can physically look for GPS trackers attached to your car battery or in your home.

10

#### PRESERVE YOUR DATA

Remember to download and save any data that you may want as evidence.

### **NEW 2<sup>ND</sup> TUESDAY SCHEDULE!**

In addition to our usual '2<sup>nd</sup> Tuesday' times 10-noon at Key Peninsula Community Services and 1-3 at the Mustard Seed Project of Key Peninsula in Key Center, beginning February 2024 we're adding 4-6 p.m. at the Gig Harbor Civic Center! We look forward to providing more services on GHKP during 2024 and beyond.