

KPCS

Food Pantry
Senior Meals
Senior Center
Homeless Outreach

Your Community Connection

17015 9th Street Ct NW

PO Box 392

Lakebay, WA 98349

253-884-4440

Connecting People to Build Community



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.



Heart Health Awareness: Taking Care of Your Ticker

February is Heart Health Month, a time when we focus on the importance of keeping our hearts healthy and happy. This vital organ works tirelessly to pump blood through our bodies, delivering nutrients and oxygen to keep us alive and thriving. To ensure a long and fulfilling life, it's essential to understand how to take care of our hearts. Here are some tips:

- **Eat a Heart-Healthy Diet:** A diet rich in fruits, vegetables, lean proteins, and whole grains is key for promoting heart health. Limit saturated fats, sodium, and processed foods, and embrace heart-healthy options like salmon, berries, and nuts.
- **Keep Your Body Moving:** Regular physical activity is crucial for heart health. Aim for at least 150 minutes of moderate-intensity exercise per week. Even a brisk daily walk can do wonders for your heart!
- **Manage Stress:** Chronic stress can harm your heart, so it's vital to find ways to cope. Practice relaxation techniques, engage in hobbies, and prioritize self-care to help keep stress levels in check.
- **Quit Smoking:** Smoking is one of the leading causes of heart disease, so if you smoke, quitting is one of the most effective ways to improve heart health. Consult your healthcare provider for resources and support.
- **Monitor Your Numbers:** Keep tabs on your cholesterol, blood pressure, and weight to ensure you're within a healthy range. High numbers can increase your risk for heart disease, so schedule regular check-ups to stay on top of your heart health.
- **Get Adequate Sleep:** Quality sleep is essential for heart health, so prioritize 7-8 hours of sleep per night. A consistent sleep schedule can do wonders for your body and mind.

Remember, a healthy heart is essential for a vibrant and fulfilling life. This Heart Health Month, commit to small steps that can make a significant difference in your overall wellness. Listen to your heart and give it the love and care it deserves!

Lessons with my visit: Time Off

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

As most of you know, the KPCS was closed for almost two weeks over the Christmas and New Year Holiday. Even the fitness classes were cancelled to insure that everyone got a break during this festive period. I was half curious and half dreading what I would do with myself. So, I decided to explore solitude. Then, I ran from solitude to hang out with friends and family. What I didn't do consistently was move my body.

I sat far too much and ate way too much. I suspect many of you are nodding your head with your own similar story.

The disturbing part was in just a few days my back and left hip started to hurt. My neck and shoulders stiffened up so much that it put my neck out and I ended up at my chiropractors office to help realign my body. The most

disturbing part is I knew this would happen and it was preventable! Sound familiar?

It was also a great lesson because this was only a two week vacation not due to illness or injury.

I knew it would take only a couple of weeks to get my fitness level back up once classes began again. I also knew that I needed to listen to my body and respect that it still takes time to build back the muscles and stamina.



And, that is exactly what we are doing now that classes are up and running again! We are also laughing at ourselves as we huff and puff through the program.

The lesson is learned once again:

Motion truly is Lotion.

With love

Bobbi

Sheep Thrills: Ever-Versatile and Sustainable Wool by Erin, Receptionist



Now that the cold winter weather has most definitely arrived, what are you wearing to keep warm? While the clothing market is over-saturated with cold weather wear, natural fibers such as wool should always be your go-to when the temperature dips. Wool is breathable and moisture wicking as well as naturally insulating, meaning you'll keep warm without that icky clamminess that can happen with synthetic materials. As an added bonus, wool is anti-microbial, odor and dirt resistant, which translates to more wearing and less laundry.

“Oh, but I'm allergic to wool!” I hear you say. Maybe not! Wool is hypoallergenic so the irritation you may have experienced could be from any number of things, such as dyes, chemicals used in the processing of the wool, or even just the coarseness of the wool itself. A true wool allergy is relatively rare. Give wool another chance and try a non-superwash fine wool breed specific fabric (or yarn), such as the well-known Merino, its cousin the Rambouillet (or French Merino), Cormo, certain fine fleeced Shetland, or Blue Faced Leicester, to name just a few.

Wool has received a bad reputation for being high maintenance, but she doesn't deserve it. Your wool clothing only needs to be laundered infrequently, and the washing process is super simple: fill your sink with cool water, add a tiny dollop of wool-specific, no-rinse detergent (Eucalan and Soak are my favorites, available via their respective websites and Amazon), swish around to disperse. Gently add your wool items and submerge completely, then let sit for 15 minutes or so. Drain water, squeeze- don't twist or wring- excess water from the garment, then lay flat to dry, and you're done! It's really that simple! If you don't have a wool-specific wash on hand, you can use a teeny tiny drop of dish soap or laundry detergent, but you will need to rinse your woolens after soaking. Don't agitate the items as this will cause felting and always use cool water.

For thousands upon thousands of years, humans have enjoyed the wonders of wool, and only in modern times have we really come to understand the true depth of how amazing of a fiber it is. My hope is that you think it's amazing, too, for there really is nothing quite as cozy as a warm wool sweater on these cold winter mornings.

Join my new Fiber Group right here February 13th at 9:30AM!

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	Receptionist
Vivian Blanchard	Chef
Mike Hanson	Kitchen Assistant
Robin Ripa	Kitchen Assistant
Judy Carter	Outreach Assistant
Natalie Loyd	Food Pantry Assistant
Carol McIntyre	Food Pantry Assistant
Lisa Steward	Food Pantry Assistant

**WITHOUT VOLUNTEERS,
WE'D BE A NATION
WITHOUT A SOUL.**

- ROSALYNN CARTER

**HELP US HELP OUR COMMUNITY
VOLUNTEER TODAY!**

Board of Directors:

Frank DiBiase	President
Vicki Husted-Biggs	Vice President
Karl Bonn	Treasurer
Sandy Dunn	Secretary
Joe Crain	
Mike Fay	

Need a meal?
Know someone who does?
Ask about our meal free program.



Healthy Snack Recipe:
Avocado & Chickpea Toast



Ingredients:

- 1 ripe avocado
- 1/2 cup mashed chickpeas
- 1 slice whole grain bread
- A squeeze of lemon juice
- Salt & pepper to taste
- Optional: cherry tomatoes, fresh herbs, or a sprinkle of chili flakes

Instructions:

1. Mash the Avocado
2. Toast the Bread
3. Assemble
4. Enjoy! A delicious, nutritious snack ready in minutes!

Hearty & Healthy the Versatile Garbanzo

Join Carolyn Benepe, registered dietitian/nutritionist & cook, as she talks up the **Great Garbanzo** (aka chickpeas.)

We will be taste-testing some easy recipes: Coconut Curry Chickpeas, Lemony Pasta & Chickpeas, and Crisped Chickpeas in Spicy Brown Butter (copies provided) plus highlighting the many benefits of incorporating more beans into your daily meals. Hope to see you there!

Thursday, February 20th; 12:00.

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

February

2025

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

Tue	Wed	Thu	Fri
4 Mac & Cheese w/ ham, mixed veggies, fruit	5 Baked Cod, Brussels sprouts, rice pilaf, mixed berries, apple crisp	6 Vegetarian chili, corn bread, grapes	7 Beef barley soup, PB&J, green salad, fruit
11 Pork Stir Fry w/ rice, fruit	12 Baked chicken thighs, mashed potatoes, carrots, blueberry cobbler	13 Clam chowder, green salad, dump cake	14 Veggie pizza, 3 bean salad, fruit salad
18 Sloppy Joes, sweet potato fries, fruit	19 Pork roast, green beans, potatoes & gravy, fruit	20 Fried chicken, mashed potatoes & gravy, Brussels sprouts, oatmeal spice cake	21 Tuna salad, broccoli cheddar soup, fruit
25 Grilled cheese, vegetable soup, peas, fruit	26 Lasagna, garlic bread, green salad, frozen yogurt	27 Pot Luck	28 Chicken pot pie, green beans, fruit
			

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat Sun
3 4:00 S.A.I.L	4 8:30 S.A.I.L 9:45 Tai Chi 12:00 Blood Pressure Talk 5:45 KPBA Meeting	5 9:30 Cards/Games 10:00 Haircuts 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	6 8:30 S.A.I.L 9:45 Tai Chi 12:00 Fiber Talk 1:00 BINGO	7 National Wear RED Day 10:00 Coffee & Gab 11:00 Prog. Comm. Meeting; Fund Raising 12:30 MOVIE: Marigold Hotel	8/9 8:30 SAIL
10 4:00 S.A.I.L	11 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono 10:00 DSHS 12:15 Medicare Talk 12:30 Medicare Help	12 9:30 Cards/Games 10:00 Haircuts 4:00 S.A.I.L	13 8:30 S.A.I.L 9:30 Fiber Group 9:45 Tai Chi 11:00 Pierce County Social Services	14 <i>HAPPY Valentine's Day</i> 11:00 LIVE MUSIC!! 12:30 LIVE MUSIC Resumes	15/16 8:30 SAIL
17 4:00 S.A.I.L	18 8:30 S.A.I.L 9:45 Tai Chi 10:00 Shopping to Walmart	19 9:30 Cards/Games 10:30 Indoor Balloon Net Ball 4:00 S.A.I.L	20 8:30 S.A.I.L 9:45 Tai Chi 12:00 Garbanzo Bean Talk & Tasting 1:00 BINGO	21 Birthday Lunch 11:30 Blood Pressure 12:45 Karaoke	22/23 8:30 SAIL
24 4:00 S.A.I.L	25 8:30 S.A.I.L 9:45 Tai Chi 9:30 TRIP: HUB with Jennifer	26 9:30 Cards/Games 9:30 TRIP: Clearwater Casino 4:00 S.A.I.L	27 8:30 S.A.I.L 9:45 Tai Chi	28 12:30 MOVIE: Cool Hand Luke	Mar 1/2 8:30 SAIL
3 4:00 S.A.I.L	4 8:30 S.A.I.L 9:45 Tai Chi	5 9:30 Cards/Games 10:00 Hair Cuts 1:00 PCHS Mobile Clinic 4:00 SAIL	6 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	7 10:00 Coffee & Gab 11:00 Prog. Comm. Meeting; Fund Raising	8/9

**Shape Our Future Events! Join the Program Committee
to Share Ideas and Inspire Engaging Programs!**



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

From the Free Clothing Room, by Peggy, Office Manager

Thank you to Gayle and Larry Lee for keeping up the Clothing Room for Peggy in her absence. We desperately need warm coats, gloves, hats, jeans, and men's tee-shirts.

Please go through your closets and see if you can spare some of your gently used items.

This is a very popular area.

From the Crew's quarters

Thank you for your warm welcome back to me this past month. I have looked forward to coming back, but still tire easily. Brandon and I are coordinating hours and duties until I come back to my regular hours. KPCS sent out the Appeal letter in late November and have had a good response but can always use your financial donations. If you want a donation envelope, please ask any employee and we will get you one. We are raising funds for the new area on the front of the building and certainly could use your help.

Good to see all of you,

Ahoy matey,

Peggy



Love Your Heart: Fun & Easy Ways to Stay Heart Healthy this Month!

It's Heart Health Month!

Ready to show your heart some love? Here's how:

- ◆ Visit our Blood Pressure Check Station all month long!
- ◆ Track your BP with our fun booklet (spot trends like a pro!)
- ◆ Exercise, eat healthy, and manage stress for a heart-happy you!

Let's make heart health a breeze together!

Normal blood pressure is below **120/80**

Stroke occurs when a blood vessel to the brain is blocked or bursts.

HIGH BLOOD PRESSURE INCREASES RISK OF STROKE.

Life Expectancy 5 YEARS LONGER

More than **1 in 3** American adults with high blood pressure

MARK YOUR CALENDAR!

INDIAN MOTORCYCLE RIDERS GROUP - BREMERTON WA #2047



Spring Charity Ride

KEY PENINSULA COMMUNITY SERVICES

THIRD ANNUAL FUND RAISER!

Saturday April 19th

- **BIKES!**
- **CRAFT BOOTHS!**
- **BURGERS- INCLUDING VEGGIE!**
- **RUMMAGE SALE!**
- **RAFFLES!**
- **SILENT AUCTION!**
- **LIVE MUSIC!**

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.

Food Pantry News by Brett, Food Pantry Manager

Our Food Pantry expansion has begun. You might not notice the changes yet as most are behind the scenes, prep work. Soon the front area will be leveled off to create the space for the pantry. The work will be done in several phases. Very exciting work ahead!

Appointments and walk-ins.

Every day we are open we accept appointments made through the internet AND walk-ins. Internet appointments can be made for the same day up until 10:00AM. After that, all time slots not reserved will be used for walk-ins. A hint for walk-in customers: Most appointments are made for the morning hours while leaving the afternoons better for walk ins. PLUS, you can make your next appointment while you are here.

Remember, we DO NOT take phone calls for Pantry appointments.

We need volunteers!

Plenty of opportunities to help the community that include:

- Customers service, walking customers through their shopping
- Stocking
- Truck riding & unloading (Sundays included)
- Repackaging
- General housekeeping & maintenance.

Homeless Outreach by Delci, Outreach Manager

As we step into February, we are reminded of the importance of compassion, connection, and commitment to supporting those experiencing homelessness. Let us take a moment to reflect on their strength and resilience, and the power of collective action in bringing hope and transformation.

**Every act of kindness, whether through outreach, volunteering, or political advocacy,
helps build a more inclusive community.**

We encourage everyone to step outside into the cold, even briefly, to deepen empathy for those who do not have the option of going inside. Together, we can make a meaningful difference in the lives of those who need it most.



News and Tips from Tacoma Probono Community Lawyers

Happy February! Our next visit to Key Peninsula will be Tuesday, February 11, on our regular schedule -- 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. 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!

IS A JUVENILE RECORD KEEPING YOU FROM GETTING A LOAN, A JOB, AN EDUCATION OR A PLACE TO LIVE?

When a youth gets arrested or goes to court, they may end up with a juvenile record. Many people think that their juvenile record will be automatically destroyed or sealed when they turn 18. But in Washington State that is not always true.

Juvenile offense records keep people from moving on with their lives. Records can keep someone from getting loans, financing or public benefits. They might have an effect on housing. They might make it hard to access education and employment. But changes to Washington State law made clearer pathways for sealing juvenile records on the road to independence.

Use the online form available at www.washingtonlawhelp.org to get started. It's simple – the website will ask you questions and use your answers to complete your forms.

- Find out if your record can be sealed and vacated or destroyed
- Fill out the right court forms
- Get detailed instructions for your next steps

No one should be held back forever by what they did when they were young!

Link to the interactive form:

<https://walawhelp.gavel.io/run/playground2/Seal%20Vacate%20Destroy%20Juvenile%20Records/#/1>

Or go to www.washingtonlawhelp.org and type 'juvenile record' in the search bar.

Before you start, make sure you can answer these questions:

- What is the cause number of your case? (Examples: 17-8-987234-63, 04-8-98734-1)
- Was it a trial or dismissal?
- What is the date of your trial, plea or dismissal?
- Do you owe the court any money?
- What is the charge on your record? (Examples: Assault, Malicious Mischief, Theft)
- What is the classification of the offense? (Examples: Class A Felony, Class B Felony, Class C Felony, Misdemeanor, Gross Misdemeanor)

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 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.

COMPLETE YOUR ONLINE INTAKE NOW!



scan to go directly to our online intake form