

# KPCS

## Food Bank

### Senior Center

### Senior Meals

17015 9th Street Ct NW  
PO Box 392  
Lakebay, WA 98349  
253-884-4440

## MARCH 2023

### The Bricks Are In!

Our beloved KPCS building looks almost brand new with its recent facelift.

Broken bricks were replaced, the old mortar was removed and new piped in, and the entire building was acid washed and sealed. What a difference!

If you ordered a brick, stop by to have a look and have your picture taken with your brick.

If you didn't order a brick, we have 56 more bricks available for engraving. Ask a staff for information.



Calling older adults and people with disabilities!

### Property Tax Exemption Seminar

Thursday March 23 | 1 p.m.  
Key Peninsula Community Services  
17015 9th St. CT NW in Lakebay



### Look What's Going On!

**PCHS Mobile Clinic & Vaccines**  
Wednesday, 1st; 1:00-3:00PM

**BINGO!**  
Thursday, 2nd; 1:00PM

**Program Committee**  
Friday, 3rd; 12:30PM

**DSHS Mobile Van**  
Tuesday, 7th; 10:00AM

**New! Garden Club**  
Tuesday, 7th; 1:00

**New! Dining Committee**  
Thursday, 9th; 12:30PM

**MOVIE& Mint Shakes:**  
Friday, 10th; 12:30PM

**Charm Bracelet**  
Tuesday, 14th; 10:30AM

**Genealogy**  
Wednesday, 15th; 12:30PM

**Swimming**  
Thursday, 16th; 8:00AM

**Birthday & St. Pat's Party,  
Live Music w/ Mark Runions**  
Friday, 17th; 12:00PM

**Early Lunch**  
Thursday, 23rd; 11:00

**Tax Exemption for Seniors**  
Thursday, 23rd; 1:00PM (must RSVP)

**Movie & Homemade Cookies**  
Friday, 24th; 12:30PM

**Haircuts**  
Tuesday, 28th; 10:00AM

**Great Courses: Sign Language**  
Thursday, 30th; 10:45

**POTLUCK**  
Thursday, 30th; 12:00

**TRIP: Lunch on Vashon Island**  
Friday, 31st

### Food Bank News

By Brett

*Our Food Bank is going to be focusing in on 1 or 2 items per month to help keep our shelves stocked.*

March we are focusing on restocking our Soups & Boxed Extras.

Boxed Extras are side dish items & burger helpers, prepared noodle & rice dishes, etc....

Canned soups are a staple for many families and one of, if not the most requested item we stock.

You can bring in donated items anytime we are open OR donate via PayPal right on our website.

[www.keypeninsulacommunityservices.org](http://www.keypeninsulacommunityservices.org)

### What Hunger Looks Like in Washington



*Our "Bread Closet" is open to all. We try our best to keep it stocked with at least 3 of the food groups at all times.*

*On average we have 60 families a day come through and get items to supplement their food supplies.*

*We just ask that you are or get registered with us. Our family count is very important for our food funding and allotment.*

## Property Tax Exemption Seminar for Seniors and People with Disabilities

Are you an older or disabled homeowner struggling to make ends meet? If you are over 61 years old or fully disabled and have a gross household income below \$45,708, you may qualify for the Pierce County Property Tax Exemption program. Come hear about this program and learn how to accurately complete your application.

We'll also have representatives available from other programs that can help you stretch your household budget including Energy Assistance, Home Repair, Aging and Disability Resources and Veteran Services.

If you want help staying in your home and keeping your home safe and healthy, please join us!

Presented by Robyn Denson, Pierce County Councilmember District 7, the Pierce County Auditor and South Sound Affordable Housing Partners. Hosted by the Key Peninsula Senior Center!

**Thursday, March 23<sup>rd</sup> from 1 – 3**

RSVP to [Jason.gauthier@piercecountywa.gov](mailto:Jason.gauthier@piercecountywa.gov) or call 253-281-9491



**March 12th**

### Staff

Willow Eaton	Executive Director
Kyong Bertsch	Administrative Assistant
Brett Higgins	Food Bank Manager
Jackie Daigle	Kitchen Manager
Peggy Gablehouse	Receptionist
Teresa Conness	Program/Volunteer Coordinator
Rob Gordon	Driver, Project Manager
Mike Hanson	Kitchen Assistant
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	



Join us for Corn Beef, Cabbage, Potatoes, Carrots

And LIVE Music by Mark Runions

**Friday, March 17th**

Come in your leprechaun finest  
You may win a prize!



### **Shrink Plastic St. Pat's Charm Bracelet with Willow**

Tuesday, 14th 10:30AM

Join us for a morning of crafting. We are making a sweet little shrink plastic charm bracelet. Just in time for our St Patrick's Day party.

This class is free, but donations are always gratefully accepted.



## Let's Talk Wellness

### Bobbi: Version 6.5

#### By Bobbi

A wise friend recently asked me "Did you become a different person when Dan died?" My eyes grew wide and I breathlessly answered her "yes". She then asked: "Do you know who that new person is?" With equally wide eyes, I whispered "no". I was so amazed that she understood what I was feeling. She later shared her great loss and we both let the tears of new and old grief slide down our face without embarrassment. We then sat quietly together with no further need of words. Sometimes silence is truly the best way to show compassion. The willingness to just sit completely with the grieving person and offer no words of comfort is the best comfort.

So, I am now calling myself Bobbi: Version 6.5. Part of me cries out that I have no idea of who I am now. Many times I feel lost, groundless, and alone. Yet, the other part of me knows that my core is still there. I am safe and resilient. I am Home in Home. I have wonderful community support and am surrounded by people who love and care about me as I do them. So what makes me a different version of myself now? To try and figure that out, I went to the house that I lived in quietly for five years when I first returned to Washington. I called that Bobbi Version 5.3. The interesting part was; I felt little or no real connection to that version of me now. I had no idea what that meant.

So, I then revisited Bobbi Version 5.7. That was when Dan came into my life! Dan fell hard for me and pursued me gently and persistently until I had finally found the perfect man for me. We found love and laughter, ease and joy, and were grateful for each day we had together. I was living the best version of myself and ignorantly thought this was my final version. Silly me, forgot that Everything Changes! So, now I must begin to explore Bobbi: Version 6.5. Who knows what I will discover? I guess I will find out.

And, as a very wise person said. "My glass is half full ... and that first half was really yummy!" Thank you my sweet Dan! I will love you forever.



## FOOT CARE

March 22nd

**Please call to make an appointment**

**No cost, but donations**

**to purchase supplies are always welcome**

## News From the Front Office

People have been enjoying the collections that have come in to be shared. Do you have a collection that you think people may enjoy? Check with Peggy on getting it in for 2 weeks or a month. Looking for the March collection now.

We have a large Teddy Bear that we will raffling off on March 17. Get your tickets at the front door now. \$.50 each.

Hey Matie!

We have a new Port Creating Room for your masterpieces! Or maybe you need to meet with someone privately. Check it out!

Check out the new room names around the Center. Find the Navigator, Galley, Helm, State, Port, Stern, and Starboard Rooms.



## Dining News



Welcome Michael Hanson! Michael is the newest member of the KPCS team. He replaces Teresa as Kitchen Assistant.

If Michael looks familiar, he has volunteered in the kitchen a couple days per week for the past several months. Michael will support Jackie in making delicious and nutritious meals for your dining pleasure four days per week.

We are excited to have Michael join the team.

## POT LUCK March 30th (NOTE DATE CHANGE)

**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.

**Birthday Lunch** is always on the third Friday. This month it is March 17th.




**Please call ahead to reserve your meal**



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

**60 — : Required \$5 EACH**

Tue	Wed	Thu	Fri
 <p><b>Aquamarine</b> This is the birthstone for those born in March. The name derives from the Latin expression for seawater. It comes in blue and green-blue color. In ancient times, Aquamarine was known as the sailors' lucky stone.</p>	<p><b>1</b></p> <p><b>Grilled Cheese Sandwich Tomato Soup Green Beans Fruit Dessert</b></p>	<p><b>2</b></p> <p><b>Tortellini with Italian Sauce Salad Fruit Garlic Bread Dessert</b></p>	<p><b>3</b></p> <p><b>Chili Dogs Tater Tots Green Beans Fruit Dessert</b></p>
<p><b>7</b></p> <p><b>Chicken Salad Coleslaw Fruit Roll Dessert</b></p>	<p><b>8</b></p> <p><b>Hot Beef Sand Mixed Veggies Mixed Fruit Dessert</b></p>	<p><b>9</b></p> <p><b>Pork or Tofu Stir Fry Fruit Rice Dessert</b></p>	<p><b>10</b></p> <p><b>Meat Loaf Mashed Potatoes &amp; Gravy Broccoli Fruit Desert</b></p>
<p><b>14</b></p> <p><b>Chef's Salad Peas Fruit Roll Dessert</b></p>	<p><b>15</b></p> <p><b>Beef Stroganoff Peas &amp; Carrots Fruit Dessert</b></p>	<p><b>16</b></p> <p><b>Beef Barley Soup Grilled Cheese Fruit Dessert</b></p>	<p><b>17</b> </p> <p><b>Corned Beef Cabbage Potatoes Carrots Fruit Dessert</b></p>
<p><b>21</b></p> <p><b>Spaghetti &amp; Meat Sauce Salad Fruit Garlic Bread Dessert</b></p>	<p><b>22</b></p> <p><b>Chicken Ala King Green Beans Fruit Dessert</b></p>	<p><b>23</b></p> <p><b>Tuna Sand Chicken Noodle Soup Mixed Veggies Mixed Fruit Dessert</b></p>	<p><b>24</b></p> <p><b>Pizza Meat and/or Veggies Salad Mandarins</b></p>
<p><b>28</b></p> <p><b>Mac &amp; Cheese w/ Ham Mixed Veggies Fruit</b></p>	<p><b>29</b></p> <p><b>Chili w/ Beef Coleslaw Fruit Cornbread Dessert</b></p>	<p><b>3<sup>rd</sup></b></p> 	<p><b>31</b></p> <p><b>Lasagna Salad Fruit Garlic Bread Dessert</b></p>

## What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Cards/Games 1:00 PCHS Mobile Clinic w/ Vaccines 4:00 S.A.I.L	2 8:30 S.A.I.L 9:45 TaiChi  1:00 BINGO	3 12:30 Program Committee	4 8:30 S.A.I.L
6  4:00 S.A.I.L	7 8:30 S.A.I.L 9:45 TaiChi 10:00 DSHS Mobile Van <b>1:00 Garden Club</b>	8 12:30 Commodities Pick-up  4:00 S.A.I.L	9 8:30 S.A.I.L 9:45 TaiChi <b>*12:30 Dining Committee *</b>	10 <b>FREE TABLES</b>  <b>12:30 Movie: Hear My Song</b>	11 8:30 S.A.I.L
13 9:00 Shopping  4:00 S.A.I.L	14 8:30 S.A.I.L 9:45 TaiChi 10:00 Tacoma Probono 10:30 Charm Bracelet	15 10:00 Cards/Games 11:00 Medicare Help 12:30 Genealogy 3:30 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> <b>12:30 Live Music/Dance</b>	18 8:30 S.A.I.L
20  4:00 S.A.I.L	21 8:30 S.A.I.L 9:45 TaiChi 12:30 Knit & Crochet	22  10:00 Foot Care  4:00 S.A.I.L	23 8:30 S.A.I.L 9:45 TaiChi <b>11:00 Early Lunch</b> 1:00 Tax Exempt	24 <b>FREE TABLES</b>  <b>12:30 Movie: Fried Green Tomatoes</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 10:00 Hair Cuts	29  4:00 S.A.I.L	30 8:30 S.A.I.L 9:45 TaiChi 10:45 Sign Language 12:00 POT LUCK	31 <b>TRIP: Lunch on Vashon</b>	



*Jilly Eddy reads lip prints for  
Valentines Day.*



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



## FREE Movie on the Big Screen

Friday, March 10; 12:30 PM



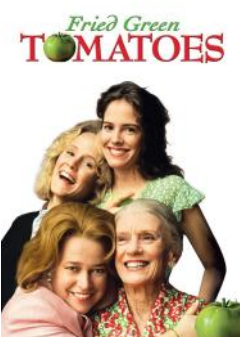
### Hear My Song

Micky O'Neill tries to revive the fortunes of his Liverpool nightclub by promising his patrons he will present a performance by the legendary Irish tenor Josef Locke. After a series of unfortunate bookings, Micky books the mysterious Mr. X, a man who insists he cannot be booked as Joe Locke due to the legal issues that would invariably ensue. The elusive Locke left the United Kingdom during the 1950s to avoid paying taxes, leaving behind "a beauty queen, a Jaguar sports car, and a pedigree dalmatian, all of them pining." O'Neill's personal and professional life are left in ruin after beauty queen Cathleen Doyle exposes his Mr. X as a fraud. O'Neill returns to Ireland to find the true Josef Locke and bring him back. *Ned Beatty, Adrian Dunbar, Brian Flanagan*

1991 Rated R 1hr 44minutes

Serving Mint Shakes  
with your movie

Friday, March 24 ; 12:30 PM



### Fried Green Tomatoes

Evelyn Couch is having trouble in her marriage, and no one seems to take her seriously. While visiting relatives at a nursing home, she meets Ninny Threadgoode, an outgoing old woman, who tells her the story of Idgie Threadgoode, a young woman in 1920's Alabama. Through Idgie's inspiring life, Evelyn learns to be more assertive and builds a lasting friendship of her own with Ninny. *Kathy Bates, Jessica Tandy, Mary Stuart Masterson*

1991 Rated PG-13 2hr 10minutes

Serving Home Made Cookies  
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

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



## Come visit us 10-noon on March 14

We have a new volunteer attorney with us who will be available to answer your questions at our regular KPCS 2<sup>nd</sup> Tuesday sessions. Her name is Pat DeMarco and she is enjoying doing volunteer work with our program, having recently retired from the Tacoma Office of the Attorney General after a long and varied legal career. And, she is a resident of the KP!

### ***TACOMAPROBONO'S HOUSING JUSTICE PROJECT NEWS:***

Our Housing Justice Project is now easier than ever to contact if you need our help. If you have a landlord-tenant issue, especially if you are facing eviction and have received a notice from your landlord or a summons and complaint for eviction, you can now walk in to do an in-person intake in the Housing Justice Project office at 601 Tacoma Ave S from 9 a.m.-noon and 1-3 p.m. every day, Monday-Friday. The office is on the bus line and accessible to all. You can also reach the Housing Justice Project through our online intake form at [www.tacomaprobono.org](http://www.tacomaprobono.org), by calling (253) 572-5134 10-noon or 1-3 p.m. Monday-Thursday, or by visiting one of our Legal Aid Pop-Up events around Pierce County – the schedule for the Pop-Ups is also available on our home page at [www.tacomaprobono.org](http://www.tacomaprobono.org).



### **TENANT TIP:**

**Landlords cannot refuse to rent to you or treat you differently than other tenants based on the source of your income.**

A landlord may not want to rent to you if your income is from public or charitable sources like:

- Federal, state, and local public benefits, such as Social Security, Veteran's benefits, retirement, Temporary Assistance to Needy Families (TANF) or Aged, Blind and Disabled (ABD)

OR if you get help paying your rent from:

- Rent subsidies from federal, state, or local housing programs, such as the Section 8 voucher program or Housing and Essential Needs (HEN)
- Short-term rental assistance, for example from organizations like Catholic Community Services, Salvation Army, or Community Action Programs

But in Washington, a landlord cannot:

- Refuse to rent to you because of the source of your income.
- Cannot charge you more rent than they do someone who does not get benefits.
- Tell you the unit is not available when it is.
- Advertise a property for rent only for tenants with certain types of income.

....and if you're already renting the unit and just started getting benefits, your landlord cannot:

- End your lease or evict you just because you now get benefits.
- Treat you differently than any tenant who does not get benefits, just because you are now getting benefits. For example, your landlord cannot raise your rent or move you to a different unit.

You can read the state source of income law at RCW 59.18.255, and for more information about this and many other legal issues you might have questions about, check out [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org).

**FREE TABLES RETURN**

2nd & 4th Friday

Cancel for rain

Please do not drop off items before  
the day of the FREE TABLES



## Knitting and Crochet Club

Tuesday - March 21<sup>st</sup>, 2023 @ 12:30PM

Location: KPCS Port Room

Would you like to make this adorable “crochet” Basket for Easter? The pattern and different colored yarns to make this will be available.

Remember: we always meet on the 3<sup>rd</sup> Tuesdays of every month.

Hope you are able to join us!



We have switched from cards to games.

Sequence has been the favorite, but Patricia taught us a card game called 7's & Ray taught us Phase 10

9:30 ish AM until Noon on Wednesdays.

What are your favorites???  
Just come in on Wednesdays.  
You do not need to register.

### March Trips

#### Shopping: 2nd Mondays

Need to get some shopping done, but don't want to drive? Leave it to us. Join our volunteer driver, JJ, for a day of shopping at your favorite stores. Destinations are determined by participants the morning of the trip.

#### Swimming: 3rd Thursday

This trip is so much fun! Take a dip in the pool, swim laps, or walk against the current in the River Walk.

#### Lunch on Vashon: Friday 31st

We're taking the ferry across the water to visit Vashon. While there, we'll see the Old Bicycle in the Tree, John Deere pond, visits the local shops, and have lunch (TBD).

Requested donation \$5.00 to help offset the cost of the ferry. Lunch is on your own.



John Deere Pond  
Vashon, WA

### You could win this bear!

Just 50¢ per ticket.

All proceeds benefit

Senior Center Special Events

Drawing March 17th at St Pat's Party



### Watch For These Upcoming Events

**Bikes, BBQ, & Festival Fund Raiser** in partnership with Indian Motorcycle Rider's Group #2047. April 22nd

**Volunteer Recognition Dinner.** May 26th.

**Spanish Lessons with Great Courses;** we are seeking a volunteer, who speaks Spanish, to assist with the program

**Fall Tea & Fashion Show!**



### Introduction to American Sign Language

March 30th, 10:45AM

In the Stern Room

After a brief introduction about American Sign Language, Professor Turteltaub dives right in, teaching you more than a dozen signs and how to discern the context of a series of signs to understand the meaning being communicated. She also discusses the subtle and important distinctions of hand orientation, movement, and shape.