

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

MARCH
2025

FOOD SMARTS

COMMUNITY-BASED NUTRITION EDUCATION

A no-cost, 6 -week series about healthy food,
cooking, physical activity, and nutrition!

Learn how you can make easy and healthy lifestyle
choices.

MEAL PLANNING

Learn easy, affordable, and delicious ways to build a healthy
and balanced diet.

UNDERSTANDING FOOD LABELS

Learn to read the nutrition facts label to support your health
needs, such as cutting down on salt and fat.

SAVE MONEY

Learn ways to stretch food dollars.

COOKING IN THE KITCHEN

Learn how to cook for one! Apply different kitchen techniques to
create dishes with different colors, textures, and flavors!

INTERESTED IN JOINING US?

KPCS

17015 9th St Ct NW

Lakebay

253-884-4440

Begins April 4th

Space limited

please preregister

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation, please contact Hillary Miller hillary.miller@wsu.edu; 253-798-7154. This institution is an equal opportunity employer. This material was funded by USDA'S Supplemental Nutrition Assistance Program—SNAP.



WSU EXTENSION
Pierce County

SNAP-Ed

A Farewell to Mike Fay.

By Bobbi



Mikey (as we know him) passed away on February 12th. He was a true friend to all of us at KPCS.. from volunteering for the food bank, to participating in my SAIL Fitness class and of course as a board member. Yet, I knew him in another capacity that I would like to share with you.

My beloved Dan was his best friend and early morning coffee companion way before I entered the picture. I met him when he drove up with his beloved old dog Dakota to hang out in the "on land" boat for coffee and their daily conversation. I thought it was the coolest thing. Eventually, it became coffee, then a walk down A Street in Home. Many neighbors saw them walking over the years, especially with his new young dog Rueger... aptly named. Mikey loved that sweet, but full on torpedo of pending disaster. I would drive by on my way to work and stop and say hi to Mikey and get a kiss from Dan. I also looked to make sure that Rueger hadn't run over or through either of them.

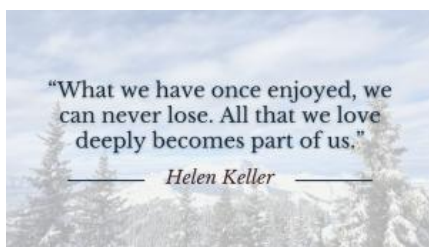
Mikey was well known in the Home community for his deviled eggs. He brought those eggs to all of the gatherings and pot lucks from our Wreath Making to the monthly poker game/neighborhood bonfire. Mikey was

always the first one to show up and talk with everyone as they came in.

Mikey was also responsible for getting me to teach the SAIL class for the Community Center. It was his tenacity that finally got the previous director and myself together in what turned out to be the best job I have ever had. I began teaching the SAIL fitness in late 2017 and a year later, I started the Tai Chi for Better Balance as well. Thank you Mikey!!

Mikey was a survivor of many health issues over the years. So much so, we all began to say he had more than a cat's 9 lives. However, this time his kidneys finally began to fail and he consciously decided to stop dialysis; fully knowing the outcome. In the meantime, he invited many of us to what he called his "last supper" at the China Sun and then he even happily paid for it! His last weeks were surrounded with people who loved him. His appetite for food and life continued until his last few days. He even went to the casino on the previous Saturday and told me he lost money and laughingly said "I can't take it with me". He was ready, and when the time came he went to sleep and began his new journey. Thank you dear Mike for your generosity of spirit and the love you shared with me and so many others. I love you my friend.

Bobbi



Remembering Mike Fay: A Beloved KPCS Volunteer and Community Member

It is with great sadness that we share the news of the passing of Mike Fay, a much-loved volunteer and board member at KPCS. Mike passed away on February 12th, leaving behind a legacy of kindness, humor, and dedication to the community he served.

Mike was well-known for his down-to-earth nature and ability to bring a smile to the faces of KPCS staff, volunteers, and participants alike. He touched the lives of countless individuals through his work with KPCS and other community organizations. His commitment to serving others extended beyond KPCS, and he was actively involved in various community programs.

Mike's unwavering dedication to KPCS and the Key Peninsula will continue to inspire us as we carry on the vital work he so passionately supported. Thank you, Mike, for the countless ways you enriched our lives and our community. You will be deeply missed, but your spirit will live on in the hearts and memories of those you touched.



Spring into Action: Gardening for Good at KPCS

As the days grow longer and warmer, it's the perfect time to dig into spring gardening at our KPCS community garden! Not only does this outdoor activity provide a welcome dose of fresh air and exercise, but it also supports our senior meals and food pantry programs, ensuring fresh produce is available for those in need.

Join us this spring as we nurture our garden's growth and foster a stronger, healthier community. Here are a few ways to get involved:

**** You can volunteer at the Community Garden**, whether you have a green thumb or are just starting out, there's always something to learn and do in the garden. Join our team of volunteers in planting, weeding, and caring for the fruits and vegetables that will benefit our seniors and community members.

**** Donate Gardening Supplies.** We also gratefully accept donations of seeds, tools, soil, and other gardening essentials. Your contributions help us keep our garden thriving and lower operating costs.

**** Share your Expertise.** If you're an experienced gardener, consider sharing your knowledge by leading a workshop or providing tips for fellow volunteers. Together, we can create a more sustainable and abundant garden.

The KPCS community garden has been a source of fresh produce for our Senior Meal & Neighbor Feeding Neighbor programs, providing delicious, nutrient-rich ingredients for home-cooked meals.

The bounty from the garden also helps stock our Food Pantry, making healthy food options more accessible to those experiencing food insecurity.

As the growing season begins, let's cultivate our community spirit and dig into the soil to make a difference in the lives of our neighbors.

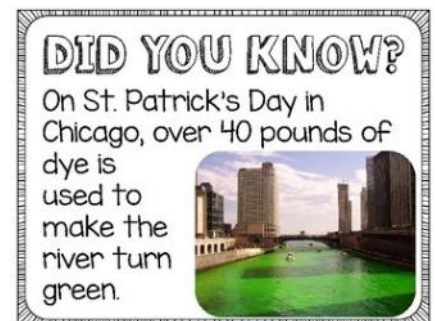


Inclement Weather Policy

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.



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



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

Tue	Wed	Thu	Fri
<p>4 Mac & Cheese w/ ham, mixed veggies, fruit</p>	<p>5 Baked cod, rice pilaf, coleslaw, steamed carrots, mixed berries, Bread pudding</p>	<p>6 Guest Chef Cheesy Vegan Mushroom & Spinach Lasagna Rolls</p>	<p>7 Beef chili, cornbread, coleslaw, fruit</p>
<p>11 Chicken a la King, green beans, biscuits, fruit</p>	<p>12 Fried pork chops, sweet potatoes, peas, applesauce, peach pie</p>	<p>13 Shrimp Alfredo, broccoli, melon</p>	<p>14 Spinach asparagus quiche, hash browns, fruit salad</p>
<p>18 Spaghetti w/ beef, garlic bread, Caesar salad, fruit</p>	<p>19 Fried chicken, mashed potatoes & gravy, Brussels sprouts, rolls, apple pie</p>	<p>20 Smoked sausage & penne, mixed veggies, fruit</p>	<p>21 Tuna salad, bowtie pasta, roll, peaches & cottage cheese</p>
<p>25 Grilled cheese & tomato soup, mixed veggies, fruit</p>	<p>26 Meatloaf, baked potato, green salad, melon</p>	<p>27 Pot Luck</p>	<p>28 Chicken pot pie, peas, fruit</p>
<p>Happy St. Patrick's Day!</p>			



What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat Sun
4:00 S.A.I.L	8:30 S.A.I.L 9:45 Tai Chi	9:30 Cards/Games 4:00 S.A.I.L	8:30 S.A.I.L 9:45 Tai Chi	12:30 MOVIE: Cool Hand Luke	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 Haircuts 10:00 VA Assistance 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	6 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	7 10:00 Program Committee 1:00 Fiber Group	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 12:15 Medicare Talk 12:30 Medicare Help	12 9:30 Cards/Games 10:00 Hair Cuts 12:00 Fox Island Group 4:00 S.A.I.L	13 8:30 S.A.I.L 9:45 Tai Chi 11:00 Pierce County Social Services 1:00 Raffle Basket Party	14 FREE TABLES!! 10:00 PLANT SWAP 12:30 MOVIE:	15/16 8:30 SAIL
17 4:00 S.A.I.L	18 8:30 S.A.I.L 9:45 Tai Chi 12:00 ST Pat's Party WEAR GREEN!	19 9:30 Cards/Games 12:20 Library/VISTA Tax Talk 4:00 S.A.I.L	20 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	21 Birthday Lunch 11:30 Blood Pressure 11:30 PCHS Medicare Assistance	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: Visit Belfair w/ Jennifer	26 9:30 Cards/Games 10:00 TRIP: Walmart 4:00 SAIL	27 8:30 S.A.I.L 9:45 Tai Chi 1:00 Badminton	28 FREE TABLE PLANT SWAP 12:30 MOVIE:	29/30 8:30 SAIL
31 4:00 S.A.I.L	1 APRIL FOOL'S DAY	2 9:30 Cards/Games 9:30 TRIP: The Point Casino 10:00 Haircuts 10:00 VA Assistance 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	3 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	4 10:30 FOOD SMARTS 1:00 Fiber Group	

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.

News from Reception by Erin

The month of March signals a rapid increase in activity in and around my barn. Our beloved shearers- a husband and wife team named Mike and Becca- always pay us a visit during the first week of March to give my fluffy sheep a much-needed haircut. Shearing day is always an exciting day; the day I get to see if my year-long efforts have paid off in the form of gorgeous wool fleeces.

Growing wool isn't a passive activity for wool farmers. A good, soft, healthy wool fleece depends on a healthy and well-fed animal, which means countless hours spent inspecting the pasture for invasive and/or poisonous plants, taking soil samples and ensuring the grasses have ample nutrients and ideal soil conditions, moving hoses and irrigation equipment around, plus buying and hauling hay and feed from Eastern Washington during the winter months. Regular vet checks, vaccinations, plus Internal and external parasite control are all necessary concerns as well. And, last but not least, I believe a whole lot of love goes into making gorgeous wool, and my critters get plenty of that!

Fleecewood Mac and Lady BaaBaa prefer to be admired from afar, but absolutely love snacks of saltine and animal crackers. Woolly Nelson and Debbie Hairy like chin and cheek scratches, saltine crackers, fresh apples, and regular brushing. Roberta Flock will run down the rest of the flock to get butt scratches, while Siouxsie Sewe waits patiently for her turn for butt and head scratches. Billy Joel and Whitney Eweston are both pretty shy and will only approach for pets if I am sitting down, and once I am, they essentially lay in my lap for as long as I'll let them.

I'm sure most people think of cold weather when they think of wool, but I'm always reminded of spring and spring shearing and all the fun that goes along with it.

Don't miss my working with Fibers Group, 1st Fridays 1:00!

**FREE TABLES RETURN
2ND & 4TH FRIDAYS!
Get stuff, leave stuff
Please only usable items**



COMPLETE YOUR ONLINE INTAKE NOW!



scan to go directly to our online intake form

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.

**TUESDAY
MARCH
11TH**

Food Pantry News

By Brett

We are pretty excited here as the 1st phase in our expansion has started!



Next step is to get some plans drawn out for the addition.

In the meantime, we will be using the newly leveled area to put out different foods for taking. If you see one of the workers out there while you are shopping, give them your name to check in.

Items we could use in the Pantry:

- Personal Hygiene products
- Canned soups
- Canned Chili, Stew, etc...
- Tuna

And volunteers!



Homeless Outreach by Delci, Outreach Manager

Exciting progress is underway! The ground has been leveled for our new office space, and construction will begin soon. We anticipate the build will take just a few weeks to complete. This new space will be a significant step forward in enhancing our ability to serve the unhoused community more effectively.

We'd love your input—help us choose the office color! Stop by to vote in person or send your choice via email to Delci@yourkpcs.org.

Color options:

- Green
- Brown
- Cream
- Light Blue

Your voice matters, and we can't wait to see the finished result!

HELP NEEDED!

We need volunteers to help create
Raffle Baskets for
This year's Bikes & BBQ
Fundraiser

Refreshments will be served
March 13th 1:00

INDIAN MOTORCYCLE RIDERS GROUP - BREMERTON WA #2047

BIKES & BBQ



Spring Charity Ride

KEY PENINSULA COMMUNITY SERVICES

THIRD ANNUAL FUND RAISING EVENT!

Saturday April 19th

→ **BIKES!**

→ **CRAFT BOOTHS!**

→ **BURGERS- INCLUDING VEGGIE!**

RUMMAGE SALE!

→ **RAFFLES!**

→ **SILENT AUCTION!**

→ **LIVE MUSIC!**

**ALL PROCEEDS GO TO
FOOD PANTRY EXPANSION**