

# KPCS

## Food Bank Senior Center Senior Meals

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



INDIAN MOTORCYCLE RIDERS GROUP - BREMERTON WA #2047  
**BIKES & BBQ**  
*Spring Charity Ride*  
KEY PENINSULA COMMUNITY SERVICES



# APRIL 22<sup>ND</sup>

**KSU 10AM** ENDS AT KPCS WITH LUNCH AND VENDORS AND MUSIC

REGISTRATION \$20 PER RIDER (INCLUDES LUNCH)

Ride Ends with LIVE Music, Raffles, and Vendors  
Public Welcome @ KPCS



Kiwanis



Don't miss this fun event! We'll have booths, raffles, food, live music, bikes and surprises. Guaranteed to be a great day. FREE to attend.

### Look What's Going On!

#### Garden Club

1st Tuesday; 4th 1:00PM

#### Veteran's Assistance

1st Wednesday, 5th 11:30AM

#### PCHS Mobile Clinic

Wednesday, 5th 1:00-3:00PM

#### Farmer's Market

1st & 3rd Thursday 6th 1:00-3:00PM

#### BINGO!

1st & 3rd Thursday, 6th; 1:00PM

#### Easter Egg Hunt

Friday, 7th 10:00AM

#### Program Committee

Friday, 3rd 12:30PM

#### Raffle Basket Party

Friday, 7th 1:30

#### Tacoma ProBono

2nd Tuesday, 11th 10:00AM

#### Writing Your Story

Tuesdays, beginning 11th 10:45

#### Commodities Delivered

Wednesday 12th 12:30PM

### Dining Committee

2nd Thursday, 13th; 12:30PM

### FREE TABLE

2nd/4th Friday 14th & 28th

### MOVIE

Friday, 14th; 12:30PM

### Medicare Help

3rd Wednesday, 19th; 11:00AM

### Genealogy

3rd Wednesday, 19th; 12:30PM

### Swimming

3rd Thursday, 20th; 8:00AM

### Birthday

3rd Friday, 21st; 12:00PM

### Bikes & BBQ Festival Fund Raiser

#### Special Event!

Saturday, 22nd 12:00-3:00

### Pot Luck

4th Thursday, 27th 12:00PM

### Trip: Master Gardener

Saturday, 29th 9:00AM

### Cinco De Mayo

#### Party with Live Music!

Friday, 5th 12:00

### 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.*

April we are focusing on **Bulk Items** and **Personal Hygiene Products**.

Bulk items are staples that we re-bag into user friendly sizes. Items we are need of include:

- Sugar
- Flour
- Oatmeal

Personal Hygiene products we are in short supply of are:

- Bar Soap
- Deodorant
- Toothpaste

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)

**We appreciate your support!**

# Free Water Testing for Well Owners



## To qualify you must:

1. Be a Pierce County resident living in the Key Peninsula.
2. Have a private well.

## Our staff will visit your property to test your well for:

- Arsenic.
- Chloride.
- Saltwater intrusion.

## Pick a Tuesday, April–June.

You don't need to be home. To sign up:

- Email [ehdrinkingwater@tpchd.org](mailto:ehdrinkingwater@tpchd.org).
- Scan the QR code or visit [tpchd.org/drinkingwater](http://tpchd.org/drinkingwater).

You will receive your test results by email or mail.



Check out arsenic and saltwater issues in your area.

Visit [tpchd.org/drinkingwater](http://tpchd.org/drinkingwater) and click the Water Quality Map button.



## 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
Sandy Dunn	Secretary
Mike Fay	
Tony Ives	

## Wondrium (Formerly Great Courses):

### Writing Your Story

Join acclaimed memoirist Joyce Maynard and discover how to write personal true stories that your readers will never forget.

There are five weekly lessons about 1 hour in length.

### FREE!

*Joyce Maynard's interactive workshop format provided a dynamic and interesting presentation, while covering both the mechanics and craft of writing in general and memoir specifically. The visual aids kept the workshop moving and on topic.*

*The lectures progressed rapidly, covering mainstream topics from both the writer's published examples and those of the participants, and former students.*

*Many examples were highlighted to heighten reader impact, identify and prioritize key elements, and to meet standards expected by agents and editors. The fluid format with studio participation provided interest and additional points-of-view.*

*The instructor interjected technique, summary, and tips appropriate to the level of the audience without diverging from each speaker's topic.*

*The lecturer was well versed and prepared, able to answer all questions. She showed how to strengthen the theme of attendees stories by using her container method.*

*I enjoyed the course and was able to identify all the methods I have studied in books on writing in her material.*

**Tuesdays:  
April 11, 18, 25  
May 2, 9  
10:45 AM  
In the Stern**



## Let's Talk Wellness

### Lessons From My Visit with Grief: Cry Me A River By Bobbi

My functional medicine doctor asked me a surprising question my last visit. He asked how I was dealing with my grief. It surprised me because it was the first time I was asked about my feelings by a medical doctor. I told him I was reading copiously about death, dying, grief, trauma, etc. And, "No, I wasn't in therapy." But, of course I am, in my own way. So, he asked if he could suggest a book. Can you imagine a doctor asking permission to suggest a book? I was stunned and grateful. The book he recommended is *Come of Age* by Stephen Jenkinson. In it, he talks about the loss of elderhood in our society and what it means to be an Elder.

I am so lucky that I am surrounded by a community of elders who have been through loss and grief many times. One of the most valuable gifts I received from my beloved Dan was learning his wisdom of not holding your beliefs too tightly. One day, he wisely suggested that I not watch the news for two weeks. My stress level plummeted and my laughter returned! Such a gift! Now, other elders seem to just show up when I need them. For instance, a good friend of Dan's fixed my driveway light. It surprisingly helped me feel less vulnerable. Also, I am working with a wonderful woman who is helping my knee to further recover. I am becoming more confident in my body again. Another person showed up the other day and said she was praying for me and realized I needed help to open my broken heart wider. She is going to help me through music and tears. This morning my best friend called and even before my coffee, I was crying a river. She gently encouraged me to be okay with my tears and not be embarrassed about them. She said, "tears are not weakness, they are drops that lead to a river that flow through and cleanse away pain and sorrow".

My hope is that one day, I too, will become an elder who perhaps will wade out into someone else's river of tears and help them to swim. Or just float around with them holding their hand for a little while too.

### POT LUCK April 27th

**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 **April 21st**

## News From the Navigation Room

If it has been a while since you have visited the Center, you will be pleasantly surprised with our new 'Port Room'. We use this room for crafting, personal meetings, gift wrapping, quiet time, and several other purposes.

The 'Stern Room' has a phone, computer, and printer for your use and numerous games, card games, as well as a collection of books to read that is ever-changing. Word puzzle, word search, sudoku, and crossword puzzle books are available and some magazines.

Don't forget, we also are featuring collections in the 'Navigation Room'. Do you have a small collection of items that is important to you? Maybe others might enjoy them. Check with Peggy on scheduling your time.

Also find the Starboard Room, the Galley, the Helm, and the State Room. Are you getting our drift?



## News From the Galley

Congratulations to Jackie for successfully completing the standards set forth as a **Certified Food Protection Manager!**

We need a **Friday volunteer** to assist Jackie and Michael in creating their Friday meal. Tasks may include chopping, slicing, portioning, plating, setting up, serving, and clean up. No special skills required, just a desire to make a difference.

Food Handlers card required. KPCS covers expense and we'll set you up on one of our computers to take the course (takes about an hour). See Teresa or Jackie if you're interested.

**Dining Committee** meets the 2nd Thursday each month. We appreciate your suggestions and feedback. Please remember, there are lots of moving parts behind the scenes, it may take awhile to implement some of your ideas.



Please call ahead to reserve your meal



60+: Suggested \$3 EACH

60 — : Required \$5 EACH

Tue	Wed	Thu	Fri
<p>4</p> <p>Kielbasa Sauerkraut Peas &amp; Corn Fruit Dessert</p>	<p>5</p> <p>B-L-T Green Beans Fruit Dessert</p>	<p>6</p> <p>Vegetable Beef Soup 1/2 Turkey Sandwich Coleslaw Fruit Dessert</p>	<p>7</p>  <p>Ham Au Gratin Potatoes Green Bean Casse- role Roll Fruit Dessert</p>
<p>11</p> <p>Tortellini w/ Pesto &amp; Italian Sausage Salad Mandarins Garlic Bread Dessert</p>	<p>12</p> <p>Chicken Pot Pie Mixed Veggies Fruit Dessert</p>	<p>13</p> <p>Grilled Cheese Sandwich Tomato Soup Peas Fruit Dessert</p>	<p>14</p> <p>Mac &amp; Cheese Sand- wich w/ Ham Broccoli &amp; Cauli- flower Fruit Dessert</p>
<p>18</p> <p>Chicken Caesar Salad Mixed Veggies Mandarins Roll Dessert</p>	<p>19</p> <p>Chili Dogs Tater Tots Green Beans Fruit Dessert</p>	<p>20</p> <p>Fish Sticks Baked Potatoes Broccoli Fruit Roll Dessert</p>	<p>21</p> <p>Meatloaf Mashed Potatoes &amp; Gravy Mixed Veggies Fruit Roll Dessert</p>
<p>25</p> <p>Chicken Taco Salad Spanish Rice Tortilla Chips Fruit Dessert</p>	<p>26</p> <p>Sloppy Joes Broccoli Salad Fruit Dessert</p>	<p>27</p> 	<p>28</p> <p>Chili w/ Beef Peas &amp; Carrots Cornbread Fruit Dessert</p>

April Birthstone

· Diamond ·



The most coveted gemstone to date, diamonds are a symbol of eternal love. They're thought to provide those who wear them with better relationships, balance, clarity, abundance, and an increase in inner strength.




April

Daisy flower signifies purity, happiness, and simplicity. You are an optimistic person you never succumb to stress so easily in life. You always like to lead the way and engage others. Your grit for excellence will help you to achieve great things.

"Spring is April's way of saying, "Let's, Bloom."

## What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 S.A.I.L
3  4:00 S.A.I.L	4 8:30 S.A.I.L 9:45 TaiChi 1:00 Garden Club	5 10:00 Cards/Games 11:30 Veteran's Assistance 1:00 Mobile Clinic 4:00 S.A.I.L	6 8:30 S.A.I.L 9:45 TaiChi 11:00 Farmer's Market 1:00 BINGO	7 10:00 Easter Egg Hunt 12:30 Program Committee 1:30 Raffle Basket Party	8 8:30 S.A.I.L
10 9:00 Shopping  4:00 S.A.I.L	11 8:30 S.A.I.L 9:45 TaiChi 10:00 Tacoma Probono <b>10:45 Writing Your Story NEW!</b>	12 12:30 Commodities Pick-up  4:00 S.A.I.L	13 8:30 S.A.I.L 9:45 TaiChi 12:30 Dining Committee	14 <b>FREE TABLES</b> <b>12:30 Movie: Suspect</b>	15 8:30 S.A.I.L
17  4:00 S.A.I.L	18 8:30 S.A.I.L 9:45 TaiChi <b>10:45 Writing Your Story NEW!</b>	19 10:00 Cards/Games 11:00 Medicare Help 12:30 Genealogy  4:00 S.A.I.L	20 8:00 Swimming 8:30 S.A.I.L 9:45 TaiChi 11:00 Farmer's Market	21 11:30 PCHS Insurance Help 11:30 Blood Pressure <b>12:00 Birthday</b>	22 8:30 S.A.I.L  <b>Bikes &amp; BBQ Fundraiser Festival</b>
24  4:00 S.A.I.L	25 8:30 S.A.I.L 9:45 TaiChi <b>10:45 Writing Your Story NEW!</b> 12:30 Knit & Crochet	26  4:00 S.A.I.L	27 8:30 S.A.I.L 9:45 TaiChi <b>12:00 POT LUCK</b>	28 <b>FREE TABLES</b>  <b>12:30 Movie: The Villain</b>	29 8:30 S.A.I.L <b>9:00 TRIP: Master Garden</b>
<b>May 1</b>  4:00 S.A.I.L	2 8:30 S.A.I.L 9:45 TaiChi <b>10:45 Writing Your Story NEW!</b>	3 10:00 Cards/Games 11:30 Veteran's Assistance 1:00 Mobile Clinic 4:00 S.A.I.L	4 8:30 S.A.I.L 9:45 TaiChi 11:00 Farmer's Market 1:00 BINGO	5 <b>Cinco De Mayo Party with Live Music</b>  	6 8:30 S.A.I.L

### 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

**Rummage Sale.** Date TBD

**Fall Tea & Fashion Show!**

**And so much more!**

## FREE Movie on the Big Screen

Friday, March 10; 12:30 PM



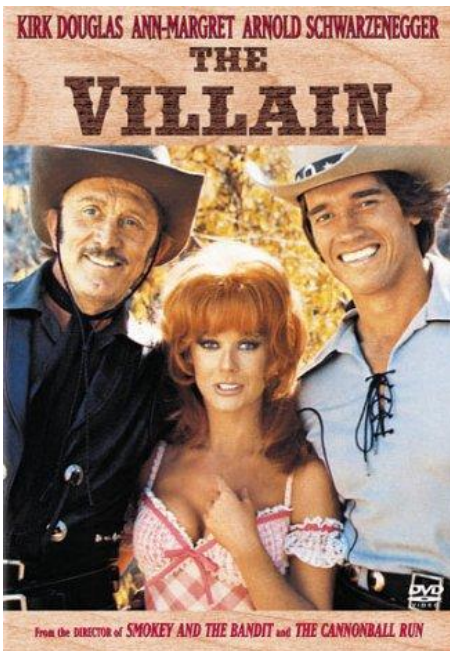
### Suspect

A judge commits suicide, and his secretary is found murdered. A homeless deaf-mute man, Carl Anderson is arrested for her murder. Public defender Kathleen is assigned by the court as his lawyer. She sets to find the real killer, and gets help from the congressional advisor, Eddie Sanger who is called to be on the jury panel. Together they discover a dangerous circle of corruption in high places.

*Cher, Dennis Quaid, Liam Neeson*

1987 Rated R 2hr 1minutes

Friday, March 24 ; 12:30 PM



**The Villain** Cactus" Jack Slade is the meanest bad man in the west, or so he thinks. When a bank robbery goes awry, he lands in jail facing a hangman's noose. When the corrupt owner of the bank offers him a job, Jack sees a chance to stay alive and get rich in the process. All he has to do is steal a strongbox full of money the banker lent to Mr. Parody Jones who needs it to keep his mining operation going. Ms. Charming Jones (Ann-Margret) comes to town to collect the money and take it back to her father, Parody. To ensure the money makes it back home, Parody has called in a favor from a man who owes him a life debt. Enter Handsome Stranger, the toughest and strongest hero in the west. As tough as a steel plate but, unfortunately, just as dense. As Charming and Handsome set off on their journey, Jack sets out after them. Using his trusty "Bad Men Of The West" handbook, Jack sets one trap after another only to have each one go awry.

*Kirk Douglas, Arnold Schwarzenegger, Ann-Margret, Paul Lynde, Foster Brooks, Ruth Buzzi, Jack Elam*

1979 Rated PG 1h 29minutes

## Projects Update

We are coming to the end of the big projects we have been working on. So far, we've expanded the parking lot, refurbished the masonry, installed personalized bricks, installed a new generator, and reconfigured the way we were using space in the Senior Center.

Fencing around the perimeter of the property will be install April 3rd. And new HVAC will be installed April 10th.

Next on the list are painting the exterior areas of the building, investigating an upgrade to the well, raised garden beds, installing the flag pole, and procuring additional external storage.

Please forgive our mess as we move forward with these projects.

If you or someone you know can assist with any of the pending projects, please talk to either Willow or Rob.



## News and Tips from Tacomaprobono Community

### Come visit us 10-noon on April 11 at KPCS!

Our monthly time at KPCS is just one of the Legal Aid Pop-Up events our program provides around Pierce County. If you miss us, please check our schedule at [www.tacomaprobono.org](http://www.tacomaprobono.org)! Sometimes, if you have had trouble reaching us, the best way to talk with our program person-to-person is at one of our pop-up events.



### TENANT TIP FROM THE HOUSING JUSTICE PROJECT:

**Your landlord can't lock you out – even if you owe rent.**

Your landlord cannot lock you out of your home, no matter what, even if you owe rent, utilities or fees, or are in the process of an eviction. Your landlord must go through the eviction process in court if they don't want you living in the rental – you cannot be evicted without a court order.

Your landlord cannot:

- \*Change locks
- \*Add new locks
- \*Keep you from entering the unit in any way

If your landlord has locked you out illegally, you can take the landlord to court. If you show the lockout was illegal, the judge should order the landlord to pay you. Your landlord could be ordered to pay you at least 3 times the rent, or if you were made homeless and lost property, they could be ordered to pay you for your pain and suffering and loss of property.

Find the law here: RCW 59.18. 290 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).

April 2023

Virginia Mason  
Franciscan Health

## NUTRITION NEWS

Written by Bonnie Hamilton RDN, CD  
Registered Dietitian and Food Systems Coordinator at VMFH

### In this issue:

- National Food Days
- Food Waste Prevention Week
- Foods in Season
- Spring Recipe

### Foods to Celebrate in April!

April is full of national food days! How will you celebrate carrots, tomatoes, bananas, mushrooms, garlic, pretzels, and raisins this month? Keep your fingers crossed for a dry, sunny day on Sunday 4/23/23 so you can eat outside with friends or family on National Picnic Day.

### Food Waste Prevention Week

This year, food waste prevention week is 4/10-4/16. Each year 30-40% of the US food supply goes uneaten. This equates to about \$1500 per year for a family of four. Here are some tips for reducing food waste in your home:

- ♦ Take inventory of your pantry, refrigerator, and freezer before you go shopping.
- ♦ Create a meal plan each week.
- ♦ Store leftovers safely and use them creatively.
- ♦ Compost food when necessary.
- ♦ Purchase "ugly" or imperfect foods to prevent them from being thrown away.



*"If the rain spoils our picnic, but saves a farmer's crop, who are we to say it shouldn't rain?"*

-Tom Barrett

### What Foods are in Season?

Here in the PNW, our tulips and daffodils are blooming, but our gardens and orchards aren't producing yet. So what foods are in season in the Spring? Other parts of the country and the world are harvesting apples, apricots, asparagus, avocados, bananas, broccoli, cabbage carrots, celery, collard greens, garlic, herbs, kale, kiwi, lemons, lettuce, limes, mushrooms, onions, peas, pineapples, radishes, rhubarb, spinach, strawberries, Swiss chard, and tumpis.

Looking for a new Spring recipe to try with the kids? This Pear Rabbit creation from the USDA Mixing Bowl is sure to please. Sometimes it is fun to play with our food!

#### Ingredients:

- 3 canned pears halves
- 1 tablespoon raisins



#### Directions:

1. Wash hands, get out ingredients and utensils.
2. Place 2 pear halves, flat side down, on a small plate to make the body.
3. Use butter knife to cut tail, ears, and feet from another pear half. Add each part to the body.
4. Use butter knife to cut one raisin in half and place on small end for eyes.
5. Enjoy your pear rabbit!

The full recipe and nutritional information can be found at <https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/spring-recipes>



### Did you know?

Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. Activate and relieve your stress response.





## Knitting and Crochet Club

Tuesday - April 25th, 2023 @ 12:30PM

Location: KPCS "Port" Room

Join us and you can make these cute baskets for your bathroom/bedroom to store makeup, keys, coins, etc. The instructions to crochet these adorable baskets will be made available.

Please note that we are meeting on the 4th Tuesday this month.



### Cards and Games weekly!

Coffee or tea to start and get warmed up  
Maybe a little goodie to get the  
winning juices flowing.

After 9:30 AM until Noon on Wednesdays.  
There is always someone here to play.

## FREE TABLES RETURN

2nd & 4th Friday

Cancel for rain

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

# EASTER EGG HUNT

Friday

April 7th

10:00AM

Join the fun!



## April Trips

### Shopping: 2nd Mondays

Shop with friends and leave the driving to us. Shopping destinations are determined on the day of the trip depending on rider request.

### 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.



### Container Gardening

### Master Gardener, 29th Saturday

Pierce County Master Garden:  
Container Planting Class. Free hands-on class on how to correctly plan and grow successful flower and veggie/herb gardens in containers for your deck or patio.

Meet at KPCS 8:30AM We will also offer pick up.

Lunch is on your own in Uptown Gig Harbor

Requested donation: \$3.00

## Raffle Basket Party

Let's make baskets for raffle prizes for the Bikes & BBQ Festival Fundraiser.

Join Teresa

Friday 7th 1:30PM

