

KPCS

Food Bank Senior Center Senior Meals

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



*We couldn't do what we do
without the support of amazing
community.*

Angel Guild for their most recent generous monetary grant allowing us to support food needs by purchasing protein products from Minder Meats.

To our partners for the Bikes & BBQ Fundraiser:

IMRG2047

Indian Motorcycle Riders

Gig Harbor Kiwanis

Brothers Powersport Bremerton

Hops and Drops, Gig Harbor

Sunset Grill, Gig Harbor

VMFH

KPCS Garden Club

Karla McGowan

Ride for the Kids

Rick Russell

Bonnie Eads

Cutendplasma,

Wild Earth Rocks

Evergreen Elementary

Canna Bees,

Blackbox Mushrooms

Cottage Ice Dyes Claudia

Sunnycrest Nursery

ABATE of Washington Chad Holtquist

Andy Burnett Music and MC

Look What's Going On!

Writing Your Story

Tuesdays, 10:45

Garden Club

1st Tuesday; 2nd 1:00PM

Veteran's Assistance

1st Wednesday, 3rd 11:30AM

PCHS Mobile Clinic

1st Wednesday, 3rd 1:00-3:00PM

BINGO!

1st & 3rd Thursday, 4th & 18th 1:00PM

CINCO de MAYO w/ LIVE MUSIC

5th Lunch time

Shopping

2nd Monday, 8th 9:00AM

DSHS MOBILE

Tuesday, 9th 10:00AM

CARE-A-VAN

Tuesday, 9th 10:00AM

Tacoma ProBono

2nd Tuesday, 9th 10:00AM

Commodities Delivered

2nd Wednesday 10th 12:30PM

Trip: Aging Smart Workshop

Legal & Estate Planning

Wednesday, 10th 12:30

FREE TABLES

2nd/4th Friday 12th/26th

10:00AM—1PM

MOVIE

2nd/4th Friday, 12th/26th; 12:30PM

Livable Community Fair

Saturday, 13th 8:00AM

Knit & Crochet

3rd Tuesday, 16th, 12:30

Medicare Help

3rd Wednesday, 17th; 11:00AM

Genealogy

3rd Wednesday, 17th; 12:30PM

Swimming

3rd Thursday, 18th; 8:00AM

PCHS Medicare Help

3rd Friday, 19th 11:30

Birthday

3rd Friday, 19th; 12:00PM

Talk: Medicinal Mushrooms

Wednesday 24th, 12:15

Pot Luck

4th Thursday, 25th 12:00PM

Trip: Lakewold Gardens

Saturday, 26th 9:00AM

SENIOR FARMERS MARKET NUTRITION PROGRAM



Program Details

Beginning May 1, eligible seniors can apply for the Senior Farmers Market Nutrition Program and receive funds to purchase produce from participating farmers markets and road side stands. If approved, you will receive an Electronic Benefits Card with \$80 for the season.

Program Criteria

- ✓ Be a Pierce County resident
 - ✓ 60+ years old (55+ if Native American or Alaska Native)
 - ✓ Meet income criteria below:
 - \$2,248 for 1 person household
 - \$3,040 for 2 person household
- Add \$792 for each additional person in household

Request a paper application from the Aging and Disability Resource Center
253-798-4600

APPLY ONLINE

PierceCountyWA.gov/farmersmarket

Senior Farmers Market Vouchers

Not sure how to sign up online?

Spend too much time on hold trying to sign up by phone?

Teresa is here to help!

Teresa will assist you in signing up online for the Farmers Market Vouchers

Tuesdays 9:30—11:00

Or you can arrange a time with her.

****Remember, these vouchers are not accepted by the Farmers Market hosted by KPCS (sorry). ****



Need a check up?

**Mobile Medical Clinic
 Wed., May. 3rd | 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., May 19th | 11:30am - 1:30pm**

Let's Talk Wellness

Lessons From My Visit with Grief: Time Keeps on Slipping, Slipping, Slipping...Into the Future By Bobbi

It is almost 5 months, now, since Dan died. Part of me asks how I have survived this long without him, and the other part says time is definitely flying by again. My Monday through Friday goes by so fast that I am wondering if I wake up tomorrow will 5 YEARS have

But for now, maybe just maybe, if I am willing to sit quietly in this present moment and give myself permission to feel whatever comes up and even invite it in, I will find my way back to basic okayness.

gone by? It is amazing to look back and in the blink of an eye, another decade is gone... and then the big realization: there isn't all that much time left for me on this planet.

A friend recently said, "remember on a trip, how it seems to take forever to get to your destination and yet going back home the trip feels so much shorter. Well, that is how life is too, as children the time drags by and only as we get older does time seem to speed up and fly towards the end of our life journey"

Sunday's were Dan and Bobbi's day. It didn't matter what we did, it was Our day to be together. Now, it is the one day that can drag on and I wonder sometimes how I will get through it. I realized that "My Story" of Sunday is that without Dan, Sunday will always be filled with sadness, grief, and a wish that I could somehow skip this day and jump into Monday. It's kinda funny that even as adults, we still want the good stuff to stay forever and the bad stuff to go away fast.

Saying all of that, I am slowly realizing that it is in my power to change my story. But for now, maybe just maybe, if I am willing to sit quietly in this present moment and give myself permission to feel whatever comes up and even invite it in, I will find my way back to basic okayness. And even find joy on this wonderful day of rest, be it fast or slow. The reality is, we are all going to the same destination in the end.

News From the Navigation Room

Each month we feature a new treasure in the display case in the lobby. We have had antique purses, rock collection, jewelry, and antique crochet items.

What is next? Do you have something special you would like to share? Check with Peggy at the Navigation desk. She has the Helm!

We have created a Craft Room for you to use. Come in and check out all of the supplies for you to use. Maybe there is a crafting project planned here this month. Check it out.

Happy sailing!

Peggy

Join us at the Key Peninsula
Livable Community Fair
Saturday, May 13th
8:00AM - 4:00PM

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.

May 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

We appreciate your support!

**Please call
ahead to
reserve your
meal**



Lily of the Valley

**MAY
BIRTH FLOWER**



Humility
Purity
Sweetness

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

**60 — : Required
\$5 EACH**

Tue	Wed	Thu	Fri
2 Spaghetti w/ meat sauce Caesar Salad Fruit Garlic Bread Dessert	3 Ham & Cheese Sandwich Chicken Noodle Soup Mixed Veggies Fruit Dessert	4 Tuna Sandwich on Croissant Pea Salad Fruit Dessert	5 Beef Taco Salad Spanish Rice Tortilla Chips Fruit Dessert
9 Tofu Stir Fry Rice Fruit Dessert	10 Grilled Cheese Sandwich Tomato Soup Fruit Dessert	11 Hamburger Broccoli Salad Fruit Dessert	12 Fish Tacos Refried Beans Fruit Dessert
16 Chicken Enchiladas Refried Beans Fruit Dessert	17 Mac & Cheese w/ Ham Mixed Veggies Fruit Dessert	18 Loaded Baked Potato Broccoli Fruit Dessert	19 Sweet & Sour Meatballs w/ Rice Green Beans Fruit Dessert
23 Kielbasa Sauerkraut Peas Fruit Dessert	24 Sausage-Pepperoni & Veggie Pizzas Salad Fruit Dessert	25  Potluck LUNCHEON	26 Chicken Salad on a Bun Potato Salad Fruit Dessert
30 Chef's Salad Roll Fruit Dessert	31 Sloppy Joes Coleslaw Fruit Dessert	<p>POT LUCK May 25</p> <p>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.</p>	

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
1 4:00 S.A.I.L	2 8:30 S.A.I.L 9:45 TaiChi 10:45 Writing Your Story 1:00 Garden Club	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	 Cinco De Mayo Party with Live Music	
8 9:00 Shopping 4:00 S.A.I.L	9 8:30 S.A.I.L 9:45 TaiChi 10:00 DSHS Mobile 10:00 CARE-A-VAN 10:00 Tacoma Probono 10:45 Writing Your Story	10 12:30 Commodities Pick-up 12:30 TRIP: Aging Smart 4:00 S.A.I.L	11 8:30 S.A.I.L 9:45 TaiChi	12 FREE TABLES 12:30 Movie: Mother's Day 	13 8:30 S.A.I.L
15 4:00 S.A.I.L	16 8:30 S.A.I.L 9:45 TaiChi 12:30 Knit & Crochet	17 10:00 Cards/Games 11:00 Medicare Help 12:30 Genealogy 4:00 S.A.I.L	18 8:00 Swimming 8:30 S.A.I.L 9:45 TaiChi 1:00 BINGO	19 11:30 PCHS Insurance Help 11:30 Blood Pressure 12:00 Birthday	20 8:30 S.A.I.L LCFair
22 4:00 S.A.I.L	23 8:30 S.A.I.L 9:45 TaiChi	24 10:00 Foot Care 12:15 TALK: Mushrooms & CBD 4:00 S.A.I.L	25 8:30 S.A.I.L 9:45 TaiChi 12:00 POT LUCK	26 FREE TABLES 12:30 Movie: 1:00 TRIP: Lakewold Gardens	27 8:30 S.A.I.L
29 4:00 S.A.I.L	30 8:30 S.A.I.L 9:45 TaiChi	31 10:00 Cards/Games 4:00 S.A.I.L	1 8:30 S.A.I.L 9:45 TaiChi 11:00 Farmer's Market 1:00 BINGO	2	3 8:30 S.A.I.L



Mushrooms & CBD for Better Health Presentation

With

Bobby Doyle from Black Box Mushrooms

And

Shayne Johnstone from Homegrown

Learn about the benefits of gourmet mushrooms & CBD for age-related disorders.

Wednesday, May 24th; 12:15PM

FREE Movie on the Big Screen

Friday, May 12; 12:30 PM



Mamma Mia!

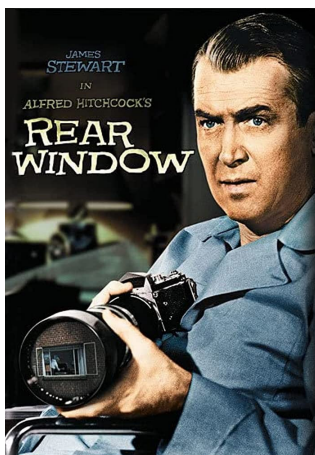
A musical movie with a stacked cast and chock full of ABBA songs—what’s not to love? This feel-good film will immediately transport you to the Greek islands and put you in that carefree summer mood with its fun story. Rather than plan for her wedding, Sophia (Amanda Seyfried) is more concerned with finding her birth father so she invites three potential men to her wedding in the hopes of nailing down her father.

Meryl Streep, Pierce Brosnan, Amanda Seyfried

One of the Best Feel-Good Movies of All Time

2008 PG-13 1hr 48minutes

Friday, May 26 ; 12:30PM



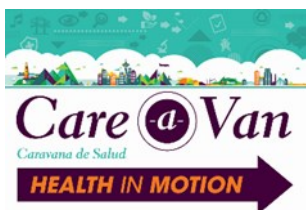
Rear Window

Professional photographer L.B. "Jeff" Jefferies breaks his leg while getting an action shot at an auto race. Confined to his New York apartment, he spends his time looking out of the rear window observing the neighbors. He begins to suspect that a man across the courtyard may have murdered his wife. Jeff enlists the help of his high society fashion-consultant girlfriend Lisa Fremont and his visiting nurse Stella to investigate.

Jimmy Stewart, Grace Kelly, Raymond Burr, Thelma Ritter

The Essential Hitchcock

1954 PG 1h 52mins



FREE Community Vaccine

Tuesday, May 9th
10AM-2PM
Here at KPCS



- Walk-ins welcome!
- Pfizer, Moderna, and flu available for ages 6 months and older.
- No ID or insurance required.
- Please bring vaccine card or record, if possible.
- Monkey Pox
- Blood Pressure & Glucose checks



The Mobile Community Services Office is Coming!

At this event, you can apply for:

- Cash Assistance
- Basic Food Assistance
- Medical Assistance
- Medicare Savings Program

You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.



To pre-register visit https://prepmo.doh.wa.gov/appointment/en/client/registration?clinic_id=21978

or use QR code



Come visit us 10-noon on May 9 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! 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 must have a good reason to evict you.

This is a new law called ‘Just Cause.’ The law applies to everyone, but in different ways.

A landlord **must give** a "good" reason to terminate your tenancy if either of these is true:

- *You are a "month-to-month" tenant for an indefinite amount of time, even if you had a prior written rental agreement.
- *You are in the middle of a "fixed term" written agreement, which means you and the landlord have agreed to rent for a specific time, like 6 or 12 months, but your landlord wants to evict you in the middle of that term.

There are several "good causes," or reasons landlords can use to terminate a tenancy or evict a tenant. In all cases, landlords must properly serve a written notice (on paper, not text or email). The landlord cannot just tell a tenant verbally, or through a text message. A landlord cannot try to force a tenant out by changing the locks or shutting off the utilities.

A landlord **does not need to give** a "good" reason to terminate your tenancy if you have had a written rental agreement for multiple 6- to 12- month terms without ever becoming a month-to-month tenant. For example, you have lived for many years in a rental and have renewed your rental agreement every time it came up for renewal.

BUT -- even if the law doesn't require the landlord to give a "good" reason, the landlord must still give you a **60-Day Notice** that they want to stop renting to you.

Find the law here: RCW 59.18. 650. For more information about this and many other legal issues you might have questions about, check out www.washingtonlawhelp.org

Tuna Boats

Ingredients:

- 1 large cucumbers
- 1 lemon
- 2 green onions
- 1-16oz can of tuna
- 1-15oz can of white beans
- 1 tablespoons of canola oil
- 1 tablespoons of Dijon mustard
- ¼ teaspoon of salt
- ¼ teaspoon of ground black pepper

Directions:

- Rinse cucumbers. Cut in half lengthwise.
- Rinse lemon. Cut in half. In a small bowl, squeeze out the lemon juice and discard the seeds.
- Rinse and chop the green onions.
- Drain the tuna. Rise and drain the beans.
- In a medium bowl, mash the beans lightly with a fork.
- Add green onions, tuna, oil, mustard, salt, pepper, and 2 tablespoons of lemon juice to the beans. Mix with a fork.
- Fill each cucumber with ¼ of the tuna mixture.



Sourced from Cooking Matters



Virginia Mason Franciscan Health



Join us and you can make this cute pet bed for your adorable dog/ cat/ rabbit/ guinea pig, etc. The instructions to crochet this pet bed will be made available.

We are back to meeting on the 3rd Tuesday this month.

Knitting and Crochet Club

Tuesday - May 16th, 2023 @ 12:30PM

Location: KPCS "Port" Room



Cards and Games weekly!

Coffee, cocoa, 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

2nd & 4th Friday 10:00AM-1:00PM

Cancel for rain

Please do not drop off items before



Tour of Lakewold Gardens on Friday afternoons at 1:45 and let one of our volunteer guides make you feel at home.

Tours run roughly an hour and a half and will be customized to the party's interests. No minimum party size is required. The total walking distance is about a mile.

The \$15.00 tour price includes the price of admission.

We have scholarship funds if the cost would prohibit you from participating. Just let Peggy know when you sign up.



May 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.

Aging Smart; Legal & Estate Planning Wednesday 10th

Depart Center 12:30

Local Elder Law attorney covers the most important documents including Wills, Trusts, Power of Attorneys, and learn how to avoid probate. Workshop is held at the Gig Harbor Senior Center.

Lakewold Gardens Friday 26th

Depart Center 1:00

Requested donation \$3.00

Entry \$8.00 or \$15.00 with guided tour