

# May 2024

**KPCS**  
Food Bank  
Senior Center  
Senior Meals

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

*Connecting People to Build Community*

## CAR SHOW

Saturday June 15th, 2024



1st Annual

O'Callohans Lot  
15610 92nd Street NW  
Lakebay, WA

CAR SHOW • GREAT FOOD • ART BOOTHS

Visit our website for event details and registration!  
[www.yourkpcs.org](http://www.yourkpcs.org)

Made With PhotoADKing

Key Peninsula Community Services is a thriving nonprofit organization dedicated to serving the Key Peninsula and surrounding communities. Founded in 1982, we provide essential services through our Food Bank, Senior Meal Program, and Senior Center. Our Food Bank distributes nutritious food to those in need, while our Senior Meal Program provides hot, balanced meals to seniors in the area. Our Senior Center offers a variety of social, recreational, and educational activities for older adults. Join us in supporting our neighbors and building a stronger, more connected community.



**45 or younger and have sex?**  
Get tested ► [tpchd.org/std](http://tpchd.org/std)

Health Department  
Healthy People in Healthy Communities

### Help reduce syphilis and get a \$25 gift card.

#### Syphilis is on the rise in Pierce County.

A blood test is the only way to know if you have syphilis.

We can help people with syphilis get treatment.

When found early, treatment can prevent long-term damage and protect against passing syphilis to unborn babies.

#### Join us at these locations to take our survey.

We'll also offer syphilis and HIV testing.

**April 17, 2024, 11 a.m.–2 p.m.**

New Hope Resource Center, 414 Spring St., Puyallup

**May 1, 2024, 1–4 p.m.**

Nativity House, 702 S. 14<sup>th</sup> St., Tacoma

**May 22, 2024, 11 a.m.–1 p.m.**

Key Peninsula Community Services, 17015 9<sup>th</sup> St. Ct. KP N, Lakebay

#### Your opinion matters!

Please take our anonymous survey. We won't record your name. Your answers won't affect services you receive from any agency.

**When you complete our survey, we'll give you a \$25 gift card.**

Your responses will help us better serve housing-impacted people at risk for syphilis.

#### Questions?

Call us at (253) 649-1418.



**Feet Needing  
Some Attention?  
We offer Foot Care  
for a donation  
May 22nd**

## May 2024- From the Navigation Room

May is here and spring is in full swing as the days get longer and warmer. One of my favorite things to do this time of year is beachcombing. It's always fascinating what little treasures the tide leaves behind and the amount of life you can find in some of the smallest pools.

While beachcombing is a rewarding and enjoyable activity, it's important to practice good beachcombing etiquette to preserve the natural beauty of our coastal environments. Always respect private property and obtain permission if you plan to explore beaches that are not open to the public. Additionally, be mindful of wildlife habitats and avoid disturbing nesting birds or marine animals.

When collecting items from the beach, remember to leave behind anything living, such as live shells or creatures attached to driftwood. These items are vital to the ecosystem and should be left undisturbed. It's also a good idea to bring a reusable bag or bucket for your treasures and to pick up any trash or litter you encounter along the way.

By following these simple guidelines, we can all enjoy the pleasures of beachcombing while preserving our coastal ecosystems for future generations to enjoy. So grab your bucket and sunscreen, and head to the beach for a day of beachcombing fun. Who knows what wonders the waves will wash ashore today?

Thanks to everyone for the warm welcome as your new receptionist.

-Brandon

## Food Pantry

Ever shop for 10, 20 or even 30 families a day? Well, that is what our staff and volunteers do 4 days a week.

By the end of the day, they are tired! We just ask that you show up at least 15 minutes before we close so we can get your shopping done and get our volunteers back home for a well-deserved rest.



**Pierce County**  
Human Services

On the second Thursday of every month, the Pierce County Social Service

Coordinator, Stefanie Love, sets up an information table outside the Food Pantry from 11:00 AM to 12:00 PM. This is a fantastic opportunity to learn about the wide range of services offered by Pierce County that you or someone you know might find beneficial.

Stefanie is a passionate and knowledgeable resource who can answer your questions and guide you through the various services available. Whether you're seeking assistance for yourself or a loved one, don't miss the chance to chat with her and discover the support that Pierce County has to offer. Her dedication to helping people navigate available resources is invaluable. Be sure to stop by and explore how these services can make a positive impact on your life or the lives of those around you. Remember, Stefanie is here to help!

**May 9th; 11:00 - 12:00**



## Garden time Again!

Our community garden is growing again. Thanks to our wonderful volunteers it is being planted and tended daily and we are seeing crops coming up.

2024 should be a banner year.

## Food Pantry Wish List:

- Household Supplies
- Personal hygiene products
- Canned Soups
- Top Ramen
- Sugar
- Flour
- Canned Tuna

Thank you all for your support.

# Computer Skills Workshops



92% of jobs require at least some level of digital skills

Many government programs require online applications.

1/3 of Americans lack foundational digital skills.

Each year's emails would fill over 20 million shipping containers if they were on paper

### LEARN THE BASICS OF:

- How to use Windows computers
- How to use Microsoft Office software
- How to use the internet
- How to use email and avoid scams

**Metropolitan Development Council will be conducting free computer skill classes at**

**Key Peninsula Community Services  
17015 9th St. Ct NW  
Lakebay, WA 98349**

**Mondays  
May 6th, 13th, 20th  
June 3rd**

**Call, Text, or Email for more information.**

### Staff:

- Willow Eaton Executive Director
- Brett Higgins Food Pantry Manager
- Jackie Daigle Kitchen Manager
- Teresa Conness Prog/Vol Coordinator
- Peggy Gablehouse Office Manager
- Brandon Burton Receptionist
- Vivian Blanchard Chef
- Mike Hanson Kitchen Assistant
- Judy Carter Food Pantry Assistant
- Natalie Loyd Food Pantry Assistant

### Board of Directors:

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

| [www.mdc-hope.org](http://www.mdc-hope.org) | (253) 677-0148 | [cwiswell@mdc-hope.org](mailto:cwiswell@mdc-hope.org) |

**Open to all Community Members**

**Please Pre-register by calling 253-884-4440 or stopping in**



### *Need a check up?*

**Mobile Medical Clinic  
Wed., May 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

3 6 0 . 3 7 7 . 3 7 7 6

SHIBA Line

3 6 0 . 4 7 5 . 3 0 9 5

Website

[pchswb.org](http://pchswb.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 17th | 11:30am - 1:30pm**

**Please call  
ahead to  
reserve your  
meal**



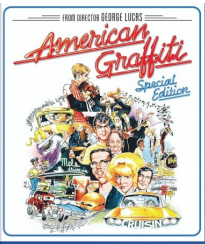
**60+: Suggested  
\$3 EACH**

**60 — : Required  
\$5 EACH**

Tue	Wed	Thu	Fri
	<p><i>1</i></p> <p><b>Pork Roast w/ Gravy Mashed Potatoes Peas Green Salad Roll Ice Cream</b></p>	<p><i>2</i></p> <p><b>Chinese Chicken Salad Fortune Cookies Dump Cake</b></p>	<p><i>3</i></p>  <p><b>Beef Taco Salad Spanish Rice Tortilla Chips Fruit Dessert</b></p>
<p><i>7</i></p> <p><b>Tuna Sandwich Pasta Salad Croissant Fruit Dessert</b></p>	<p><i>8</i></p> <p><b>Bean &amp; Cheese Burrito Brussel Sprouts Dessert</b></p>	<p><i>9</i></p> <p><b>Lasagna Green Salad Broccoli Garlic Bread Fruit Dessert</b></p>	<p><i>10</i> <i>Mothers Day Meal</i></p> <p><b>Parmesan Chicken Rice Pilaf Fruit Salad Dessert</b></p>
<p><i>14</i></p> <p><b>Pork Stir Fry w/ Rice Fruit Dessert</b></p>	<p><i>15</i></p> <p><b>Shrimp Alfredo Broccoli Fruit Sherbert</b></p>	<p><i>16</i></p> <p><b>Creamy Bowtie Pasta Salad Roll Strawberries &amp; Cool Whip</b></p>	<p><i>17</i></p> <p><b>Spaghetti w/ Meat Sauce Salad Garlic Bread Fruit &amp; Dessert</b></p>
<p><i>21</i></p> <p><b>Chicken Salad Pea Salad Three Bean Salad Roll, Fruit Dessert</b></p>	<p><i>22</i></p> <p><b>Scalloped Potatoes w/ Ham Green Beans Fruit Strawberry Shortcake</b></p>	<p><i>23</i></p> <p><b>POT LUCK</b></p>	<p><i>24</i></p> <p><b>Grilled Cheese Sandwich Tomato Soup Mixed Veggies Fruit Dessert</b></p>
<p><i>28</i></p> <p><b>Cheeseburger Potato Wedges Broccoli Peaches &amp; Cottage Cheese</b></p>	<p><i>29</i></p> <p><b>Fried Chicken Potato Salad Roll Fruit Ice Cream</b></p>	<p><i>30</i></p> <p><b>Sweet &amp; Sour Pork w/Rice Mandarin Oranges Blueberry Crisp</b></p>	<p><i>31</i></p> <p><b>Clam Chowder Roll Mixed Veggies Fruit Dessert</b></p>

# What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat Sun
29 4:00 S.A.I.L	30 8:30 S.A.I.L 9:45 Tai Chi	1 9:30 Cards/Games 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	2 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	3 <b>12:30 TRIP: Brem. House and Garden</b> 12:00 Program Comm.	4/5 KP Spring Clean 8:30 SAIL
6 <b>1:00 Computer Class</b> 4:00 S.A.I.L	7 8:30 S.A.I.L 9:45 Tai Chi 10:00 Shopping	8 9:30 Cards/Games <b>12:30 Basket Party</b> 4:00 S.A.I.L	9 8:30 S.A.I.L 9:45 Tai Chi 10:00 Pierce County Social Services	10 <b>10:00 FREE TABLES</b> <b>12:30 MOVIE: American Graffiti</b>	11/12 8:30 SAIL  <b>Livable Community Fair</b>
13 <b>1:00 Computer Class</b> 4:00 S.A.I.L	14 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono 12:15 Medicare Talk 12:30 Medicare Help <b>12:30 Lakewood Players</b>	15 9:30 Cards/Games <b>1:00 Painting w/Teresa</b> 4:00 S.A.I.L	16 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO <b>2:00 Garden Club</b>	17 11:30 PCHS Medicare Help 11:30 Blood Pressure <b>11:00 Plant Swap</b> <b>12:15 Birthday</b>	18/19 8:30 SAIL
20 <b>1:00 Computer Class</b> 4:00 S.A.I.L	21 8:30 S.A.I.L 9:45 Tai Chi	22 9:30 Cards/Games 10:00 Foot Care <b>11:00 Syphilis Screening</b> <b>12:45 Collage w/ Willow</b> 4:00 S.A.I.L	23 8:30 S.A.I.L 9:45 Tai Chi <b>12:00 POT LUCK</b> 12:45 Karaoke	24 <b>10:00 FREE TABLES</b> <b>12:30 MOVIE: Singing in the Rain</b>	25/26 8:30 SAIL
27 4:00 S.A.I.L	28 8:30 S.A.I.L 9:45 Tai Chi 9:30 Shopping w/ Jennifer	29 9:30 Cards/Games <b>9:30 TRIP: Redwind Casino</b> 4:00 S.A.I.L	30 8:30 S.A.I.L 9:45 Tai Chi	31 <b>9:00 TRIP: Yard Saling the KP</b>	June 1 8:30 SAIL

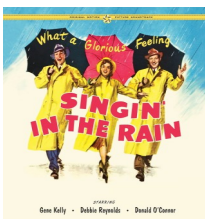


## American Graffiti

A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies before they pursue their varying goals.

*Richard Dreyfuss, Ron Howard, Wolfman Jack*

1973 PG 1Hr 50Mins.



## Singing in the Rain

A silent film star falls for a chorus girl just as he and his delusionally jealous screen partner are trying to make the difficult transition to talking pictures in 1920s Hollywood.

*Gene Kelly, Donald O'Connor, Debbie Reynolds*

1952 G 1Hr 43Mins

9:30 Every Wednesday Cards & Games			
1	Wed.	1:00	PCHS Mobile Clinic
3	Fri	12:30	TRIP: House & Garden
6	Mon	1:00	Computer Class
8	Wed	12:30	Basket Party
10	Fri	10:00	FREE TABLES
10	Fri	12:30	Movie
11	Sat	All day	Livable Comm. Fair
13	Mon	1:00	Computer Class
14	Tue	12:30	Lakewood Players
15	Wed	1:00	Painting w/Teresa
17	Fri	11:00	Plant Swap
20	Mon	1:00	Computer Class
22	Wed	11:00	Syphilis Screening
22	Wed	12:45	Collage w/Willow
24	Fri	10:00	FREE TABLES
24	Fri	12:30	Movie
28	Tues	9:30	Shopping w/Jennifer
29	Wed	9:30	TRIP: Red Wind
31	Fri	9:00	KP Yard Saling

### Upcoming Stuff to Do

#### Shopping: Tuesday;

**May 7; Leave the Center 10:00AM**

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

#### TRIP: Peninsula Home & Garden Expo

Fairgrounds, Bremerton

**Friday, May 3**

Departing: 12:30PM

Return: Approximately 4:00PM

Tickets \$10.00 at the door

#### ENTERTAINMENT: Lakewood Players

Comedy and skit entertainment

**Tuesday, May 14; 12:30PM**

#### HOME GARDEN: Plant Swap

**Friday, May 17; 11:00**

Bring a plant take a plant (or two). Great way to enhance your home collection

#### ART: Collage w/Willow

Intro to creating brilliant works of art with magazine cut outs. No skill or talent needed. Just the will to have fun. All supplies provided, but if you have old magazines bring them along!

**Wednesday, May 22; 12:45**



Do you know someone who is struggling to put nutritious meals on the table? KPCS and KP Partnership for Healthy Community are here to help!

We're excited to continue our Neighbor Feeding Neighbor program, where we're working together to provide fresh, wholesome meals to those in need, thanks to the amazing culinary skills of Chef Vivian and our incredible staff.

Let's team up and make sure that no one in our community goes hungry. Whether you're looking to volunteer or seek assistance, every meal truly matters. Don't hesitate to get in touch with us - together, we can make a difference!"

## Let's Talk Wellness: By Bobbi

### Lessons from my visit: New Glasses

My good friend is a retired Ophthalmologist and when I was lamenting on how my vision had spontaneously and dramatically changed in what is referred to as a Myopic Shift, she exhaled loudly and said "You People! Who have never had eye problems think you are going to die when you have to wear glasses for the first time." Well, needless to say that put me back on my heels and then I started to laugh because damn, she was right. Unfortunately, the people who know me still hear me lamenting periodically. My new glasses are such a huge change that when teaching my classes, I stagger and lose my balance or lose concentration and can't remember what we just did or what to do next. Lucky for me, my friends just chuckle and pat me on the shoulder and put up with my whining too. Thank you guys!

Seriously, what I am learning about changes in eyesight is very much unexpected. The good part is, I can see the glint in people's eyes again. I play more joyfully because I can look down the rows and catch



their attention and for that moment it is just "us". Such a gift. On the less positive side, I learned I have blind spots with these new glasses. I almost caused a car accident with me in the middle of it all. That was a very scary and potentially lethal lesson. I guess I thought that once you had glasses you magically could see better and that was that. It doesn't work

that way apparently. The more I talk with other people who wear glasses, the more I learn this is a journey with challenges and rewards. And, If I can drop expectations and simply learn that things are as they are. Then, I can ask: "How can I be at peace with this?" Then I relax and just "see" what happens. Hmm, it sounds like the recipe for a good life after all.

Ps: Oh by the way, it appears I now also need hearing aides. Another adventure...

With Love,

Bobbi

### Gems from Jean



Wow, this past month has seemed to have gone by too fast! Maybe it is the ever-changing weather, it seems like we are in Spring one day, and back to winter the next.

With that weather fluctuation along come the seasonal colds, and for many, allergies as well.

So, with that in mind, here are this month's gems:

#### 1. Preventative care covered by Medicare---what it is, and what it is not

#### 2. Other health promoting coverage included in your plan

Centers of Medicare/Medicaid sets the standard of coverage, so all plans will cover a list of preventative care services---these include vaccinations, screening for various conditions, and some other diagnostic procedures. However, that doesn't mean that all vaccinations, screenings or diagnostic procedures are covered, so how do you know if the latest thing your doctor has suggested is covered, or not? We will take a look at this list together.

What can you do to promote your health this Spring? All of us know that getting out in the sunshine, getting some of that Vitamin D and fresh air is good for overall health. I was happy to see many of you get out in the community garden the last time I was at KPCS while the weather was so nice! So, what health promoting activities does your insurance plan cover? Are you making use of it? And are there benefits available to you that can help you deal with seasonal allergies and colds?

I want to help you make use of as many services and benefits your Medicare coverage affords you.

Bring your questions on May 14th, and I will try to polish these nuggets so you can see the gem you have shine more clearly.

## Hexagon Number Puzzle Game

For this brain teaser see if you can fill in the empty hexagons so that the number in each hexagon shows the sum of the 2 numbers in the two hexagons immediately above it. Just take note that negative numbers are not allowed.

