

KPCS
Food Bank
Senior Center
Senior Meals

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



What's Going On

Farmer's Market

1st & 3rd Thursday, 1st & 15th 11:00AM

Program Committee

1st Friday, 2nd 12:30PM

Garden Club

1st Tuesday, 6th 1:00PM

Veteran's Assistance

1st Wednesday, 7th 11:00AM

Peninsula Community Health Talk

Recovering from COVID
Wednesday, 7th 12:15PM

PCHS Mobile Clinic

1st Wednesday, 7th 1:00-3:00PM

Shopping

2nd Monday, 12th 9:00AM

Tacoma ProBono

2nd Tuesday, 13th 10:00AM

KPCS 1/2 Day for Staff Training

Tuesday, 13th 1:00PM

Commodities Delivered

2nd Wednesday, 14th 12:30PM

BINGO!

1st & 3rd Thursday, 1st & 15th **12:30PM**

FREE TABLES

2nd/4th Friday, 9th/23rd 10:00AM

MOVIE

2nd/4th Friday, 9th/23rd 12:30PM

Medicare Help

3rd Wednesday, 21st 11:00AM

Swimming

3rd Thursday, 15th 8:00AM

Blood Pressure Checks

3rd Friday, 16th 11:30AM

PCHS Medicare Help

3rd Friday, 16th 11:30AM

Birthday

3rd Friday, 16th 12:00PM

Genealogy

3rd Wednesday, 21st 12:30PM

Karaoke

4th Thursday, 22nd 10:45AM

Community Shared Housing Presentation

Thursday, 22nd 5:30PM

TRIP: Olalla Bay

Tuesday, June 27th 10:00AM

Foot Care

4th Wednesday, 28th 10:30AM

TRIP: Music in the Park

Wednesday, July 12th 11:00AM





Learn about Shared Housing: A new way to solve homelessness!

Associated Ministries of Pierce County is a Tacoma nonprofit working towards homelessness relief and prevention. In recent years, the agency has added two new programs that offer preventative solutions for our neighbors living with housing insecurity and experiencing homelessness. For many, not knowing where to find stable shelter is a massive barrier to moving forward with life. The idea of Youth Host Homes and Adult Home Share is to make use of the excess space we have throughout Pierce County; turning a spare room into a fresh start.

The Adult Home Share program eases the financial difficulties that arise with the increase in the cost of living across Pierce County. AHS is a living arrangement that pairs a home seeker with a home provider who has a spare room. **In exchange, a monthly rental agreement is established for the home seeker to pay at a fraction of the cost of an apartment. After a thorough matchmaking process, successful move-ins result in secure housing for the home seeker while the homeowner is provided with extra income and companionship.**

Similar to Adult Home Share, the Youth Host Homes program pairs a young person experiencing

homelessness with a caring household that wants to make a difference. The goal of YHH is to give at-risk youth the chance to focus on becoming self-sufficient. Although home providers are given the opportunity to offer light mentorship, each youth is assigned a caseworker to guide them in progressing with goals outside the home. For many young people, this could be finding employment, continuing education, or getting a place of their own. The household is also compensated financially for the space they provide. This program is highly effective in preventing chronic homelessness among youth in our community.

Have a spare room? Here's how you can make an impact!

We are seeking those with a community-oriented mindset who see their empty room as an opportunity to change lives.

If you are a senior, this is an excellent opportunity to have a positive impact on your community while offsetting your household expenses.

**Shared Housing Presentation
Thursday, June 22nd
5:30PM**

**Refreshments will be offered
If you need a ride, let us know. We can help!**

Be aware of Medicaid renewal scams.

During the COVID-19 public health emergency (PHE) the Health Care Authority (HCA) extended coverage for all Apple Health (Medicaid) clients. This extension has now ended due to the Consolidated Appropriation Act of 2023 and HCA resumed normal operations on April 1, 2023.

Washington has received reports of fake texts and phone calls to Medicaid clients about renewing their Apple Health coverage. We're asking Apple Health (Medicaid) clients to be aware of suspicious contact seeking money to maintain their health coverage.

HCA will never ask for money to enroll or re-enroll in Apple Health (Medicaid) coverage.

Clients should not share banking or credit card information with anyone claiming to be from HCA or Apple Health. If they receive a phone call or text message, they think is a scam, they should hang up and report this to Apple Health customer service at 1-800-562-3022.

Sometime over the next 12 months, Apple Health clients will receive a renewal notice prior to the end of their renewal period based on their renewal date. **HCA may text and call with a reminder that it's time to update their contact information or renew coverage.** These will be generic in nature and will never ask them for money to maintain their coverage.

To ensure they receive important notices about their health care coverage, Apple Health clients can update their contact information using one of the following options:

- For single adults, children, pregnant individuals, and parents/caretakers:
Online: [wahealthplanfinder.org](https://www.wahealthplanfinder.org) or download the WAPlanfinder app

- o **Phone:** 1-855-923-4633

- For individuals who are aged, blind, disabled, or eligible for Medicare:

- Online:** [washingtonconnection.org](https://www.washingtonconnection.org)

- o **Phone:** 1-877-501-2233

For more information about changes to Apple Health continuous coverage, visit hca.wa.gov/phe.

Let's Talk Wellness

By Bobbi



“The way to happiness: Keep your heart free from hate, your mind from worry. Live simply, expect little, give much. Fill your life with love. Scatter sunshine. Forget self, think of others. Do as you would be done by. Try this for a week and you will be surprised.” *Norman Vincent Peale*

S.A.I.L (Stay Active and Independent for Life)

Monday/Wednesday	4:00PM
Tuesday/Thursday/Saturday	8:30AM

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active, independent and falls free. SAIL was developed in Washington with DOH support.

TJQMBB (Tai Chi for Better Balance)

Tuesday/Thursday	9:45AM
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Tai Ji Quan: Moving for Better Balance (TJQMBB) is an evidence based fall prevention program specifically designed for balance training in older adults.

Developed by Dr Fuzhong Li, PhD, a senior research scientist at the Oregon Research Institute, the unique TJQMBB training approach is the result of more than 15 years of research and community evaluation which culminated in a well-organized community based program which includes an 8-form core routine, practice variations and therapeutic subroutine.

This nationally recognized fall prevention program is an enhancement of traditional Tai Chi transforming movements into therapeutic training for balance and mobility.

News From the Navigation Room

I have 3 classifications for the meal registrations: Standing Order, Will let us know, and Not listed.

Standing order: you come on specific days each week and only call when you won't be here, or you're bringing a guest.

Will let us know: your days may not be regular, but you give me your meal plan at the beginning of the month.

Not listed: you call me when you want to come in for lunch.

This is working very well but as the weather is getting better, and your plans may change, please don't forget to call me and let me know if your meal plans changed also! The meals the kitchen prepares are based on the numbers I have for each day, whether it's shopping, preparation, or layout of the dishes. Please help us make sure YOUR meals have been planned!

Also, I want you to know that Jackie takes into consideration allergies, if you are a vegetarian, or don't eat spicy foods, or are gluten sensitive! There is a lot of thought and planning that goes into the food prep each day!

Happy sailing!

Peggy

News from the Food Bank

By Brett Higgins, Food Bank Manager

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

June we are requesting **canned soup PLUS breakfast cereal**. These items are a staple in our Food Bank and we are running VERY low.

When I started here (2009), KPCS Food Bank served an average of 80 families per month. We now serve 80 families per DAY. You can only imagine the strain that we feel trying to help out these families.

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

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.

**Please call
ahead to
reserve your
meal**



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

**60 — : Required
\$5 EACH**

Tue	Wed	Thu	Fri
 <p><i>June Birthstone - Pearl</i></p>		<p>1</p> <p>Chicken Salad 3 Bean Salad Roll Fruit Dessert</p>	<p>2</p> <p>Sloppy Joes Potato Salad Cottage Cheese Fruit Dessert</p>
<p>6</p> <p>B-L-T Broccoli Salad Fruit Dessert</p>	<p>7</p> <p>Chef's Salad Roll Fruit Dessert</p>	<p>8</p> <p>French Dip Jo Jo's Fresh Veggies Fruit Salad Dessert</p>	<p>9</p> <p>Grilled Cheese Sand- wich Tomato Soup Green Beans Fruit Dessert</p>
<p>13</p> <p>Mac & Cheese w/ Ham Broccoli Fruit Dessert</p>	<p>14</p> <p>Tofu Stir Fry w/ Rice Fruit Dessert</p>	<p>15</p> <p>Loaded Baked Potato Broccoli Fruit Dessert</p>	<p>16</p> <p>Meatloaf Mashed Potatoes w/ Gravy Peas, Roll Fruit Dessert</p>
<p>20</p> <p>Tortellini w/ Italian Sausage & Marinara Salad Fruit Dessert</p>	<p>21</p> <p>Tuna Sandwich Coleslaw Fruit Dessert</p>	<p>22</p> <p>Asian Chicken Salad Roll Fruit Dessert</p>	<p>23</p> <p>Sausage-Pepperoni & Veggie Pizza Salad Fruit Dessert</p>
<p>27</p> <p>Hot Dogs Pea Salad Fruit Dessert</p>	<p>28</p> <p>Baked Beef Burritos Mixed Veggies Spanish Rice Fruit Dessert</p>	<p>29</p> <p>BBQ Chicken Sand- wich Potato Salad Fruit Dessert</p>	<p>30</p> <p>Spaghetti w/ meat sauce Salad Fruit Garlic Bread Dessert</p>

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30 S.A.I.L 9:45 Tai Chi 11:00 Farmer's Mkt 12:30 BINGO	2 12:30 Program Comm.	3 8:30 S.A.I.L
5 4:00 S.A.I.L	6 8:30 S.A.I.L 9:45 Tai Chi 1:00 Garden Club	7 9:30 Cards/Games 11:30 Veteran's Assistance 12:15 Pen. Comm Health Talk 1:00 PCHS Mobile	8 8:30 S.A.I.L 9:45 Tai Chi	9 FREE TABLES 12:30 Movie: High Noon	10 8:30 S.A.I.L
12 9:00 Shopping 4:00 S.A.I.L	13 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma Probono HALF DAY for STAFF TRNG	14 12:30 Commodities Pickup 9:30 Cards/Games 4:00 S.A.I.L	15 8:15 Swimming 8:30 S.A.I.L 9:45 Tai Chi 11:00 Farmer's Mkt 12:30 BINGO	16 11:30 PCHS Insurance Help 11:30 Blood Pressure 12:00 Birthday	17 8:30 S.A.I.L Rummage Sale
19 4:00 S.A.I.L	20 8:30 S.A.I.L 9:45 Tai Chi 12:15 TALK: Detectorist 12:30 Knit & Crochet	21 9:30 Cards/Games 11:00 Medicare Help 12:30 Genealogy 4:00 S.A.I.L	22 8:30 S.A.I.L 9:45 Tai Chi 10:45 Karaoke 5:30 Shared Housing Presentation	23 FREE TABLES 12:30 Movie: I Survived Little Big Horn	24 8:30 S.A.I.L
26 4:00 S.A.I.L	27 8:30 S.A.I.L 9:45 Tai Chi 10:00 TRIP: Olalla Bay	28 9:30 Cards/Games 10:00 Foot Care 4:00 S.A.I.L	29 8:30 S.A.I.L 9:45 Tai Chi	30	July 1 8:30 S.A.I.L

Peninsula Community Health

Presentation

Recovering from COVID

Wednesday, 7th, 12:15PM

Plenty of time to ask questions

Ralph Drahos Metal Detectorist
Will talk about some of his most interesting finds, & reveal what he found on KPCS grounds!
Tuesday, June 20th, 12:15PM

Please note: There will be no Pot Luck for the summer months. Watch for its return in September or October.

Don't miss our **Rummage Sale** on Saturday, June 17th, 10:00AM. Find your next treasure!

FREE Movie on the Big Screen

Friday, June 9th; 12:30 PM



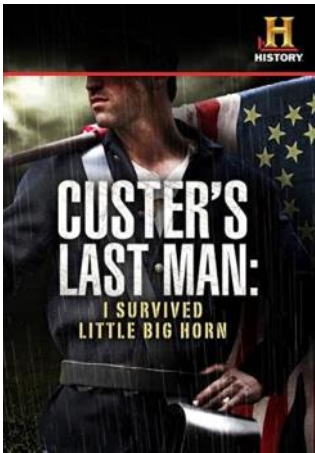
High Noon

A politically charged film at the time, *High Noon* is considered one of the first "revisionist Westerns" which took the Western tropes of the past and flipped them on their head. The Western usually follows a strong male leading the civilized against the uncivilized (like in *The Magnificent Seven*) but *High Noon* sees the townspeople turn their backs on their sheriff, leaving him alone to face this impending threat.

1952 PG 1h52min

Gary Cooper, Grace Kelly

Friday, June 23rd ; 12:30PM



Custer's Last Man: I Survived Little Big Horn Western Documentary

The most iconic battle in American History is looked at from the point of view of a man who may actually have survived the Battle of Little Big Horn. George Armstrong Custer and over 200 of his soldiers were wiped out by Plains Indians on June 25, 1876, but is it possible that one man, alone, lived to tell the tale? How did he survive? Why did he never come forward? And most important of all, is it true? The amazing tale of Frank Finkel is an epic story of struggle, perseverance, and survival and will shed new light on this historic moment.

2011 Not Rated 1h 28mins

A Note from Veteran's Services

Hi Key Peninsula Community Services, please allow me to introduce myself- my name is Roger Eddy with the Supportive Services for Veterans Families (SSVF) program.

I will be coming to KPCS **the first Wednesday of each month 11-1** to meet with any veterans who may have questions about VA services with a focus on housing.

I'm happy to meet with anyone who'd like to chat. Nice to be here, you have a lovely facility.

Wednesday, 7th, 11:00AM



Community Rummage Sale at KPCS

Saturday, June 17th 9am-3pm

Space available for just \$10.00

Clean out your garage and make some cash

Crafts, Art, Plants....sell it all!



TENANT TIP FROM THE HOUSING JUSTICE PROJECT:

Did your landlord raise your rent after you requested repairs?

**Tuesday, June 13th
10:00AM**

Shut off your utilities because you complained to the city or county about a code violation?

Threaten to evict you because you asked for a reasonable accommodation?

This might be retaliation – an action by your landlord in response to your asserting your rights as a tenant.

Requesting repairs, asking the landlord for proper notice before entering your unit, asking for a reasonable accommodation or reporting code violations are examples of protected actions you have a legal right to take as a tenant.

If your landlord takes a deliberate adverse action against you because you used your rights, and it happens within 90 days of the time you asserted your rights or took legal action against the landlord, it may count as retaliation and may be illegal.

If this is happening to you, we've got your back. Contact our Housing Justice Project for help from our HELP (Homeless & Eviction Legal Prevention) Team -- you can call 10-noon and 1-3 p.m. Monday-Thursday, use our always available online intake form at www.tacomaprobono.org, or walk into the Housing Justice Project Office at 601 Tacoma Ave S.

Monday-Friday, 9-noon and 1-3 p.m. You can also talk to us about things like this at our pop-ups, we will get you to the right resources to get some help.

If you miss us, we'll also be at the Mustard Seed Project in Key Center that afternoon from 1-3.

No Waste - Food Storage Tips

www.lowwastewellness.com



Carrots submerged in water



Broccoli/herbs/greens in jar with water



Leafy greens wrapped in damp towel



Fruit in a bowl visible on counter



Nuts in the freezer



Half cut food on a plate



Potatoes/onions in a basket separated



Food scraps in a bag in freezer



Leftovers in glass container - esp oily/acidic foods

DON'T STORE IN THE DOOR

THOUGH IT MAY BE CONVENIENT TO PUT YOUR MILK IN THE FRIDGE DOOR, DAIRY PRODUCTS STAY FRESHER FOR LONGER WHEN KEPT AS COLD AS POSSIBLE, SO KEEP THEM IN THE BACK OF THE FRIDGE TO LENGTHEN THEIR LIFESPAN!

FOLLOW ALONG WITH #GOTWASTEWEDNESDAY TO PUT FOOD WASTE IN ITS PLACE!

Spokane County Regional Solid Waste System



Cards and Games weekly!

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

Kathy Best was the Phase 10 winner on May 10th
and won the prize!

We meet after 9:30 AM until Noon on Wednesdays.

What are your favorites???

Just come in on Wednesdays.

You do not need to register.

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
the day of the FREE TABLES

June 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.



OLALLA BAY
MARKET & LANDING

Olalla's favorite spot to enjoy the beauty of Puget Sound, Mount Rainier and the company of each other is making a big comeback! The Olsen family of Olalla bought the shuttered Al's Market in early 2021 with a vision of restoring the historic property and creating a one-of-a-kind gathering place for their community. Nearly two years, and several disappointing setbacks later, the family and staff opened their doors in mid-April 2023. Operating hours are Wednesday through Sunday, 8am - 9pm. Coffee and breakfast sandwiches and pastries start the morning, then salads, charcuterie and soft pretzels, and finally, house-made sour dough pizza service at 4pm.

Tuesday, June 27th

Depart Center: 10:00AM

Return approx.: 2:00PM

**Requested
donation:**

\$3.00



Knitting and Crochet Club

Tuesday - June 20th, 2023 @ 12:30PM

Location: KPCS "Port" Room

Come and join us and you may win an already made scrubby!

The instructions to knit these will be available. There may be some colorful yarn for you to choose from.

**Remember to put on your calendar that we meet on the
3rd Tuesday this month.**

