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Connecting People to Build Community

Together We Thrive: Supporting Our Community Services Center Through Fundraising Efforts

We want to extend a big thank you to our program coordinator, Teresa, for her tireless efforts in organizing the Car Show fundraiser. Although the Car Show fundraiser had to be rescheduled, Teresa rose to the challenge and navigated the situation with grace and professionalism.

Thanks to her efforts, the event was a huge success, and we are so grateful for her dedication to our organization.

Fundraisers like this are critical in supporting our Senior Center, Senior Meals, Exercise Program, Food Pantry, and Homeless Services, so we encourage the community to come out and show their support.

In addition to the success of the Car Show fundraiser, we are also excited to announce that our upcoming rummage sale on **Saturday July 20th** will provide another opportunity for the community to support our organization. With a wide variety of items available at affordable prices, there will be something for everyone. All proceeds from the rummage sale will go towards supporting our programs, so mark your calendars and come out to shop for a good cause!

Remember, every donation and kind word makes a difference! And let's all keep in mind that our public image is important, so let's continue to represent our organization with positivity and pride.



Angel Guild Gives Generous Gift to Our Food Pantry

We are grateful to the Angel Guild for their generous donation of \$5,000 in response to our request for funding to purchase proteins for the food bank. This donation will allow us to purchase ground beef for the next three months, ensuring that our clients have access to nutritious protein sources.

The support of organizations like the Angel Guild is critical in our efforts to provide food assistance to those in need. We are grateful for their commitment to helping us serve our community and improve the lives of those we serve.

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

A Note From Our Community Partners
Gig Harbor Key Peninsula Housing and Homeless Coalition
What is P.I.T.? And why does it matter?

The **Point-In-Time** count is the annual snapshot of the characteristics and situations of people living without a home. It is done every January and is conducted in communities throughout Washington State and most of the USA. The U.S. Department of Housing and Urban Development (HUD) and Washington State Department of Commerce require communities to conduct a one-day Point-In-Time (PIT) Count to survey individuals experiencing homelessness. This data is used by the Federal, State and County governments to attempt to provide services in areas with the greatest need.

As the KP is very rural, many individuals in our community experiencing homelessness are not seen and go unidentified in a PIT count. This year, Pierce County Human Services implemented a pilot program, which partnered with key community organizations/ locations as “welcome centers”, inviting our homeless to visit and participate in their own program. KPCS was chosen as one of the primary community locations and provided clothing, hygiene items, food and resource materials to our homeless residents. In addition to being counted and receiving supplies, relationships were created/strengthened during the PIT and our homeless are receiving ongoing services as a results of KPCS’ hard work to embrace our homeless residents.



Pierce County has released the findings of the count on their website <https://www.piercecountywa.gov/4719/Homeless-Point-in-Time-PIT-Count>. The 2024 PIT count identified 2,661 individuals experiencing homelessness in the county. This is an increase of 23% over the 2023 numbers. While this total is shocking, it does not fully reflect the actual number of individuals and families living unhoused. The County and it’s community partners are committed to continually improving the data collected during these counts.

We would like to thank the KPCS staff and their many volunteers who helped us with the big task of doing this count and its continuing support for making the Key Peninsula a great place for EVERYONE to have a home.

Chris Morris and Bob Vollbracht, Co-chairs of the GH/KP Housing and Homeless Coalition



From the Navigation Room
By Brandon

July is here and I'm ready for a break from the cold, though there has been a lot of talk about the risk of wildfire this summer. One of the causes that comes to mind is fireworks, while I enjoy the booms and pretty lights, our dog has a very intense fear of them.

Fireworks are nearly impossible to completely avoid, so it's crucial for owners to provide a safe and calm environment indoors. Start by setting up a designated safe space in your home where your pet feels secure. This area could be a quiet room or a cozy corner, equipped with their favorite blankets, toys, and maybe some treats to create a positive association. Closing

windows, drawing curtains, white noise can help muffle the sound of fireworks.

It's also important to stay calm yourself, pets can pick up on our anxiety. Providing distractions like puzzle toys filled with treats or engaging in interactive play can help keep their minds occupied. Ensure your pet is microchipped and wears an ID tag in case they manage to escape.

Hope you and your pets have a safe and fun July.

-Brandon

From the Crew's Quarters

We have launched a new \$15K Rent and \$10K Utilities Program from Associated Ministries and have everything we need for people to apply. Funds are available to applicants to receive assistance once per period. There is a strong vetting process, but nothing that is unreasonable. Brandon and I are going to be working on this together.

I am working on a large project in the office. We have ordered a new Key Box and I am going to get that hung and organized. This building has been rekeyed so many times and has so many extra keys that we need to have a place for all the master keys and the keys to be assigned. Hopefully that will be complete in the next month.

The seas have settled in the Office Manager position. I have my sea legs on and able to find most things I want.

Ahoy matie.

Peggy



Wednesday Cards and Games at 9:30AM!

Please join us and visit our Coffee Bar. Coffee, Cocoa, or tea to start. There is usually a little pastry goodie or fruit and a pot of fresh coffee waiting for you.

We meet after 9:30 AM until Noon every Wednesday.

What are your favorites games or cards??? You do not need to register. There is always someone here to play.

Rummage Sale

July 20th

Taking donations beginning June 18th

Help support your Community Center



Need a check up?

Mobile Medical Clinic
Wed., July 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



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., July 19th | 11:30am - 1:30pm

Paint Space w/ Teresa

Learn how to do a simple space painting during Teresa's fun and rewarding painting group

July 11, 1:00PM

**Please call
ahead to
reserve your
meal**


JULY

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

**60 — : Required
\$5 EACH**

Tue	Wed	Thu	Fri
2 Fish Sticks French Fries Coleslaw Roll, Fruit	3 Zucchini Pizza Casserole Garlic Bread Rice Pilaf Salad, Dessert	4  	5 
9 Beef Taco Salad Spanish Rice Tortilla Chips Fruit, Dessert	10 Fried Chicken Mashed Potatoes Gravy, Roll Fruit Salad Dessert	11 Ground Pork Skillet Peas Coleslaw Fruit, Dessert	12 Fish Portion Baked Potatoes Coleslaw Mandarins Roll, Dessert
16 Grilled Cheese Tomato Soup Mixed Veggies Fruit, Dessert	17 Lasagna Garlic Bread Salad, Broccoli Fruit, Dessert	18 Baked Chicken Thighs Pasta Salad Roll, Fruit Dessert	19 Mac & Cheese with Ham Broccoli Fruit, Dessert
23 Tuna Salad Potato Wedges Mixed veggies Roll, Fruit Dessert	24 Veggie Quiche Pasta Salad Fruit Dessert	25 	26 Chicken Salad 3 Bean Salad Green Salad Fruit, Roll Dessert
30 Pork Stir Fry Rice Fruit Dessert	31 Shrimp Alfredo Brussel Sprouts Watermelon Roll, Dessert		

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat Sun
1 4:00 S.A.I.L	2 8:30 S.A.I.L 9:45 Tai Chi	3 9:30 Cards/Games 10:00 VA Assistance 1:00 PCH Mobile Clinic 4:00 S.A.I.L	4 	5	6/7 8:30 SAIL
8 4:00 S.A.I.L	9 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono 12:15 Medicare Talk 12:30 Medicare Help	10 9:30 Cards/Games 4:00 S.A.I.L 5:15 TRIP: Music in the Park	11 8:30 S.A.I.L 9:45 Tai Chi 11:00 Pierce County Social Services 1:00 Paint w/Teresa 2:00 Garden Club	12 10:00 FREE TABLES 12:30 MOVIE: Rachel and the Stranger	13/14 8:30 SAIL
15 4:00 S.A.I.L	16 8:30 S.A.I.L 9:45 Tai Chi 5:00 TRIP: Summer Sounds at Skansie	17 9:30 Cards/Games 12:30 Ice Cream Ball & Stories 4:00 S.A.I.L	18 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	19 11:30 PCHS Medicare Help 11:30 Blood Pressure 12:15 Birthday 12:30 Karaoke	20/21 Rummage Sale!
22 4:00 S.A.I.L	23 8:30 S.A.I.L 9:45 Tai Chi	24 9:30 Cards/Games 12:30 Collage w/ Willow 4:00 S.A.I.L 5:15 TRIP: Music in the Park	25 8:30 S.A.I.L 9:45 Tai Chi 12:00 POT LUCK KPCS In-house ART DISPLAY	26 10:00 FREE TABLES 12:30 TRIP: Wildwood Hollow Farm	27/28 8:30 SAIL
29 4:00 S.A.I.L	30 8:30 S.A.I.L 9:45 Tai Chi	31 9:30 Cards/Games 12:30 Badminton 4:00 S.A.I.L	Aug 1 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	Aug 2 4:00 ART WALK See our booth!	Aug 3/4 8:30 SAIL



Rachel and the Stranger

A widowed farmer takes an indentured servant as his new wife, but the arrival of his old friend threatens their burgeoning relationship.

Loretta Young, William Holden, Robert Mitchem 1948 Unrated 1Hr 33Mins.

Did you Know ?

Playing games with friends help you maintain cognitive function, critical reasoning skills, and avoid loneliness and depression.

There are many opportunities for you to join the fun.

Start today!

Coming to a Community Center Near You (Us)

Indoor or Outdoor Badminton

Good Healthy Fun

Wednesday, July 31, 12:30



9:30 Every Wednesday Cards & Games			
3	Wed.	10:00	Veterans Assistance
3	Wed.	1:00	PCHS Mobile Clinic
9	Tues	10:00	Tacoma ProBono
9	Tues	12:00	Medicare Help & Talk
10	Wed	5:15PM	TRIP: Music in the Park
11	Thurs	11:00	Pierce County Services
11	Thurs	1:00	Paint w/ Teresa "Space"
12	Fri	10:00	FREE TABLES
14	Fri	12:30	Movie
16	Tue	5:00PM	TRIP: Summer Sounds
20	Sat	10:00	Rummage Sale
24	Wed	5:15	TRIP: Music in the Park
31	Wed	12:30	Badminton (rain or shine)



**Visit our booth at
Key Center Art Walk**
**On display will be
art created by our
very own
Center Participants!**

Don't miss this trip!

Summer Sounds at Skansie in Gig Harbor

As the sun dips below the horizon and the cool breeze sweeps in, join us for a magical evening of music under the stars.

July 16: Wally & the Beaves, a seven-piece Pacific Northwest band playing hits from the 1950s, '60s, '70s and '80s. Each member of the band dresses like an iconic character from the era.

Depart 5:00

Return: approx. 9:00

Requested \$2.00 donation for ride, concert is free

TRIPS: Music in the Park at Gateway

July 10 & 24

Enjoy music under the stars.

Depart: 5:15

Return: approx. 8:00

FREE!

TRIP: Tour Wildwood Hollow Farms, July 26

A small direct to community farm located just down the road from KPCS.

Depart: 12:30 Return: Approx 2:00 FREE!

Numbers Count!

Did you know every visit for every activity is counted every day?

We don't track or share names, but we sure do numbers! Our funders want to know what we are doing at KPCS and how many people we are helping.

Help us help you by checking in for **EVERY** program you participate in, because your number counts!



FREE CLOTHING BANK

Back toward the Stern part of this ship is the Starboard Room. This room is holding a plethora of items for your choosing.

The hanging items include a wall of coats, outer cover ups and pants, mostly jeans. And another wall of mostly women's items, but a few men's clothing items. Sizes from 3X to ex small. Some new items and some gently used. The room is mostly for clothes, but there are socks, shoes and miscellaneous items too.

Come in and peruse the room and see if you might find your next gem. If you have very gently used or new clothes to donate, please feel free to bring them by.

Thank you

Let's Talk Wellness: By Bobbi

The Three 15s

Not too long ago a very wise person told me the secret to having a better day. He called it the "Three Fifteens". He said, "do this every morning for at least a month and then feel the difference in yourself".

First, drink a 15 ounce glass of water at room temperature upon waking up.

Second, do 15 slow breaths in and out while sitting on the side of the bed

Third, get outside and spend at least 15 minutes in the sunshine. Preferably, in the morning sun.

I have been doing this routine for over a year now and continue to see the benefits in my health and sense of wellbeing.

Drinking water upon waking helps to rehydrate your body. It replenishes the water lost during sleep, especially if you sleep with your mouth open or sweat at night. Drinking room temperature water is easier on the body and has been shown to quench thirst more easily. So, why not hydrate before you caffeinate.

Morning breathing exercises help relieve muscle stiffness and clears clogged breathing passages. Plus, I

find that its a really nice meditation that only takes a couple of minutes. It helps to keep me in the my body and in the present moment. My mind doesn't tend to race off into plans or stories or worries as quickly. I can breathe in gratitude and exhale joy. Such a gift.

Lastly, the benefits of getting out into the morning sun are many.

Sunlight helps to reset your sleep/wake cycle. It enhances your mood and feelings of well-being. It also helps your body produce vitamin D. And, it boosts cognitive performance and focus and reduces depression symptoms.

So many benefits in just a few minutes every morning! How cool is that.

With love and gratitude,

Bobbi



News and Tips from Tacomaprobono Community Lawyers

Our next visit to Key Peninsula/Gig Harbor will be Tuesday, July 9!

See you at KPCS 10-noon, The Mustard Seed Project of Key Peninsula in Key Center from 1-3 p.m. or the Gig Harbor City Hall from 4-6 p.m. , and July 16 10-12 at Gig Harbor City Hall if you have a civil legal issue!



Are you experiencing harassment, stalking or domestic violence?

If you're wondering whether a protection order could help you but aren't sure what to ask for, check out this flyer recently created by a staff attorney from our Family Safety Project:

KNOW YOUR RIGHTS

CIVIL PROTECTION ORDERS

Anti-Harassment Protection Orders Vulnerable Adult Protection Orders Sexual Assault Protection Orders	Extreme Risk Protection Orders Domestic Violence Protection Orders <small>Civil protection orders are different and separate from family law restraining orders and criminal no contact orders.</small>
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A CIVIL PROTECTION ORDER COULD

- *Protect you from another person after you experience domestic violence, harassment, sexual assault, or stalking when that person is a credible threat.*
- *Order someone not to harm, contact, or stalk you.*
- *Order someone not to have or share intimate images of you.*
- *Order someone not to possess firearms or to surrender weapons.*
- *Give you custody of your pets or the right to stay in your shared home.*
- *In some cases, protect your minor children and grant you temporary custody.*

<h3>Domestic Violence Protection (DVPO)</h3> <p><i>You can ask for a DVPO if your partner or spouse has physically hurt you, sexually assaulted you, stalked or harassed you, or engaged in behavior that causes you physical, emotional, or psychological harm that interferes with your free will.</i></p> <p><small>RCW 7.105.010(9) and (4); RCW 7.105.100(1)(a)</small></p>	<h3>Sexual Assault Protection (SAPO)</h3> <p><i>You can ask for a SAPO after you have experienced sexual conduct by someone who is not your partner which you did not freely consent to.</i></p> <p><small>RCW 7.105.010(5), (26), and (32); RCW 7.105.100(1)(b)</small></p>
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Tacomaprobono Community Lawyers
Family Safety Project
www.tacomaprobono.org/fsp

The VERY BEST way to contact our program if you need help is through the online intake form on our website, www.tacomaprobono.org, or use this QR code to go directly to the form:

COMPLETE YOUR ONLINE INTAKE NOW!

scan to go directly to our online intake form

Once you have an intake in our system, an intake specialist will call you back to schedule an appointment for you or provide other resources depending upon your issue and program capacity. Second best contact method if you are in Tacoma is to walk into our offices during intake hours, 1-3 p.m. Monday-Thursday, 621 Tacoma Ave S, Suite 302, or 601 Tacoma Ave S for Housing Justice Project issues.

And of course don't forget about our 2nd Tuesday and 3rd Monday on the Peninsula, and our 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.

Thank You Joe Loya and Team from Gig Harbor Kiwanis!

We'd like to express our heartfelt gratitude to the Kiwanis Club for their support during our recent Car Show fundraiser.

Their delicious hamburgers helped make the event a success, and we are grateful for their partnership and commitment to our community.



Kiwanis
CLUB OF GIG HARBOR