

**What the Food Bank Does**

Below is a snapshot of the last year of food services provided by the KPCS Food Bank. Remember, this is only one aspect of the services we provide. We also assist with information & referral to other services, clothing, household items, personal care items, and so much more.

Month/Year	Clients Served	Lbs. of Food
July-21	1,051	40,039
Aug-21	1,874	49,269
Sept-21	1,784	42,127
Oct-21	1,997	41,375
Nov-21	2,031	41,664
Dec-21	1,796	37,012
Jan-22	2,024	32,173
Feb-22	1,927	32,815
Mar-22	2,455	40,930
April-22	2,360	29,676
May-22	2,187	38,581
June 22	2,464	33,405

We could not do what we do without the generous support of the KP community.

It doesn't take a lot to make a huge difference.

Save your Market receipts and bring them to us. They give us a percentage of the total.

Use Amazon Smile to make your Amazon orders. It makes no difference in your cost. Amazon gives us a percentage of all purchases.

Sign up on our website to make a small (or any size) automatic monthly donation.

Think about us when you're shopping. We can always use a little extra in the Food Bank and Senior Center.

Small gifts & treats for Bingo prizes

Cereals

Toilet Paper

Shampoos & Conditioners

\$20 gift cards for local grocery stores

All of these thoughtful actions can make a huge difference to the people we serve.

Thank you for your support!



Thank you, *Altrusa*, for your generous donation of \$3,000. in support of our Food Bank!



**Baked Beans**

Makes 6 servings

**Ingredients:**

- 1½ cups dry great northern beans, sorted and rinsed
- 2 cups water
- 2 cups apple juice
- 1 teaspoon salt
- 2 tablespoons molasses
- ½ cup ketchup
- 2 teaspoons vinegar
- 1 teaspoon dry mustard

**Directions:** Wash hands with soap and water.

1. Combine apple juice and water in a large pot. Bring to a boil.
2. Add beans and simmer on low heat for 2½ hours until beans are tender.
3. Preheat oven to 250° F.
4. Drain beans, save the liquid.
5. Put beans and other ingredients in a greased baking dish.
6. Cover and bake for 3-4 hours.
7. Uncover the last hour of baking and add some of the saved liquid if the beans become dry.



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FOOD BANK/SENIOR CENTER [www.keypeninsulacommunityservices.org](http://www.keypeninsulacommunityservices.org)



2022

Connecting the Key Peninsula Community to services, food, and resources to achieve wellness and foster resilience.

**KEY PENINSULA LOGGING SHOW**

**NOW AT PORT ORCHARD AIRPORT**  
FREE with canned food donation 12300 Sidney Road SW

**SATURDAY AUGUST 20**  
10am to 9pm at Port Orchard Airport  
TO BENEFIT KP COMMUNITY SERVICES & BACKPACKS 4 KIDS  
**LOGGING SHOW • TRACTOR PULLS**  
**LOCAL MUSIC • FOOD TRUCKS • BEER GARDEN**  
**FREE FAMILY GAMES & ACTIVITIES • VENDORS**



**Ukulele Class**

This month, Julie Flanagan will be teaching a beginning ukulele class.

Anyone interested in learning to play the ukulele is welcome to come. If you have a ukulele, bring it. If you don't have one, Julie will be bringing a number of them to share with those who attend.

Chord charts and music will be provided. Please sign up for the class, as there will be limited space.

There is no charge.

Suggested donation \$3.00 but not required

**Friday, August 19th; 11:00AM**

**We need people to help!**

The Logging Show Committee is looking for people to help with all the various tasks of running an event this size.

If you would like to help, even for an hour, please let us know.

**Personal & Public Safety Talk with Elissa Larson from Safe Streets**

What does public safety look like? What you need to feel safe at home? Does safety look the same for everyone? What does it feel like to be in a safe neighborhood? How important is public safety to you?

**We ALL want to feel safe.**

We want to keep our families as safe. Most of us are aware that law enforcement doesn't respond like they used to. It is important to be empowered to take a stand against anything or anyone who ever attempts to put you in harm's way.

Do you know.....?

How to be safe when out for a walk?

How to be safe at home when watching television in your own front room?

How to be safe in your car?

Join Elissa, and possibly a member of local law enforcement, for a safety presentation to learn strategies that are proven to be effective in keeping people and their families safer.

**Wednesday, August 24th 12:30PM**



**Let's Go Shopping!**



**Monday, August 8th**

Leave the driving to us!  
Pick up at your house or the Center  
Please be ready by 9:30 AM

We return at approximately 3:30 PM  
**Sign up online or at the front desk.**  
Space is limited to 12

**Let's Take A Trip!**



**Point Defiance Rose Garden Picnic**

Point Defiance Park has more than an acre of rose gardens, the oldest of which was established in 1895. The site includes a garden of miniature roses, arbors of climbing roses, a picturesque wishing well and quaint gazebos.

This beautiful formal garden features a grassy area. During the summer months it is surrounded with a colorful border of flowers. It is located between the Lodge and the Rose Garden Gazebo and provides a beautiful setting for weddings & ceremonies.

Request a picnic lunch from our kitchen or bring your own. This trip will be cancelled for rain.

**Wednesday, August 10th**  
**Depart Center 10:00AM**



**Line Dance with Teresa**  
**2nd Wednesday, 12:30**  
**August 10th**



**PCHS is driven to serve you!**

The mobile medical clinic is staffed by a medical provider and assistant who can provide a wide range of primary care services. They strive to provide the same quality service you would receive at their fixed site.

Sliding payment scale available.

**Wednesday August 3 , 12:30-2:30PM**

**VETERAN'S SERVICES**



Are you a veteran? You may qualify for assistance you're not aware of. Veteran's services has made some large changes to their programs recently.

Stop by to see if you qualify.

**Qualifications:** a person who served in the active military, naval, or air service, regardless of length of service, and who was discharged or released therefrom, excluding anyone who received a dishonorable discharge or was discharged or dismissed by reason of a General court-martial," and National Guard and reserve service members deployed on Title 10 orders.

**First Wednesday each month**  
**August 3rd 12:00-3:00**



**DSHS MOBILE COMMUNITY SERVICE OFFICE**

The DSHS Mobile Community Services Office onsite, open to the community, and available for applications, reviews, changes, ID vouchers, add additional free minutes to contracted lifeline phone plans and assistance for the following programs:

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

Additionally, Mobile CSO staff can assist you in replacing your EBT Quest card and provide information on Washington Connection and healthcare coverage through Health Plan Finder. There will also be a chance to ask questions and get information regarding other resources in your area.

Please look for the truck and stop by.

**Tuesday; August 30th 10-2**

**PENCIL POINTERS 1**

BY FRANK LONGO

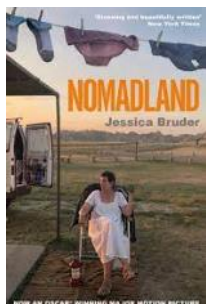
In this crossword puzzle, the clues appear in the grid itself. Enter the answers in the direction of the pointers.

Raging out of control	Intern on Grey's Anatomy	In pieces	Like mild climates	British nobles	Is smug about	Sierra ___ (certain African)	Had to sit out a game	Book of sky maps	Walk in shallow water	___ la Douce	Totally ___ Defiant sort	Chimp's cousin	Fuses together	
Storefront fixture														
One revoking a law							Steak ___ (raw dish)							
Place to get a physical							Navy bigwig							
Pilot's vehicle							Hit into from behind							
Loathed							Foot bottom	Inactive	Units of work					
Home to Mumbai	Cycling/running event	"Are you good with it?"		Stopped being fidgety							Built on	Name in private jets	Clinical scientist, for short	
				Waiting, phone-wise						Pronoun of the South				
Austrian painter Klimt						Israel's main airline				Figure skater Lipinski	Narcs' agcy.			
Tardy				Compel		Plagued					Light pat			
Part of SWAK						Like a windbag					For fear that			
			Yuletide song				Graded food item	Dignity, in Derby	Watchful					
R&B diva Chaka ___				Pro-firearm org.	Firmly in place								What "vidi" means	
"Daniel" singer John					College-related									
Suitor					Glisten						Standup comic Daniel			
							Pigeon sound				Spotted wildcat	___ Artois (beer brand)	Request	Living spaces
Gin cocktail	Al of Today	Regions	Orca or beluga	One-ups		Apply more lube to	Ran director Akira							
Plow-pulling hitch							Puts up, as an edifice						Trial run	
Not "to go," as food							Viral gene material		Try so that one might					
Huge furniture outlet									Getting too few nutrients					
Genuine article									Sure-to-succeed					
Poems						Falls behind					Small pies			



## FREE Movie on the Big Screen

Friday, August 12th; 12:30 PM



### Nomadland

Following the economic collapse of a company town in rural Nevada, Fern (Frances McDormand) packs her van and sets off on the road exploring a life outside of conventional society as a modern-day nomad. The third feature film from director Chloé Zhao, NOMADLAND features real nomads Linda May, Swankie and Bob Wells as Fern's mentors and comrades in her exploration through the vast landscape of the American West.

1 hour 47 minutes 2020 Rated: R

Friday, August 26th; 12:30 PM



### Damsel

As Samuel Alabaster (Robert Pattinson) travels across the American Frontier, on a journey to marry the love he has always looked for, Penelope (Mia Wasikowski), life becomes more and more dangerous. Accompanied by his miniature horse, Butterscotch, and drunkard companion, Parson Henry (David Zellner), the lines between hero, villain and damsel in distress become more and more blurred in this comic reinvention of the classic western movie.

1 hour 53 minutes 2018 Rated: R

### Ladies and Gentlemen!!! Pick your poison!!!

Started with Canasta which was a great way to start as we were all familiar with it but really stale in playing cards. We played partners and one set of partners won the first time and the other set the next time.

Next was Nertz and the reigning champ is **Sandy**. This was a brand new game that everyone learned together and has been a favorite.

Then Violet joined us and she and Gene started playing Cribbage. **Gene** is the reigning champ so far but he better not sit back on his haunches.

Next was Blewit which is a dice game. No clear champ has come out of this one yet but we are having great time learning it. Come test your brain!

Now the gang has requested to play every week on Wednesday and it usually starts shortly after 9 AM but anyone can join at any time between 9 and 10. KPCS hosts the 1st and 3rd weeks each month which means we provide light refreshments and snacks. We have gifts for the winners on those days.

Everyone welcome. No signup required.



### Knitting and Crochet Club

Thursday - August 25th @ 12:30pm (Social Room)

Come and bring any tightly woven blankets (minimum of 36" x 36") and hats that you would like to gift to the Project Linus Program! We are currently collecting these items for this program. Join us for some Social while you knit/crochet. We also have plenty of yarn to share that have been donated to us !!



Items donated to Linus Project by Kathleen Best and Cindy Taylor

### Let's Talk Fitness

Lessons from my visit with Covid *By Bobbi*

Covid was a great teacher for me and I am still learning its lessons. Does that sound a bit crazy?

Well, that was one of my first lessons! I got a little bit crazy. Then, a little bit scared, bored, restless, cranky, angry and so on.

I feared that I may be facing death at one point when my electrolytes went bonkers.

Two things stand out now that I would like to share with you. First, the saying.. "This Too Shall Pass" is always right. Second, I have a long journey back to normal. Fatigue showed up. My lack of stamina scared me the most, I think. I was fit, I was strong and now I wasn't. I got a glimpse of old age and just how frightening getting out of bed in the morning can be.

I knew that my coordination was off, my muscles were wobbly, and felt that insidious little fear of falling.

I got the message... it takes courage to get up and begin the process again from RIGHT WHERE YOU ARE.

For me, that meant finding the right way to move again. It took trial and error. It took patience and listening to my body and calming my fearful thoughts.

I found that standing with my body totally aligned and using a simple breathing technique helped me the most. By doing those two seemingly small things I had access to my stamina.

I am still not quite there and every morning I wake up and say thank you and then begin slowly moving my body parts before jumping up to my first cup of coffee and actually tasting it!

### News From the Front Office

**Registrations Desk** - You have made Peggy's job on the reservations a bit easier with many signing up for the month for the meals they want. You have also really been great about letting us know when you're going to be late, or cancelling, or any changes that may affect your meals. Thank you for your patience when goofs happen. On the rare occasion that you may have to be late to pick up your meal, please let us know .

Hood Canal Salmon Center Field Trip in June – A FABULOUS time was had by all. After the center, they traveled down the road toward Union to view the beautiful scenery along the gorgeous Hood Canal. Several people said they were planning to go again, and many recommended the trip. Well worth the time. Check out where we are going this month!

Our FREE TABLES are bigger & better than ever. Don't miss your chance to find your new treasure FOR FREE. The 2nd & 4th Friday. Every month. **We need volunteers to help with set up and tear down.**

**August 12th & 26th~Cancel for rain**



### Cooking Demo with Bonnie Eads

Join Bonnie as she shows you this handy little hack using Rhoads bread to create delicious Focaccia. So good they'll think you spent all day cooking.

What is Focaccia Bread

Focaccia (pronounced fo-kah-cha) is a flat bread similar to pizza dough that you can make either sweet or savory. It originates in the province of Liguria in Italy. Liguria is the best known region for their classic focaccia, which is called "classica" in Genoa. Typically it is flattened to about 1/2 to 1 inch thick, with indentations throughout the whole surface.

Focaccia bread has a lot of herbs and olive oil with cheese and other toppings as a garnish.

Tuesday, August 16th, 12:30

### What's Up in the Kitchen?

**POT LUCK on the 25th** This month our Pot Luck will have a Luau theme. Wear your best grass skirt and coconut bra, and share your favorite Hawaiian dish. Remember: you don't have to bring food to eat with us, but it's always nice to share.

**Birthday Celebration!** Birthdays are back. Celebrate your birthday month with us and you may get a special treat. **Friday, August 19th**







# Food Market


Please bring Peninsula Market receipts to our Center. We receive 1% of purchases!

Tue	Wed	Thu	Fri
2 Club Sub Sandwich on Hoagie Roll Potato Salad Fresh Veggie Fresh Fruit Dessert	3 Chicken Burger Ranch Beans Pea Salad Fruit Dessert	4 Enchiladas w/ Ground Beef Green Salad Spanish Rice Dessert	5 Chicken Salad - Sandwich Fresh Veggies Fruit Roll Dessert
9 Loaded - Baked Potato Raw Carrots Fruit Dessert	10 Roast Beef Sandwich Macaroni Salad Fresh Veggies Fruit Dessert  Sack Lunch for Field Trip	11 Meatball Sandwich Potato Salad Fresh Veggies Fruit Dessert	12 Mac & Cheese w/ Ham Peas Mixed Fruit Dessert
16 Beef Stroganoff Green Beans Fresh Veggie Medley Fruit Dessert	17 Chef's Salad Broccoli Roll Fresh Fruit Dessert	18 Tofu Stir Fry Mixed Veggies Fruit Dessert	19  <b>B-Day Meal</b> Spaghetti w/ Beef Caesar Salad Garlic Bread Mandarins Dessert
23 Fish Tacos Black Beans Melon Dessert	24 Kielbasa Sauerkraut Green Beans Peaches Roll Dessert	25  <b>POT LUCK</b> Sack Lunch for Deliveries	26 Pizza: (Pepperoni/Sausage & Veggie) Salad Mixed Fruit Dessert
30 Tuna Salad on Croissant Fruit w/ Yogurt Broccoli Salad Dessert	31 Beef Taco Salad Spanish Rice Fruit Dessert	<b>60+: Suggested \$3 EACH</b> <b>60 — : Required \$5 EACH</b>	

## What's Happening This Month?



Don't miss Luau Pot Luck on the 25th!

Mon	Tue	Wed	Thu	Fri	Sat
1 4:30 S.A.I.L	2 8:30 S.A.I.L 9:45 Tai Chi	3 10:00 Cards 12:00 Veteran's Resources 1:00 PCHS Mobile Clinic 4:30 S.A.I.L	4 Farmers Market 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	5	6 8:30 S.A.I.L
8 Shopping 4:30 S.A.I.L	9 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono 1:00 Benefit Signup help	10 <b>TRIP: Pt. Defiance</b> 12:30 Line Dance w/ Teresa 4:30 S.A.I.L	11 8:30 S.A.I.L 9:45 Tai Chi	12 <b>FREE TABLE!</b> <b>12:30 Movie: NomadLand</b>	13 8:30 S.A.I.L
15 4:30 S.A.I.L	16 8:30 S.A.I.L 9:45 Tai Chi 12:30 Baking Demo	17 10:00 Cards 11:00 Medicare Help 4:30 S.A.I.L	18 Farmers Market 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	19 11:00 Ukulele Class 11:30 Blood Pressure <b>*Birthday Meal</b> 	20 8:30 S.A.I.L <b>LOGGING SHOW</b> P.O. Airport
22 4:30 S.A.I.L	23 8:30 S.A.I.L 9:45 Tai Chi 1:00 Benefit Signup help	24 10:00 Cards 10:30 Footcare <b>12:30 Home &amp; Public Safety Talk</b> 4:30 S.A.I.L	25 <b>POT LUCK LUAU</b> 8:30 S.A.I.L 9:45 Tai Chi 12:30 Knit & Crochet	26 <b>FREE TABLE!</b> 10:00 PCHS Insurance Info 12:30 Movie: Damsel	27 8:30 S.A.I.L
29 4:30 S.A.I.L	30 <b>10:00 DSHS Mobile Service Van</b> 8:30 S.A.I.L 9:45 Tai Chi	31 4:30 S.A.I.L	01 8:30 S.A.I.L 9:45 Tai Chi	02	03 8:30 S.A.I.L

**S.A.I.L:** Stay Active and Independent for Life is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly.

**Tai Chi For Better Balance:** This unique training approach is the result of 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 evidence based fall prevention program for older adults is an enhancement of traditional Tai Chi transforming movements into therapeutic training for balance and mobility.