

A Message From Our Board President



Well, one thing's for sure, time doesn't stand still. When I catch a glimpse of myself in the mirror, I see plenty of evidence of that! What I see is an all too real reminder of how my body has been changing each and every day, while in my head I still feel like a kid. Despite my denial, these changes become apparent as the cumulative effects of these relentless daily micro-changes stack up over the years. And, then, voila! It's as if it all happened overnight, and I wonder where did my former, youthful self-go?

So, do I fight the inevitable and while away the time by longing for my more youthful days? Or, do I embrace the changes as something new, something different, a new phase in my life to be experienced with a new attitude? A renewed sense of who I am now and new "gifts" that I have to offer others? As an opportunity to change the way I lead my life in recognition of all the changes that necessitate the need for a shift in perspective and some new behaviors and strategies?

And, so it goes for all of us. Not just with our bodies and minds, but in our hearts and in our community too, including with Key Peninsula Community Services!

All of us on the KPCS board of directors are constantly learning about the many challenges that are occurring in our community and at KPCS as time passes by each and every day. Our job as members of the board is to pay attention to these changes and recommend adapting as needed for KPCS to keep pace. Keeping up with the pace of change is essential to staying relevant and meeting the new, ever-evolving needs of the community.

We do this by being out and about in the community, by keeping up with the news, and, most importantly, by paying attention the changing needs of the community members who come to KPCS each and every day.

Recently, there have been a whole lot of changes at KPCS as we strive to better serve our clients and community members. For example, the "bread closet" and the food pantry are restructuring necessitated by limited funding and huge increases in the number of people seeking food. Our exercise and fitness classes have been busting at the seams with participants while the demand for more space in our building to meet these new needs keeps growing too. We recently received a sizeable grant from Pierce County which will allow us to provide more resources to our homeless neighbors with the intent of helping them to be more self-sufficient and to potentially become housed.

All of this growth, and more, are examples of the ways Willow Eaton, our Executive Director, and the extremely dedicated and caring employees and volunteers, have not only been keeping up with, but stay ahead, of the pace of change in our community. These changes also prove to be challenging to many of the clients and community members we serve. Food bank and meal site processes change. The location of services in our building change. Employees and clients change. Old rules change and new ones take their place. It can all feel overwhelming, confusing and frustrating.

Adapting to all of these transitions doesn't come easy. It takes time, hard work, patience and an attitude of hopefulness that the changes will be better for all of us. We have no other choice. To pretend the changes are not occurring and to keep doing what we've always done is a recipe for failure and possible closure of the center.

From all of us on the board we ask that you approach these changes with us, with a sense of adventure, an attitude of hope and flexibility and join us as we move forward toward a better community center that meets the relentless changing needs of our community.

Sincerely,

Frank DiBiase
KPCS Board President



A Note From Our Community Partners

Gig Harbor Key Peninsula Housing and Homeless Coalition

Nobody is addressing homelessness on the KP.

This statement is **false!** Local social media platforms often post myths and misinformation about the work being done in our community to assist neighbors experiencing homelessness or are at risk of being without a home.

The Gig Harbor/Key Peninsula Housing and Homelessness Coalition has been working closely with a wide range of partners in our area to address the homeless crisis. These partners include; churches, non-profit agencies, businesses, charitable foundations and ministries, Pierce County Social Services, our local representatives and concerned members of the community.

Great progress is being made and the KP has been a BIG focus of County and State efforts to address this problem. With the assistance of our county representative, Robyn Denson and Pierce County Social Services, KPCS was recently awarded funding to actively work with individuals and families experiencing homelessness. This is very significant, as it represents the first funding awarded to a KP based agency for these services. KPCS is now working with the Coalition to develop a network of resources and referrals, which will greatly enhance how our community helps direct our neighbors away from homelessness.

KPCS will be providing this space for our Coalition to not only help educate the community on the status of homelessness efforts, but also to correct misinformation about homelessness and our neighbors who are or may be affected. Congratulations to KPCS on receiving this startup grant and their dedication to improving the lives of residents of the KP.

Bob Volbracht
Chris Morris
Gig Harbor Key Peninsula Housing & Homeless Coalition Co-Chairs

Gems from Jean, Your Medicare Advocate

Here it is already September!

Actually as I write this it is still August, but the weather has turned cool and raining, making me feel like Fall is already in the air! As often happens, we may still enjoy some lovely warm days, but there's always something special about the changing of seasons. My favorite thing is all the wonderful colors of the leaves as they change into their Fall attire. What are you looking forward to?

When I was at KPCS in August, I put on my “defensive financial coach” hat for a few minutes, and shared a little bit about Juvenile life insurance. And, I promised those in attendance for my lunch time chat, I would send the flyer to Willow. Please ask at front desk for copies. As I mentioned at that time, what a wonderful gift it can be to purchase for a grandchild!

I wasn't able to share very much about the upcoming Medicare changes happening this AEP, only that there's a big change due to take effect in 2025 that will affect this year's enrollment.

In September I am hoping that I can share more about this, with more details, and how it will impact existing plans.

Looking forward to seeing you then!

Jean

Your resident Medicare Advocate—Hoping to demystify Medicare for you. I may not know the answer to every question, but I have the resources to find them, or direct you to the source that can.

From the Crew's Quarters

From the desk of Office Manager, Peggy

Renovation, renovation, renovation...



When I joined KPCS on February 6, 2020, I was getting ready for a trip to Hawaii with both of my daughters. We left for Maui on March 10 and returned on March 18. Covid closed everything down around here and they closed Hawaii from visitors 2 days later, on the 20th.

I noticed in the KPCS Newsletter that a Receptionist position was being offered to volunteers. I came in and asked if I could volunteer 2 days a week for 6 hrs each day and my offer was gratefully accepted. When I arrived, the Stern (Library) was a storage room with a couple of tables and chairs where the National Guard worked each day. There were only paths going through that room.

The Starboard Room (Free Clothing Bank) formerly the supply room was a collect-all room with supplies, craft supplies, Bingo prizes and supplies, cleaning supplies, and a tool area.

I do not like clutter and when I want to find something, I want one place to go where all the supplies are there and organized. I talked with my supervisor and received approval to work on this "project". As I did not work on this daily, it took me a couple of weeks to get this room organized.

Once we began to think about opening the Center again, we talked about how we want to use the Stern Room. I received approval to move ahead and get the room organized, It took me a couple of days of hard pushing, unloading and reloading, lifting and moving. But I finally "got ur dun".

After I was here for almost a year, I went to Willow and said that if one of the other two volunteers that were covering the days I did not work wanted out, I would take that day. The ladies had mentioned they did not really want to work steady. I was asked if I would take both days and be paid. So nearly one year to the month, I was now part of the staff.

Another year went by and we needed to find more room and utilize the space we had better. Ideas were bantered about, and a "loose" idea was thrown out. I can't work with "loose" so I asked some questions and got busy drawing out the new partition area. I also drew out something for the Office Manager's office. Each room had at least 2 drawings of possible ways to be used. Hence, we got the Port Room (formerly Craft, formerly Assistants office) and the new partition area becoming the Crews Quarters, which included a new office for the Office Manager and Teresa, our Program/Volunteer Coordinator. It also houses the tool and paper cabinet, the Bingo cabinet, and the copiers.

Last Fall, we also created the Free Clothing Bank in the Starboard Room.

Now the latest renovation... Most everything was moved out of the Port Room and only a desk was left. We moved Teresa's Desk from the Crew's Quarters to the Port Room and most everything that had been housed in the Port room has been moved to the Crew's Quarters. Judy Carter, who has taken a promotion from Food Pantry Assistant to Outreach Coordinator for our new Housing and Homeless Program, will share this space with Teresa. The Starboard (Free Clothing Bank) will now have a small meeting space for Community Partners who visit us each month like Tacoma Pro Bono, Medicare, Footcare and others. It will remain the Free Clothing Bank, at least for now.

We are looking for warm clothing for the Fall. Please look in your closet and see what you might be able to spare. Donations of clean clothing in good shape and warm are very much appreciated.

The Crew's Quarters will now become the Crew Quarters as only me, Peggy, will be in the office in there. I am surrounded by copiers, shelving with tablecloths, racks with crafts stuff, bingo prizes and storage stuff for the center. But no one sasses me in there.

Ahoy Matie,

Peggy



Fall is here & so is the rain
Don't miss our last FREE Tables this month

**Please call
by 10AM to
reserve your
meal**



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

**60 — : Required
\$5 EACH**

Tue	Wed	Thu	Fri
3 Chicken pot pie Peas, Fruit Dessert	4 Ham & Cheese Macaroni Brussel sprouts Grapes Dessert	5 Tuna Casserole Coleslaw Mixed Fruit Dessert	6 Grilled cheese Broc. Cheddar Soup, Fruit Dessert
10 Beef chili Green beans Cornbread Fruit, Dessert	11 Chicken Tortilla Casserole Spinach salad Fruit, Dessert	12 Pork Skillet Green beans Dessert	13 Tuna salad Sand Broccoli salad Fruit Dessert
17 Vegetable Quiche Hashbrowns Biscuit Fruit Dessert	18 Beef lasagna Green beans Sliced apples Dessert	19 Baked chicken thighs Mashed pots & gravy, Peas Roll, Dessert	20 Ham & cheese sand Green salad Fruit Dessert
24 Fish portion Baked pots Coleslaw, Roll Mandarins Dessert	25 Bean & cheese burrito Green salad Dessert	26 	27 

**Food for Thought: Join the Dining Committee
and help us make our meals even tastier! Sept 18th; 12:30**

6					3		1	
8		1		5				4
	3			2		7		
			2			8		
		4				1		
								6
				1		3	7	
	5	9		8				
1							5	

SUDOKU is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #1100 (Medium)

		9		5	8			6
	1				4			8
			1					8
			5	3		7		
	2						1	
	4				1			
	8		7					6
	5			4				3

6	5	7	8	4	2	1	9	3
1	8	3	7	9	5	2	4	6
9	4	2	3	6	1	8	5	7
3	2	6	4	8	7	9	1	5
8	9	1	5	3	6	7	2	4
5	7	4	1	2	9	6	3	8
2	1	5	6	7	4	3	8	9
7	3	9	2	5	8	4	6	1
4	6	8	9	1	3	5	7	2

Sudoku #1100 (Medium)

1	7	8	3	6	4	9	5	2
3	5	9	7	8	2	4	6	1
2	4	6	5	1	9	3	7	8
7	1	2	4	3	8	5	9	6
9	8	4	6	7	5	1	2	3
5	6	3	2	9	1	8	4	7
4	3	5	1	2	6	7	8	9
8	2	1	9	5	7	6	3	4
6	9	7	8	4	3	2	1	5



45 or younger and have sex?

Get tested ► tpchd.org/std



Help **reduce syphilis** and get a **local grocery 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 this location to take our survey. We'll also offer syphilis testing.

Key Peninsula Community Services

September 11, 2024

10AM-NOON

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 local grocery gift card.

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

Questions?

Call us at (253) 649-1418.



Key Peninsula Community Services

VACCINE CLINIC

Let's Work **Together** To Keep Each Other Healthy

WEDS, SEPT 11 | AT 10AM - NOON

FLU, 2024-25 COVID-19

INSURANCE:

*Private, Medicare, Medicare Advantage,
Tricare, Kaiser*

*Bring your insurance card, ID card, and/or Medicare Care
and pay nothing!*

WALK UPS WELCOME!

17015 9th Street Ct NW
Lakebay, WA
253-884-4440

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
Robin Ripa	Kitchen Assistant
Judy Carter	Outreach Assistant
Natalie Loyd	Food Pantry Assistant
Carol McIntyre	Food Pantry Assistant
Lisa Steward	Food Pantry Assistant

Board of Directors:

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

Need a check-up?

Peninsula Community Health Services (PCHS) is a patient-centered medical home that has been serving the broader peninsula for nearly 40 years!

PCHS offers medical, dental, behavioral health, nutrition, pharmacy and support services.

MOBILE MEDICAL CLINIC
WED., SEPT 4TH | 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 Office: 360.377.3776
SHIBA Line: 360.475.3095
Website: pchweb.org

Scan for more info!

Have insurance questions?

INSURANCE NAVIGATORS
FRI., SEPT. 20TH | 11:30AM - 1:30PM

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.

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.

Easy Pickled Jalapeños

These quick pickled jalapeños are the perfect way to top all of your favorite foods, including nachos, sandwiches, pizza, chili, and more.

Prep Time	Cook Time	Marinate Time	Total Time
10 mins	2 mins	30 mins	42 mins

Course: condiment Cuisine: American

Total Cost: \$2.30 recipe / \$0.29 serving Servings: 8 (¼ cup each)

Author: [Beth - Budget Bytes](#)

Ingredients

- 1 lb. jalapeños \$1.49
- 2 cloves garlic \$0.16
- 1.5 cups white vinegar \$0.52
- 1/2 cup water \$0.00
- 1 Tbsp salt \$0.10
- 1 Tbsp [sugar](#) \$0.03

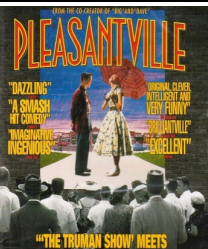
Instructions

1. Wash and slice the jalapeños. Peel the garlic.
2. Add the vinegar, water, salt, and sugar to a medium sauce pot. Bring the mixture up to a boil over medium-high heat, stirring to dissolve the salt and sugar.
3. Once the brine reaches a boil, add the jalapeños and garlic. Turn the heat off, place a lid on the pot, and let the peppers marinate in the brine for 30 minutes. Stir them occasionally to make sure they all spend adequate time under the brine. Replace the lid each time.
4. After marinating in the brine for 30 minutes the peppers will change from bright green to olive green. Transfer the peppers to a non-reactive (glass or plastic) air-tight container, then store in the refrigerator for up to two months.



What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat Sun
2 LABOR DAY NO SAIL	3 8:30 S.A.I.L 9:45 Tai Chi	4 9:30 Cards/Games 10:00 VA Help 1:00 PCH Mobile Clinic 4:00 S.A.I.L	5 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	6 12:30 Program Comm Scarecrow Contest	7/8 8:30 SAIL
9 4:00 S.A.I.L	10 8:30 S.A.I.L 9:45 Tai Chi 10:00 PLANT SWAP 10:00 Tacoma ProBono 12:15 Medicare Talk 12:30 Medicare Help	11 9:30 Cards/Games 10:00 Vaccine Clinic 10:00 Syphilis Testing 4:00 S.A.I.L	12 8:30 S.A.I.L 9:45 Tai Chi 11:00 Pierce County Social Services 1:00 Paint w/Teresa	13 10:00 FREE TABLES 12:30 MOVIE: PleasantVille	14/15 8:30 SAIL
16 4:00 S.A.I.L	17 8:30 S.A.I.L 9:45 Tai Chi 1:00 Scarecrow Group	18 9:30 Cards/Games 12:15 TALK: Wendy Moore, Eagle Quest Elem 12:30 Dining Committee 4:00 S.A.I.L	19 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	20 11:30 PCHS Medicare Help 11:30 Blood Pressure 11:30 Medicare Help 12:15 Birthday 12:30 Karaoke	21/22 8:30 SAIL
23 4:00 S.A.I.L	24 8:30 S.A.I.L 9:45 Tai Chi 9:30 TRIP with Jennifer 10:00 DSHS	25 9:00 TRIP: BJ's BINGO 9:30 Cards/Games 10:00 Foot Care 4:00 S.A.I.L	26 8:30 S.A.I.L 9:45 Tai Chi 12:00 POT LUCK	27 CLOSED for CLEANING	28/29 8:30 SAIL Farm Tour Rummage Sale Trip: Wildwood Hollow
30 4:00 S.A.I.L	01 8:30 S.A.I.L 9:45 Tai Chi	02 9:30 Cards/Games 4:00 S.A.I.L	03 8:30 S.A.I.L 9:45 Tai Chi	04	



Pleasantville

Two 1990s teenage siblings find themselves transported to a 1950s sitcom where their influence begins to profoundly change that colorless, complacent world.

1998 PG-13 2h 4 mins

Tobey Maguire, Jeff Daniels, Joan Allen



KP Farm TOUR 2024

September 28th and 29th
10AM – 4PM

Visit KPCS

gourmet harvest soups with vegetarian options,
crusty bread and dessert

Rummage Sale

Saturday only 10-4

From the Nav Room

By Brandon

I'm not ready for summer to be at an end but the days are getting shorter, and the temperatures are starting to dip. While the official first day of fall isn't until the twenty-second of the month, I can already sense the pumpkin spice starting to creep its way into everything.

We really appreciate everyone who attends meals, classes, and events here at our small Community Center! Donations do help in funding for the center but there's something that you can do that helps even more:

Sign in *EVERY* time you come into the center.

Whether you stop in just to say hello or you're here for a full day of activities, sign in on the computer at the front desk and select each activity you're attending. The "Socializing/Just Visiting" option counts towards our numbers of people who walk in the door every day.

**Just that one small step will help KPCS continue
the existing programs and expand as we grow together.**

-Brandon

Let's Talk Wellness: By Bobbi

Lessons with my visit: Taking Things for Granted

We often don't realize how much we take something, someplace, or someone for granted until something happens and we lose it - or them. Recently, this happened to me and the people who participate in my SAIL and Tai Chi classes. This is the first time since my working at KPCS that we have insufficient funding to continue at the same level through 2024. In other words, I have to cancel some of the usually scheduled classes. I certainly took for granted that things would go on as usual and so did my students. It wasn't a bad thing. We were used to having it. We thought it would always be there.

Before I proceed, I would like to express my gratitude to Janice and Marion for their generous volunteer efforts. Thanks to their willingness to step in, we are able to minimize the number of cancelled classes during my absence.

Thanks to Willow Eaton's tireless efforts to procure the the needed funding, we have access to such things as the Food Pantry, Fitness Classes, hot nutritious meals, a meal delivery program, movies on the big screen, trips and fun activities. And so much more behind the

scenes, too. Thanks to her, and a generous grant from GH Rotary, we even have air conditioning! We sure took that for granted fast didn't we? We are very lucky to have someone of her experience and tenacity. Let's also not forget all of the other people who work and volunteer their time to make these programs successful and help so many people in our community.

So what can WE do to help? First, please donate to the Center as often as you can. KPCS is required to match a certain percentage of the funding through donations or fund raising. Also, participate and support the various fundraising events throughout the year.

And every now and then go up to one of the many people who help to keep this special place running and say "Thank You". Let them know how much we all appreciate their hard work.

With love and gratitude,

Bobbi

PS. My heartfelt thanks to all of my students who have brought me such support and laughter. You all mean the world to me!



Need a meal?
Know someone who does?
Ask about our meal free program.

HOME Food Pantry News by Brett Higgins Self Shopping is Coming!



Our appointment system is up and running! Our Self Shopping should be ready to start the 1st week of September.

Once you come in and we get your email address, we will send you a link to access the appointment schedule. You can also access the site by going to our website (yourkpcs.org) and clicking on the link. This will take you to the login.

Same day online appointment scheduling will end at 10AM, this will leave us slots for our walk-in customers.

Anyone can schedule an appointment in person for their

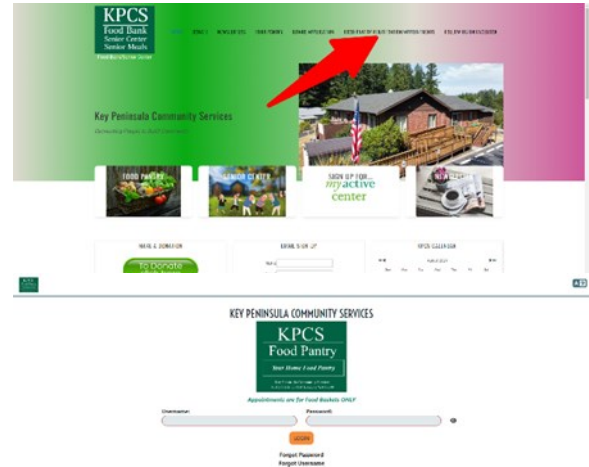
We ALWAYS have walk-in appointments available!

family/self. Sadly, our “Bread Closet”, as we all know it will no longer be. BUT, we are coming up with some creative ideas for its return with a different look.

We also want to welcome 2 new members to our Food Pantry staff: Carol McIntyre & Lisa Steward.

Carol will be our greeter. She will assist you with walk-up appointments when you arrive.

Lisa will be behind the scenes and out on our truck picking up food from local stores.



Meet Carol McIntyre. Carol has been a long time volunteer in our Food Pantry. She is joining our Staff Team as a Food Pantry Assistant, helping you sign up for appointments and making sure you have everything you need.



Meet Lisa Steward. Lisa will be working mostly behind the scenes, making the runs to pick up food, stocking shelves, managing inventory to keep things running smoothly.



Judy Moves to Housing & Homeless

Hi, my name is Judy Carter. I am the new Outreach Assistant for KPCS.

I will be working closely with people experiencing homelessness living in rural areas of the Key Peninsula. It is my goal to help to bridge the gap and raise awareness of existing services.

I have a new office upstairs, please feel free to come at talk with me. I am very excited for this great opportunity.





Our next visit to Key Peninsula/Gig Harbor will be Tuesday, September 10. We'll be at KPCS 10-noon, The Mustard Seed Project of Key Peninsula in Key Center from 1-3 p.m. and Gig Harbor City Hall from 4-6 p.m. The following week, we'll be at Gig Harbor City Hall from 10-noon on Monday, September 16.

Did you know...THERE ARE FREE INTERACTIVE ONLINE LEGAL FORMS AVAILABLE TO YOU, AND THEY CAN MAKE ALL THE DIFFERENCE!

As anyone who has faced a common civil legal issue knows (and who hasn't!), it can be very confusing to find the legal forms you need when you need them. And even more daunting to be sure you're filling them out correctly if you can't afford an attorney (or can't get to one of our Legal Aid Pop-Ups or otherwise contact our program in time to get help).

Fortunately we have a great resource in our state called **washingtonlawhelp.org!** This site provides access to a variety of interactive forms that can help you take care of many basic legal needs. Use this link for more information, a video, and links to these forms:

<https://www.washingtonlawhelp.org/resource/washington-forms-online>

The basic idea is that you type in the answers to questions posed by the software one at a time, and the online software compiles the information and completes the form for you so it's ready to print. You can use these forms to ask the court to waive your filing fee, file for divorce, respond to a divorce, enter a notice of appearance in an eviction case, respond to a lawsuit for debt collection, get a power of attorney and much more – and be sure you're getting it done right. If you don't have access to a computer and printer at home, the library is a great place to go to get help with this process.

Washingtonlawhelp.org does even more than provide access to Washington Forms Online – there are also hundreds of printable forms you can fill in by hand, packets of forms that go together with easy to understand instructions, and more. It's a great service developed and maintained by our legal aid partner Northwest Justice Project – explore it to learn more.

Remember –

In addition to our 2nd Tuesday and 3rd Monday on the Peninsula, we have a 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. As always, 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 in person at our downtown Tacoma offices, Monday-Thursday 1-3 p.m

