



Resilience: The Art of Bouncing Back"

Life is full of ups and downs, and sometimes it can feel like we're constantly being knocked down by challenges and setbacks. But what separates those who thrive from those who struggle is the ability to bounce back - to be resilient in the face of adversity.

Resilience isn't something we're born with - it's a skill that can be learned and honed over time. It's about cultivating a mindset that allows us to adapt and persevere, even when things get tough.

One key aspect of resilience is emotional agility - the ability to recognize and manage our emotions in a constructive way. This means acknowledging our feelings without letting them control us, and using them as fuel to move forward.

Another crucial aspect is mindset - shifting from a fixed mindset to a growth mindset. Instead of seeing challenges as threats, we can view them as opportunities to learn and grow.

But resilience isn't just about mindset - it's also about action. Taking steps to build our physical and emotional resilience can help us weather life's storms with greater ease.

Some strategies for building resilience include:

- ☺ **Cultivating strong social connections.** Having a support network can help us through tough times
- ☺ **Volunteering.** Serving others can help us cultivate gratitude and sense of purpose, which can boost our resilience and overall well being.
- ☺ **Practicing self-care.** Take care of our physical and mental health can boost our overall resilience
- ☺ **Learning stress management techniques.** Deep breathing, meditation, and other stress-reducing practices can help us cope with stressors.
- ☺ **Seeking professional help when needed.** Therapy or counseling can provide additional support and guidance.

Resilience isn't a destination we reach - it's a journey we take every day. By cultivating a resilient mindset and taking steps to strengthen our physical and emotional well-being, we can learn to weather any storm and come out stronger on the other side.



*Life is a never-ending game of "don't let go".
And sometimes all we can do is hope our nails don't give out.*

Join us for a Spooktacular new tradition!
Hand out treats with KPCS this Halloween 4-7PM

Continuing the Conversation: The Housing and Homeless Coalition's Ongoing Series Debunking Myths about Homelessness.

All Homeless people are drug addicts or alcoholics.

This statement is **false!**

While many people assume that if someone is experiencing homelessness, they are substance abusers, the local research shows that this not true.

The 2024 Pierce County Point-in-Time count of individuals experiencing homelessness shows that only 26% self-report a substance abuse issue. That is approximately a quarter of those identified as being homeless. While drug and alcohol abuse can certainly contribute to homelessness, it alone is not a determining factor.

What other personal factors are impacting our friends and neighbors who are living without appropriate housing?

According to the PIT count, 25% of individuals experiencing homelessness reported significant health issues, while 20% self-reported mental health conditions. Additionally, the count indicated that 22% had physical disabilities and 8% had developmental disabilities.

It's important to recognize that the personal circumstances of those experiencing homelessness are unique to each individual, and may not necessarily be a direct result of their housing situation. Factors such as health issues,

mental health conditions, and disabilities can all play a role in contributing to homelessness, and it's essential to approach each person's situation with empathy and understanding.

What are the conditions in our community that are factors in homelessness? Next month, we will once again take a look at the 2024 PIT Count to find the issues within our community, our county and our state that are fueling the increase in homelessness on the Key Peninsula and throughout Pierce County.

The Gig Harbor/Key Peninsula Housing and Homelessness Coalition appreciates your assistance in dispelling the myths about homelessness. And a big thanks to KPCS for working to develop solutions to address the needs of our friends and neighbors.

Bob Volbracht

Chris Morris

Gig Harbor Key Peninsula Housing & Homeless Coalition
Co-Chairs



Need a check-up?



MOBILE MEDICAL CLINIC
WED., OCT 2ND | 1PM - 3PM

Their mobile team offers a wide range of primary care services including:

- o Basic office visits
- o Diagnostic studies (labs, etc.)
- o Referrals when appropriate



Peninsula Community
Health Services

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.

PCHS Office

360.377.3776

SHIBA Line

360.475.3095

Website

pchswb.org

Scan for more info!



Have insurance questions?



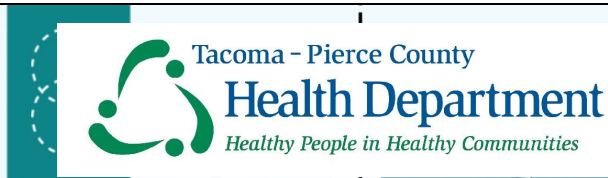
INSURANCE NAVIGATORS

FRI., OCT 18TH | 11:30AM - 1:30PM

PCHS has free & confidential sessions with certified Navigators.

Their team can help with:

- o Medicare (SHIBA)
- o Medicaid (HealthplanFinder)
- o Sliding-scale system for those paying out-of-pocket.



CLEAN WATER: DID YOU KNOW

100 Gallons

The average American uses 100 gallons of water per day at home

Learn how Pierce County Keeps your water safe

Tuesday, November 5th, 12:15

Public forum at 1:00



Pierce County Health Department Environmental Health Presentation & Forum

A look at what we do

Environmental Health Division helps our communities become healthier places to live, learn, work, and play.

Our program:

- **Water Quality**—Drinking water, groundwater, surface water, shellfish, and septic systems.

PCHD Environmental Health ensures the safety and health of Pierce County residents through ongoing monitoring, surveillance, enforcement, education about the environment, and chronic disease prevention. Investigates environmental issues related to ground and surface water, septic systems and hazardous/infectious waste.

Tuesday, November 5th, 12:15
Public Forum 1:00



Jimmy Carter turned 100 years old October 1st. Let's celebrate his birthday with this fascinating look at his

presidency.

This rockumentary-style presidential portrait shows how Jimmy Carter reinvigorated a post-Watergate America-with the music of the counterculture, including the Allman Brothers, Bob Dylan, Willie Nelson, and Jimmy Buffett. Low on campaign funds and lacking in name recognition, Carter relied on support from these artists to give him a crucial boost in the Democratic primaries. Once Carter was elected, the musicians became frequent guests in the White House.

Friday, October 11th

12:30





Pumpkin Snickerdoodles

- Level: Easy
- Total: 1 hr 45 min (includes cooling and chilling times)
- Active: 30 min
- Yield: about 30 cookies

Nutritional Analysis	Per Serving
Serving Size	1 of 30 servings
Calories	127
Total Fat	7 g
Saturated Fat	4 g
Carbohydrates	16 g
Dietary Fiber	0 g
Sugar	9 g
Protein	1 g
Cholesterol	29 mg
Sodium	77 mg

2 cups all-purpose flour (see Cook's Note)
1 teaspoon kosher salt
1 teaspoon pumpkin pie spice
3/4 teaspoon baking soda
1/2 teaspoon cream of tartar
2 sticks (1 cup) unsalted butter, melted and cooled slightly
1 cup packed light brown sugar
2 large eggs, at room temperature
1/2 cup pure pumpkin puree
1 tablespoon vanilla bean paste
Coating:
1/4 cup granulated sugar
2 teaspoons pumpkin pie spice

- For the dough: Line 3 rimmed baking sheets with parchment.
- Whisk the flour, salt, pumpkin pie spice, baking soda and cream of tartar in a medium bowl. Set aside.
- Whisk the butter and brown sugar in a large bowl until well combined. Add the eggs 1 at a time, mixing until just incorporated. Whisk in the pumpkin puree and vanilla. Scrape down the sides of the bowl with a rubber spatula. Add the flour mixture and fold with a spatula until just combined (the dough should be soft and sticky).
- Scoop 1 1/2 tablespoon-size balls of dough onto the prepared baking sheets, about 10 per sheet. Refrigerate until firm and just chilled through, about 30 minutes.
- Position an oven rack in the center of the oven and preheat to 375 degrees F.
- For the coating: Whisk the granulated sugar and pumpkin pie spice in a medium bowl.
- Roll the dough balls in the coating, making sure they're fully and generously coated. Place the dough balls about 2 inches apart on the prepared baking sheets.
- Bake 1 baking sheet at a time until the cookies have puffed slightly and are golden brown and set at the edges, about 12 minutes. Cool 10 minutes on the baking sheets, then transfer to a wire rack to cool completely. Store in an airtight container for up to 3 days.



From the Crew's Quarters

From the desk of Office Manager, Peggy

It is the 3rd week of September, and I noticed last night the coolness of the air in the house. The Harvest moon was supposed to be last night and I was not able to see it as it was a bit cloudy. I had been wearing summer clothes and then the next day, fall clothes. Today is fall clothes with sandals!

This is my favorite time of year. Oranges, browns, and yellows are not my favorite colors, but I love them now! It is a letdown time for me and a beginning of slowing down for the winter and that final cleanup before winter. I put my gardens to bed, put items to winterize in the greenhouse, begin to wear warmer sweaters and move the wood that has been drying outside in the woodshed.

I happen to live on a cove off Case Inlet and the winter ducks have started to come in. The Cormorants are

seen in my cove at this time of year along with the outgoing Buffleheads. The larger winter ducks are coming in and will be soon doing their formation marches back and forth. As the water cools, I will take my last swim and walks in the bay. My record for last swim is October 25th and I don't believe it will break that record this year.

This time of year at the Center, we have the return of many clients who have not visited very much over the summer. We will be closing down and cleaning out our vegetable garden. Senior Center activities will move inside.

Be careful as Covid is on the rise and make sure to wear your mask if you choose to use extra protection for yourself and others.

Take care and ahoy matey!

Peggy



From the FREE Clothing Bank

Welcome to the ever-changing room.

Several times a week, I come in and discover boxes or sacks waiting for me. Sometimes people have hung items up to try to help, so every week, I check through the items to clear out the hangers and review any items that are hanging up.

I like to check things over before they are hung, as we don't want things with holes, paint, stains, or other issues. Sometimes they smell of perfume, some may be slightly dirty but washable, and may be wrinkled. I prefer to be able to hang clean clothes and things that look well cared for, but that does not always happen.

We really appreciate the donations you are bringing and are happy to help if you choose some clothes for yourself. We do not keep children's clothes, with the exception of the size large that is not obviously

children's with Batman on the front, which may fit an extra small adult.

Some weeks, I go through and make sure the sizes are together. The clothes get moved around and are sometimes hanging backwards. Try to pay attention to the way they are hung when you hang things back up. Anything you drop on the floor, please pick up and rehang or set on the table.

I hope to bring in some winter coats by the end of September or early October. Keep in mind, these clothes are for the community, so if you would like a couple of items, that is wonderful. Please limit your items to no more than 5 or 6 different items, such as a coat, a couple of pairs of pants, and a couple of shirts.

Thank you for your help by donating and telling your friends about it.

Peggy

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

October


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

**60 — : Required
\$5 EACH**

Tue	Wed	Thu	Fri
1 Sloppy Joes Sw Pot fries Peas Fruit, Dessert	2 Chinese chicken salad Veggie soup Fr. bread Fruit, Dessert	3 Veggie juice Blueberry pan- cakes, Sausage Scram. Eggs Applesauce	4 Shrimp Alfredo Mixed veggies Fruit Dessert
8 Grilled cheese Tomato soup Coleslaw Fruit, Dessert	9 Beef lasagna Spinach salad Fruit, Dessert	10 Sweet & sour Chicken Green salad Rice, Fruit Dessert	11 Mac & cheese with ham Green beans Fruit, Dessert
15 Tuna sandwich Veggie soup Fruit, Dessert	16 Meatballs, gravy and rice Appleslaw Fruit, Dessert	17 Zucchini pizza casserole Green salad Fruit, Dessert	18 Chicken & Noodles Mixed veggies Fruit, Dessert
22 Pork stir fry Fruit Dessert	23 Seafood chowder Biscuits Fruit, Dessert	24 Veggie chili Cornbread Apple slices Dessert	25 Meatloaf Mashed pots. Gravy, Roll Broccoli Fruit, Dessert
29 Chicken pot pie Broccoli Fruit, Dessert	30 Pork chops Scalloped pots Steamed carrots Roll, Fruit Dessert	31 Halloween 	

What's Happening This Month?



Mon	Tue	Wed	Thu	Fri	Sat Sun
	1 8:30 S.A.I.L 9:45 Tai Chi	2 9:30 Cards/Games 10:30 VA Help 1:00 PCH Mobile Clinic 4:00 S.A.I.L	3 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	4 12:30 SC Program Comm.	5/6 8:30 SAIL
7 4:00 S.A.I.L	8 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono 12:15 Medicare Talk 12:30 Medicare Help	9 9:30 Cards/Games 4:00 S.A.I.L	10 8:30 S.A.I.L 9:45 Tai Chi 11:00 Pierce County Social Services 1:00 Paint w/Teresa	11 12:30 MOVIE: Jimmy Carter: Rock & Roll President	12/13 8:30 SAIL
14 4:00 S.A.I.L	15 8:30 S.A.I.L 9:45 Tai Chi 10:00 TRIP: Visit w/ Sharon & Lunch	16 9:30 Cards/Games 4:00 S.A.I.L	17 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	18 11:30 PCHS Medicare Help 11:30 Blood Pressure 11:30 Medicare Help 12:15 Birthday 12:30 Karaoke	19/20 8:30 SAIL
21 4:00 S.A.I.L	22 8:30 S.A.I.L 9:45 Tai Chi 10:00 TRIP: Hunter Farms Pumpkin Patch	23 9:30 Cards/Games 4:00 S.A.I.L	24 8:30 S.A.I.L 9:45 Tai Chi 1:00 Paint Pumpkins	25 12:00 Halloween Party! Wear your costume Live music! 	26/27 8:30 SAIL
28 4:00 S.A.I.L	29 8:30 S.A.I.L 9:45 Tai Chi 9:30 TRIP with Jennifer	30 9:30 Cards/Games 10:00 TRIP: Little Creek Casino 4:00 S.A.I.L	31 8:30 S.A.I.L 9:45 Tai Chi 12:00 POT LUCK Trick or Treat 4-7PM	Nov 1 Art Exhibit at Key Center Library All month	



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

**Have an Instapot or Pressure
Cooker collecting dust in your
kitchen? Donate to us to help cut
prep time and expand our menu!
We'll put it to good use and you'll
have more storage space.
Win-win!**





Vivian gets her vaccine!

Vivian's putting on a brave face and setting an example for the community by getting vaccinated.

Thanks to KPCS, TPCHD, and Purdy Costless for bringing vaccines to the KP, and to Vivian for her courage in helping keep us all safe!



Let's Talk Wellness: By Bobbi

Lessons with my visit: A Change of Routine

I took a vacation last week!

My best friend flew in from Illinois and we headed straight to Copalis Beach for a couple of nights with my two dogs. Iron Springs Resort is all about dog and people hospitality.

The best part for my dogs was their freedom! They got to run totally free on the beach for as long as they wanted. No leash, no "stay here" no "come here".

My younger dog Shy-Ann was in pure bliss and she literally ran non stop the whole time she was on the beach. Everything was an adventure to pursue. She jumped about like a pogo stick in beach grasses and through the creek and back again.

As for us humans, we found joy in all of our surroundings from the cabin to breathing in the ocean breezes. We were out of our usual routines and playing like the kids we once were. And just as important, experiencing precious moments of quiet surrender to something larger and more profound than ourselves.

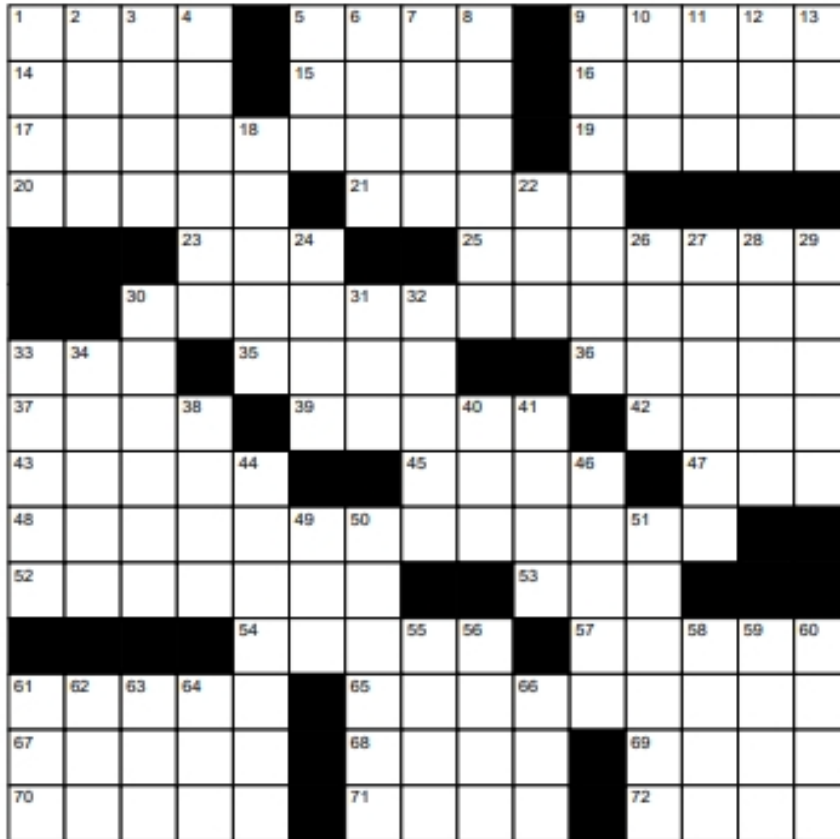
Routines are important. We know what to expect and don't need to fear the unknown. It lets us function comfortably and reliably. Yet, getting out into the



world and exploring the unknown is just as important as it keeps our minds learning and our bodies moving. It doesn't mean you have to go to exotic new places all of the time. I am working on saying "yes" to new experiences. I have met new people and tried a variety of new things from joining a book club to Contra Dancing to kayaking and to meeting old friends for lunch at a new restaurant.

And yet, as many of you may notice, I am one of those people who absolutely loves her daily and weekly routines. So much so, it does take my best friend coming out annually to gently nudge me into doing something really different. They say variety is the spice of life. I can attest to that! But now, its back to my classes!
With love,
Bobbi

Crossword #Q4B2B2W9



Across

1. Manipulative sort
5. Little Jack Horner's find
9. Yawning
14. Answer to "Who did it?"
15. Burkina ____ (Ouagadougou's country)
16. "Designing Women" costar Annie
17. Sheldon or Leonard on "The Big Bang Theory"
19. Some German cars
20. Humorous
21. Wryly amusing
23. Circus safeguard
25. Charles's older son
30. In a shameful way
33. Lawyer's letters
35. "____ Fire" (Springsteen tune)
36. Apple instant-messaging program
37. Workout targets
39. Loud noises
42. Poison ivy result

43. Signs of things to come
45. Meow Mix rival
47. Soviet rifles, for short
48. Hackman/Eastwood film of 1997
52. More sharply dressed
53. Flit about aimlessly
54. Evening up, as a score
57. Combine
61. "____ Takes a Holiday" (1934 film)
65. Sure-fire
67. Inappropriate
68. Guitar's predecessor
69. Singer Meat ____
70. More unusual
71. Those, in Spanish
72. Paramedics, briefly

Down

1. Like "Oriental" or "colored"
2. Manhattan neighborhood
3. Word hist.
4. Greeting the day
5. Lowly mil. rank
6. ____ an egg (bombed)
7. Stalin's land
8. Detroit
9. Early space mission
10. Elephant party
11. Chowd down
12. Tammy Faye's old org.
13. Winding curve
18. Ancient Celtic tribe of England
22. IV x XIII
24. Mummy's home
26. ____ Baines Johnson
27. Beatty bomb of '87
28. Alas and ____
29. Misconceptions
30. Brightness measurement
31. Extinct bird of New Zealand
32. Concave bellybutton
33. Big name in online mortgages
34. Bossa nova cousin
38. Rotten little kid
40. Unbridged area
41. Pollution product
44. Slide, like a snake
46. Home for Walt Kelly's Pogo
49. Driver's one-eighty
50. Insignificant thing
51. Gertrude who was the first woman to swim the English Channel
55. We, in Chamonix
56. Wild ruminant?
58. Bed or bath follower
59. Kid's parent
60. Bad grades
61. Couple
62. Terminate
63. Say further
64. Weekday abbr.
66. Paul of guitars



Key Pen Parks Wants To Hear From You About Improving Our Parks!

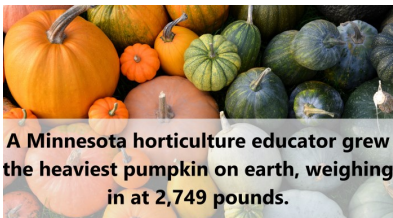


Key Pen Parks is developing a Capital Facilities Plan that will assess our current parks, identify opportunities for improvements, and ensure that our community's needs are met for years to come. We need your input!



Scan the QR code to the left to **take the survey!**

www.surveymonkey.com/r/KeyPenParks



A Minnesota horticulture educator grew the heaviest pumpkin on earth, weighing in at 2,749 pounds.

Native Americans cultivated and ate pumpkins long before Pilgrims landed in North America. Pilgrims learned how to grow the fruit from the Native Americans.



Teresa shows off her pumpkins.

Thanks to the loving care of a handful of volunteers, but mostly Teresa and Mike, our garden produces over **1,400 pounds of produce** for the Food Pantry and Senior Meals this season!

This weight does not include the giant pumpkin that we haven't weighed because it will take the entire team!

Thank you, Teresa, for everything you do to make KPCS such a special place!

Guess the weight of the giant pumpkin.
You may win a prize

HOME Food Pantry News by Brett Higgins

Self Shopping is Here!

By Brett



We are off and running with our Self-Shopping model!

This, at least so-far, has been a great success. Our clients appreciate the ability to choose from a variety of products that suit their families' preferences. Meanwhile, our volunteers are enjoying the opportunity to engage with customers and learn more about their favorite items.

When a customer arrives for their appointment (or walks-in to make an appointment) they will be checked in and a volunteer will be assigned to them. Customers can then select from a range of products displayed in the main lobby, such as dairy, eggs, and fresh produce. Additional options like frozen meats, produce, and canned goods are available outside.

We really hope everyone is enjoying the new layout. We understand there are still a few “holes” in the system, and we are working daily to fill them.

We do still have breads and other products available outside for distribution to those who want them.

Hint: We have noticed in our 1st 2 weeks of this system, most online appointments are made for the morning period leaving the afternoons open for walk-ins.



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	
Mike Fay	

Did you know?

We offer at least three trips per month, but often have empty seats. You don't need to be a senior to fill them! If you're under 60, join us for just \$3.00 per trip (unless otherwise specified) when space is available.

Join the fun and leave the driving to us!

HHP (Housing and Homelessness Program)

By Judy HHP Outreach Assistant

We are making progress with our Housing and Homelessness Program (HHP).

I've been fostering strong relationships with clients who require assistance, while simultaneously networking with various organizations and establishing local partnerships.

These connections enable us to identify and access valuable resources throughout the Key Peninsula, ultimately benefiting our clients and their specific needs.

If you or someone you know is currently unhoused, please don't hesitate to stop by and make an appointment to see me. I'm here to help, and together we can explore available resources and find a suitable solution.



Our next visit to Key Peninsula/Gig Harbor will be Tuesday, October 9. 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. On Monday, October 21, we'll also be at Gig Harbor City Hall from 10-noon. We've been busy at all these locations lately, so please arrive early if you can! All pop-ups are first-come, first-served and we want to have time to talk with everyone.

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

Unemployment Law Project

Were you denied unemployment benefits? Have you tried to appeal?

Get free legal help at the Unemployment Law Project

The Unemployment Law Project (ULP) provides **free legal advice and representation at hearings** for people in Washington whose unemployment benefits have been denied or challenged.

ULP may be able to help you better if you contact them early in your appeal process so

Contact ULP today!

Seattle (206) 441 - 9178 Spokane (509) 624 - 9178
 toll free (888) 441 - 9178 toll free (800) 940 - 9178



unemploymentlawproject.org/telephone-helpline

Believe it or not, there are some things our program can't help with!

.....and one of those things is unemployment benefits. If you lose your job, getting unemployment can be critical to staying housed and healthy. If you're denied, you have the right to appeal, but representing yourself in a hearing can be daunting – the good news is, the UNEMPLOYMENT LAW PROJECT is here to help! They are the real deal and they get results. Check out their website and don't hesitate to contact them early in the process if you need legal help.

And for all the things we can help with --- housing, family law ,wills and estates, guardianships, consumer issues, etc., please contact us!

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.tacomaprobano.org and they are a good alternative point of contact for our program, especially since we do not require screening or eligibility to provide help and resources.

COMPLETE YOUR ONLINE INTAKE NOW!



scan to go directly to our online intake form

