

KPCS

Food Bank
Senior Center
Senior Meals

17015 9th Street Ct NW
PO Box 392
Lakebay, WA 98349



A Note from the Executive Director By Willow Eaton



As the leaves turn golden and the air grows crisp, I feel drawn to reflect and express gratitude for all that I have. This is the season to focus on the abundance in my life and the beauty of my existence.

Every day, I'm lucky enough to work alongside an incredible team of people who are passionate about making a difference. Together, we're supporting and empowering individuals to live their best lives, and it's a privilege to be a part of that mission. The satisfaction that comes from knowing we're contributing to something meaningful is a true blessing.

Our clients and participants are the heart and soul of our work. I am fortunate to have the opportunity to connect with such an incredible group of individuals.

They challenge me, motivate me, and make me laugh on a daily basis. I am grateful for every moment spent working with them, and I feel privileged to be a part of their journey. They bring a unique perspective and energy to the table, and their courage, resilience, and determination inspire me every day.

My interactions with our clients are often filled with lighthearted moments, and their laughter and smiles are infectious. I don't just work with them; I learn from them and grow alongside them. They are more than clients - they are my community and my family.

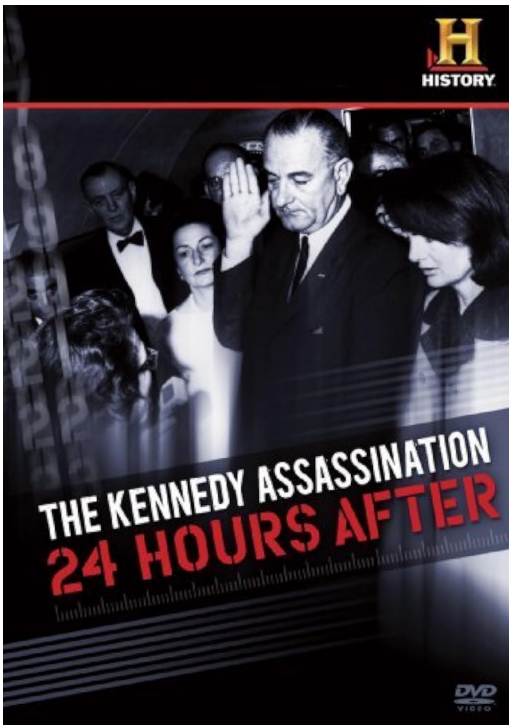
In a world that can often feel chaotic and uncertain, the work that we do together provides a sense of purpose, connection, and hope. It's a reminder that, despite our differences, we are all human, and we all have the capacity to impact each other's lives in meaningful ways. Together, we are creating a ripple effect of positivity that extends far beyond the walls of our organization.

Happy Holidays

KPCS will be closed

Thursday & Friday, November 23 & 24

So our staff can spend the holidays with their loved ones



Wednesday, November 22

12:30 PM

Sixty years ago, November 22, 1963 shortly after noon, crowds of excited people lined the streets of Dealey Plaza and waved to the car carrying John F. Kennedy and his wife Jackie. The car turned off Main Street at Dealey Plaza around 12:30 p.m. As it was passing the Texas School Book Depository, gunfire suddenly reverberated in the plaza. President John F. Kennedy was assassinated as he rode in the motorcade in downtown Dallas, Texas.

24 Hours After: The JFK Assassination will unpack this unforgettable incident with unprecedented detail. A behind-the-scenes look at November 22, 1963 from the unique perspective of Lyndon Johnson. On his pivotal first day as President, Lyndon Johnson is put to the test as he contends with the jarring transfer of political power and the daunting challenge of securing the trust of a devastated nation. From new details about when JFK really died, to the truth behind LBJ's Oath of Office photo on Air Force One, this special uncovers an unfamiliar story born out of one of the most crucial days in American history.



From the Navigation Room

November usually announces itself with colder weather and often we had at least a soft frost. Our gardens should be winterized, the summer furniture is now in hibernation, and we are beginning winter events like Winter Warm Up at the Civic Center, Winterfest at Peninsula High School, Tidefest at Gig Harbor High School, and our own Fall Food Drive for the Food Pantry.

Make sure you read the whole newsletter. Teresa has really ramped up on the activities; shopping, field trips, swimming, lots of things to do and places to go. Check it out!

We have purged some books from the Library (Stern), and received some donations, so come see what is new!

JoAnn Monson donated a Singer Sewing machine along with some fabric. Willow donated a Singer Serger along with some thread. I will be starting on a sewing project this month to test both the sewing machine and the Serger. Do you have some material that you won't be using, and you would like to donate? Please contact Peggy.

Don't forget to tell us if you have a food allergy. Our Chef takes that into consideration when she is preparing the meal. Don't like barbeque sauce, ask us to put it on the side or leave it off completely.

Take care and ahoy mate!

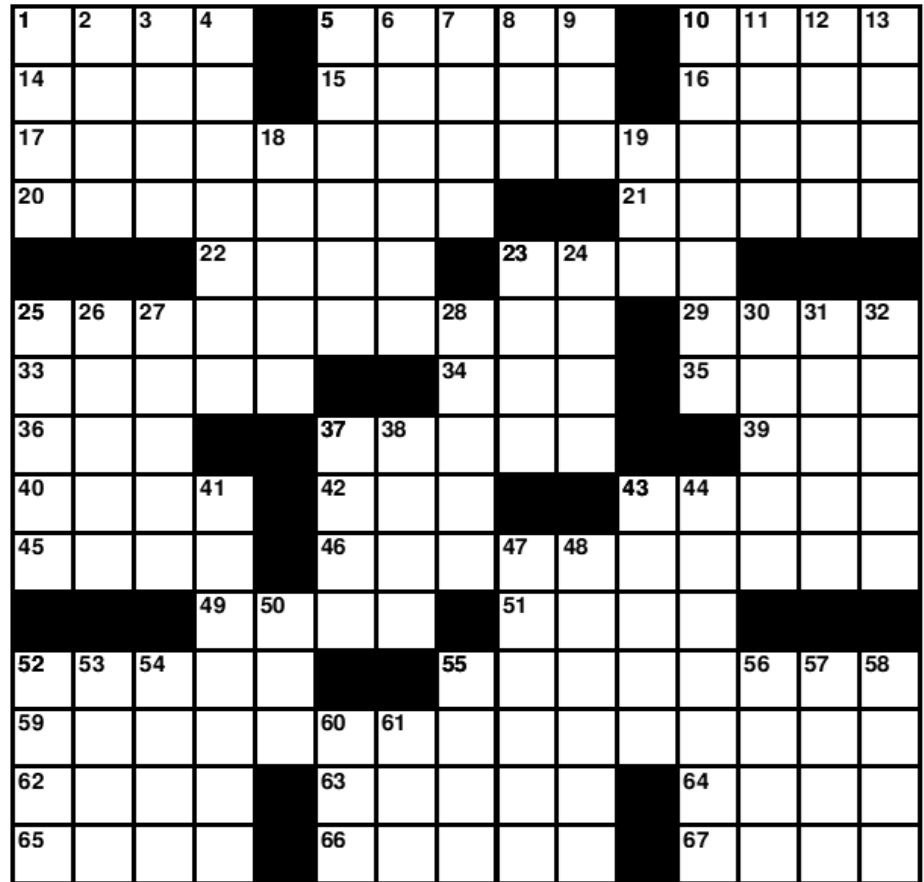
Peggy

After the Fall

Robert Stockton

Across

1. Dubai denizen
5. Begged for Bengay
10. Bog down
14. Jazzy Horne
15. Gusts of sound
16. Sounds of disgust
17. *
20. Leaving a mark?
21. First name in talk
22. Ten: Prefix
23. Farrier's fabrication
25. *
29. Sarah Palin's youngest
33. Eroded
34. Langley, VA org.
35. Adam's third
36. Orr's org.
37. Answer for the clues in 17, 25, 46, and 59 across



© 2008

39. Padre's hermano
40. Sweet beginning
42. Lord's Prayer opener
43. Gulls' kin
45. Air___: Florida-based carrier
46. *
49. Potter's oven
51. "Who knows what ___ lurks..."
52. Not subject to conjecture
55. Kind of stand
59. *
62. Kind of rel.
63. Where comics might fall
64. Common order, with "the"
65. Hammer or sickle
66. Actress Rene of "Ransom"

67. Glimpse

Down

1. Pennies for the poor
2. Jackie Wilson hit -- "___ Petite"
3. "I" in "The King and I"
4. "I wouldn't advise it!"
5. Sunflower relative with healing properties
6. French brandy
7. Big bass, slangily
8. Elizabethan or Victorian
9. High-speed WWW access
10. Jim Henson's menagerie
11. Stravinsky or

12. 'Cheers' costar Perlman
13. Bk. before Job
18. Kryptonian, in a way
19. Elton's john
23. Follows behind the boat
24. It's packed by gangsters
25. Art able to
26. "None of the above!"
27. Scooby's spectacled sidekick
28. Once and future oak
30. Old, but new again
31. Turner autobiography
32. Questionable radar return
37. Barnyard birds
38. Bring to naught

41. Old school desk accessory
43. Singer Lopez
44. Moon shadow?
47. Fundamental beliefs
48. "In spite of that..."
50. Mich. neighbor
52. Make socks, maybe
53. Taboo
54. Sergeant Snorkel's sidekick
55. Bears of Barcelona
56. Transcript figs.
57. Traditional source for paper or rope
58. Deuce follower
60. "All Things Considered" ainer
61. Sch. founded by a televangelist

Let's Talk Wellness: By Bobbi Lessons from my First Visit with Medicare

Welcome to my first experience using my brand new Medicare card. A right of passage for all of us who turn 65 years of age. Right? I must admit in some ways I am still suffering a tiny bit of PTSD or at least received a shot of a new reality. And to be honest, I'm not sure I like it all that much.



So what happened? I had my first Medicare Wellness Exam. It included a one time eye test where the technician told me to cover one eye and pick the line that I was sure to make NO mistakes on and recite the letters to her. Talk about test anxiety. I didn't have my distance glasses with me because I only drive in them. I failed it miserably to say the least. By the time I changed eyes and was sweating I could only see the top line with the one letter of E confidently. At least, I think it was an E.

Then came the memory test (3 words I will never forget ... Daughter, Ocean, and Mountain) It's amazing how stressed you can get when you think your memory may fail you over three little words. I

am still making sure I remember those three little words. Then, I had to draw the big hand and little hand of a clock at 2:30. I know a few Gen Z people who wouldn't pass that test. The strange part was I almost second guessed myself. Next came the questionnaire asking about any depression, thoughts of suicide, poor sleep patterns, eating issues and loneliness. Oh, and did I say a memory question?



So what was my lesson? First, a reality check of what to expect whenever I go to my doctor in the future. Apparently, the questions keep on coming. Except for the eye test. That was a one time thing.

There is basis for these questions as we age to be sure. But, does that mean I am going to get these "old people" ailments? I hope not. The question I will ask instead is, what can I do to find a way to help ensure that I walk gracefully into my old age? So, in the upcoming months, I would like to explore some of the many ways to help us ensure a better chance that we can breeze through our next Medicare Exam and enjoy health and wellbeing until death do us part.

Bobbi

PS. Daughter, Ocean, Mountain

BE HEARD



Every three years, Community Action Programs through Pierce County Human Services and the Metropolitan Development Council conduct a comprehensive assessment to

identify strengths, barriers, and resources in the community to better serve children, youth, families and seniors. Your feedback on this anonymous survey is important. www.piercecountywa.gov/CNA

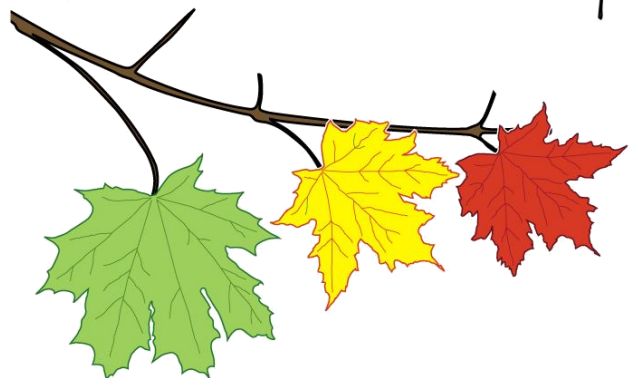
If you need assistance, please stop in and we can help you fill out the survey online.

This is a great opportunity to be heard! Many express a need for transportation off the Peninsula. Now is your chance to tell the people who took the service away how much you miss it.

Changing colors

Weather plays a minor role in fall foliage. Lack of light is the main reason leaves change. What happens:

Example shown is a maple tree:



- 1. Chlorophyll makes leaves green,** absorbs sunlight and water to feed trees glucose.
- 2. Trees stop producing chlorophyll as days shorten,** exposing yellow and orange pigments.
- 3. Veins connecting leaves to trees start to close,** trapping sugar in some leaves and creating brilliant reds.

SOURCES:


USDA Forest Service; sciencemadesimple.com; Environmental Information Service; todayifoundout.com

Please call
ahead to
reserve your
meal




60+: Suggested
\$3 EACH

60 — : Required
\$5 EACH

Tue	Wed	Thu	Fri
	<p>1</p> <p>Beef Enchilada Broccoli Spanish Rice Mandarin Oranges Sherbet</p>	<p>2</p> <p>Sloppy Joes Cole Slaw Mixed Fruit Peach Cobbler</p>	<p>3</p> <p>Chicken Chow Mein w/ Noodles Veggie Egg Rolls Pineapple Dessert</p>
<p>7</p> <p>Chef's Salad Green Beans Mixed Fruit Roll Dessert</p>	<p>8</p> <p>Creamy Tuna on Toast Carrots Fruit Dessert</p>	<p>9</p> <p>French Dip French Fries Caesar Salad Fruit Dessert</p>	<p>10</p> <p>Spaghetti w/ meat sauce Green Salad Peaches Garlic Bread Dessert</p>
<p>14</p> <p>Tuna Casserole Spinach Salad Fruit Apple Pie</p>	<p>15</p> <p>Chicken & Dumplings Mixed Veggies Mixed Fruit Peach Cobbler</p>	<p>16</p> <p>Stuffed Green Peppers Brussel Sprouts Pears Dessert</p>	<p>17 Birthday Meal</p> <p>Meatloaf, Gravy Mashed Potatoes Mixed Veggies Fruit Roll Dessert</p>
<p>21</p> <p>Mac & Cheese w/ Ham Broccoli Grapes Dessert</p>	<p>22</p> <p>Turkey <small>THANKSGIVING dinner</small> Mashed Potatoes & Gravy Stuffing Green Beans & Onions Sweet Potato Cranberry Sauce Roll Pumpkin Pie</p>	<p>23 CLOSED</p> 	<p>24</p> 
<p>28</p> <p>Chili w/ Beef Broccoli Cornbread Mixed Fruit Brownie</p>	<p>29</p> <p>Hearty Beef Stew Biscuit Pears Dessert</p>	<p>30</p> 	<p>NOVEMBER BIRTH FLOWER <i>Chrysanthemum</i></p>  <ul style="list-style-type: none">  LOYALTY  JOY  LONGEVITY

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Cards/Games 11:30 Vets Assistance 12:15 Vet Assistance Talk 1:00 PCHS Mobile 4:00 S.A.I.L	2 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	3 12:30 Program Comm.	4 8:30 S.A.I.L
6 4:00 S.A.I.L	7 8:30 S.A.I.L 9:45 Tai Chi	8 9:30 Cards/Games 4:00 S.A.I.L	9 8:30 S.A.I.L 9:45 Tai Chi	10 10:00 TRIP: Clearwater Casino	11 8:30 S.A.I.L
13 9:00AM Shopping 4:00 S.A.I.L	14 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono 12:45 Knit & Crochet	15 9:30 Cards/Games 11:00 Medicare Help 12:30 Genealogy 4:00 S.A.I.L	16 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO 5:00 Volunteer Recognition Dinner	17 11:20 Holiday Shuttle Kickoff 11:00 Vaccine Clinic 11:30 PCHS Insurance Help 11:30 Blood Pressure 12:15 Birthday	18 8:30 S.A.I.L
20 4:00 S.A.I.L	21 8:30 S.A.I.L 9:45 Tai Chi	22 9:30 Cards/Games 12:30 Documentary: Kennedy 4:00 S.A.I.L	23 	24	25 8:30 S.A.I.L
27 4:00 S.A.I.L	28 8:30 S.A.I.L 9:45 Tai Chi 12:30 Lakewood Senior Comedy Players 12:45 Knit & Crochet	29 9:30 Cards/Games 10:30 Foot Care 12:45 Christmas Globes w/ Kathy Best 4:00 S.A.I.L	30 8:30 S.A.I.L 9:45 Tai Chi 12:00 POT LUCK Holiday Karaoke Sing Along	Dec 1	Dec 2 8:30 S.A.I.L

Please Note: Lunch will be served 15 minutes later on the 17th, so we can join the Santa Kick Off event for the Holiday Shuttle. If you would like to ride down with us, meet us at 11:15 at the Center.

Did you know our menus are reviewed by a Carolyn Bennepe, Registered Dietician for The Mustard Seed Project, to ensure that we are providing 1/3 the recommended dietary allowance of all key nutrients.

As we age, our bodies become less efficient at absorbing and utilizing nutrients, so it's extra important to make sure we're getting enough of what we need. Here's why hitting the RDA matters:

- It supports bone health, which is especially important as we get older and are at greater risk for osteoporosis
- It boosts immune function, helping us stay healthy and resilient against disease

It can help maintain healthy vision, hearing, and cognitive function

Basically, hitting the RDA is like giving your body a multivitamin every day, without having to swallow a pill.

VOLUNTEER

INCOME TAX ASSISTANCE PROGRAM

Help hard working households save money by providing **free tax preparation services** to low-income tax payers!



Get trained, make an impact, and give back!

We're seeking passionate individuals to join VITA's team of tax prep volunteers!

Our KP neighbors need your help to navigate the complexities of tax season, and we'll provide the training to help you become a tax prep pro.

If you have a knack for numbers, an eagerness to learn, and a desire to give back to your community, this could be the perfect opportunity for you.

VITA will train you, and you'll use your newfound skills to help your fellow KP neighbors navigate the often-confusing world of taxes. You'll volunteer at KPCS, and your expertise and compassion will make a real difference in the lives of those who need it most. It's a win-win situation - you learn something new, help others, and gain a sense of satisfaction from giving back.

Contact Mary with Associated Ministries at 253-921-7466 for information and to register for training.

Watch for no-cost Tax Prep assistance at KPCS during tax season starting Feb 3rd.

BE A VOLUNTEER TAX PREPARER

Recruiting NOW for the 2024 tax season

Roles also available for Greeters and Interpreters!



To Learn More and Apply today:

<https://associatedministries.org/supportive-services/vita/>



BUILD YOUR SKILLS

- Accounting
- Finance
- Leadership
- Administration



Contact Mary.H@AssociatedMinistries.org : 253-921-7466



Knitting and Crochet Club

Tuesday - November 14th &

Tuesday - November 28th

@ 12:45PM in the "PORT" Room

.....

**Want to start crocheting a shawl to keep warm?
We will have some yarn, printed patterns & supplies
for you to make your own or as a gift.**

Or, bring your current one for show and tell.

**Put a reminder on your calendar that we meet on the
2nd and 4th Tuesdays each month.**

2023

Volunteer Recognition Dinner

We love our Volunteers!

Join us for a delectable meal

Prepared with love by renowned local chef Ann-Marie Ugles

November 16th 5:00 PM

Please RSVP with any staff

or call 253-884-4440 to reserve your seat



Upcoming Stuff to Do

Shopping: 2nd Monday;

November 13th; Leave the Center 9:00AM

Shop with friends and leave the driving to us.

Shopping destinations are determined on the day of the trip depending on rider request.

Trip: Clearwater Casino

Located just a short ferry ride from Seattle on the Kitsap Peninsula, Suquamish Clearwater Casino Resort is a sanctuary from the hustle and bustle of your everyday life. The only waterfront casino property in Puget Sound, Clearwater Casino Resort is nestled on the shores of the Agate Passage. Indoors and out, the breathtaking property captures the rustic natural beauty of the Pacific Northwest.

Enjoy a variety of dining and exciting gaming options with six delicious restaurants and a casino featuring table games, KENO lounge and more than 1,200 state-of-the-art slot machines.

Friday, November 10

Depart 10:00AM

Return approx.: 3:30PM

Lunch is on your own.

Requested donation for gas \$3.00

You do not have to donate to join us.

Volunteer Recognition Dinner

Calling all volunteers! A night to honor your service.

Join us for dinner prepared by Ann-Marie Ugles.

RSVP to any staff or call us to make your reservation.

Thursday, November 16th; 5:00PM

Lakewood Senior Comedy Players

Don't miss this very special treat from a group of talented seniors coming to entertain you. This hilarious group of the Young-as-heart will join us for lunch, then perform a laugh-riot Holiday skit.

Tuesday, November 28th; 12:30PM

Cake Decorating w/ Teresa Tues. 12/05; 12:45PM

Vaccine Clinic

Friday, Nov. 17th

11:00AM-2:00PM

Ride to Holiday Shuttle Service Kick Off

Friday Nov. 17th

11:20AM

Return approx. 12:10PM

Holiday Globes with Kathy Best

November 29th

12:45PM

No talent or supplies needed.
Just come with your delightful self.

Pot Luck

Thursday, Nov. 30th; 12:00PM

Karaoke Holiday Sing Along

Thursday, Nov. 30th; 12:00PM

Cake Decorating with Teresa

Tuesday, December 5th; 12:45PM

No talent needed
All supplies provided.
Donations always gratefully accepted



We are kicking off our Fall Food Drive. You will see our bins around town. Please help us to help others. If you or your organization would like to participate please give Diana a call @ 253-884-4440

You can scan the code to give or go to our website: keypeninsulacommunityservices.org to donate.



Charity & Conner helped decorate our Fall Food Drive box! Our Food Pantry families are the best! Keep an eye out in the community and Gig Harbor areas for our donation boxes!

News and Tips from Tacomaprobono Community Lawyers



Come visit us **10-noon on November 14** at KPCS to have your legal questions answered!

If you can't make it to KPCS, come on over to the Mustard Seed Project in Key Center, we'll be there from 1-3 pm.

TALKING ABOUT WILLS:

We get lots of questions about wills at KPCS! Here are answers to a few of our most Frequently Asked

Questions:

Do you need a lawyer to make a will?

No! You can do it yourself and there are some free online resources to help you:

www.washingtonlawhelp.org, www.freewill.com

Why do I need a will?

Having a will allows you to leave your property to the people or organizations you choose, name a guardian for minor children, and name an executor you trust to make sure the terms of your will are carried out.

What happens if I don't have a will when I die?

In Washington, your property will go to your closest relatives, beginning with your spouse and children. If you have neither a spouse nor children, your grandchildren or your parents will get your property. This list continues with increasingly distant relatives, including siblings, grandparents, aunts and uncles, cousins, nieces, and nephews. If the court exhausts this list to find that you have no living relatives by blood or marriage, the state will take your property.

What steps will I need to take to make a will?

Decide what property to include, decide who will inherit it, choose an executor, choose a guardian for minor children, choose someone to manage property for minor children, make your will, sign it in front of witnesses, and store it safely.

What if I made a will in another state then moved to Washington, should I change it?

Your will should be made in the state of your legal residence. This is important because state laws affect ownership of marital property, probate and taxes. If you have property or business in two different states, pick the state where you're most connected – where you're registered to vote, license your car, own a home or other valuable property, have bank accounts, etc.

Does my will have to be notarized to be legal?

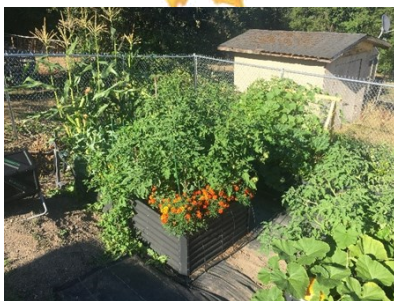
No. But you must sign your will in front of two disinterested witnesses, and your witnesses must sign your will. However, having the witness signatures notarized can speed things up if probate is required.

How do I look up the law?

You can find Washington's laws about making wills here: Revised Code of Washington Title 11 Probate and Trust Law Chapter 11.12 Wills.

CONTACT US:

Need help but can't make it to our regular pop-up at KPCS? You can always find our current contact information on our website, www.tacomaprobono.org. There are a variety of ways to do an intake if you need help from our program, including both phone and in-person hours, but the most reliable method is through our online intake form available on the website. There's also a calendar on the site which lists all our legal aid pop-up events which occur in a variety of locations around the county, and you're welcome to visit any of these to get your questions answered.



What a great year for our first Food Pantry Garden! Such a fun labor of love. Huge thanks to all the staff, volunteers, and donors who made this such a success.

We were able to add over 800lbs of fresh vegetables and fruit to our Food Pantry.

Stay tuned for more garden updates.

