

KPCS
Food Bank
Senior Center
Senior Meals

17015 9th Street Ct NW
PO Box 392
Lakebay, WA 98349
253-884-4440



A Note From the Board President

By Frank DiBiase



On any given day when I walk into the Key Peninsula Community Services center, I know I'm sure to see a lot of people in motion with a sense of purpose. People dancing and stretching to lively music as a way to stay healthy. People

unloading food items, gathered from local grocery stores, off the back of a box truck and re-stocking the food onto shelves. People listening to the needs of clients and directing them to needed resources or giving immediate assistance by providing food, clothing or hygiene items. People from other service agencies who are there to provide valuable information or services to clients. People working in the newly created vegetable garden and people preparing and serving hot food as part of our meal program. The list of activities occurring at any given time are too many to list on a single page, and in 2023 the flurry of activity, this "motion with a sense of purpose," has been unlike any year before as the demand for help from KPCS was greater than ever.

I always look forward to my visits to KPCS because I know not only will I see lots happening, but also because I know for certain I'll see people with smiling faces, hear laughter, hear people being considerate to each other and, hear clients expressing thankfulness for the help they receive. The fact that this happens consistently at KPCS each and every day is not an

accident. It's intentional. It stems, in part, from the KPCS list of values which includes treating others with dignity, respect and kindness. It also happens because of intentional leadership by employees who model this behavior and by employees and volunteers who choose to serve others because they personally believe in the values of treating others with dignity, respect and kindness. When I have conversations with employees they frequently share the importance of "treating others with dignity," or express the need to "listen carefully and without judgement," or say, how "important it is to treat others with kindness," or describe how "much it means to serve people from the community who are in need." I know from my direct experience talking with and observing employees and volunteers that every one of them understands and believes in the importance of service to others that's infused with caring, kindness and empathy.

While you may expect that trying to help so many others in need would be overwhelming or difficult, which it often can be, the employees and volunteers who do this work each and every day are smiling and laughing, because we know that service to others and connection with others to create a sense of community, is one of the surest paths to happiness!

So, from me and members of the KPCS Board of Directors, to all of our employees, volunteers, and service providers, thank you for your dedication, for your kindness, and for your compassion to others! You are the heart and soul of Key Peninsula Community services and none of this would be possible without you! Thank you!



Our Food Pantry is successful because of the unwavering support of our amazing community, dedicated staff, and invaluable partners. We are humbled and grateful for each and every one of you.

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

Free training and certification—no experience necessary!

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



Knitting and Crochet Club

Tuesday - December 12th

@ 12:45PM in the "PORT" Room

Let's make this crochet ear warmer! There will be some yarn, printed patterns & supplies available for you to make your own or as a gift.

Or, bring your current project for show and tell!

Put a reminder on your calendar that we are meeting only once this month.



CROCHET HEADBAND
FREE CROCHET PATTERN

FREE KP HOLIDAY SHUTTLE!

Pierce County Human Services is offering free weekend shuttle rides from the Key Peninsula this holiday season. Two shuttles run Saturdays and Sundays from Nov. 24 - Dec. 25. Children under 18 must be accompanied by a legal guardian.

Stop	Pick Up/Drop Off Times			
1. Longbranch Improvement Club	8:30 AM	9:30 AM	2:15 PM	2:45 PM
	10:45 AM	11:45 AM	3:15 PM	3:45 PM
	12:30 PM	1:30 PM	4:15 PM	5:10 PM
2. Evergreen Elementary	8:33 AM	9:33 AM	12:33 PM	1:33 PM
	10:48 AM	11:48 AM	2:48 PM	3:48 PM
3. Key Peninsula Community Services	8:35 AM	9:35 AM	12:35 PM	1:35 PM
	10:50 AM	11:50 AM	2:50 PM	3:50 PM
4. Key Peninsula Middle School	8:44 AM	9:44 AM	12:43 PM	1:43 PM
	10:58 AM	11:58 AM	2:58 PM	3:58 PM
5. Key Center IGA	8:53 AM	9:53 AM	12:54 PM	1:54 PM
	11:06 AM	12:06 PM	3:05 PM	4:05 PM
6. Lake Kathryn Village	9:04 AM	10:04 AM	1:05 PM	2:05 PM
	11:17 AM	12:17 PM	3:16 PM	4:16 PM
7. Gig Harbor Costco <i>(at covered benches between Crumbl and Walgreens)</i>	9:15 AM	10:15 AM	1:18 PM	2:18 PM
	11:30 AM	12:30 PM	3:39 PM	4:39 PM
8. Heritage Distillery in Gig Harbor	Flag down driver for a ride at the 3-way stop sign.			
9. Gig Harbor Ross	9:25 AM	10:25 AM	1:28 PM	2:28 PM
	11:40 AM	12:40 PM	3:45 PM	4:45 PM
10. Gig Harbor Fred Meyer	9:29 AM	10:29 AM	1:32 PM	2:32 PM
	11:44 AM	12:44 PM	3:49 PM	4:49 PM
11. Gig Harbor Safeway <i>(left side entrance, outside of Starbucks)</i>	9:34 AM	10:34 AM	1:37 PM	2:37 PM
	11:52 AM	12:52 PM	3:53 PM	4:53 PM

Shuttle returns to Longbranch after Safeway. Round trips take 60-75 minutes.

Please call
ahead to
reserve your
meal

DECEMBER

60+: Suggested
\$3 EACH

60 — : Required
\$5 EACH

Tue

Wed

Thu

Fri



1 Spaghetti
w/ meat sauce
Salad
Fruit
Garlic Bread
Dessert

5 Loaded Baked Potato
w/ Chili Con Carne
Salad
Fruit
Roll
Dessert

6 Scalloped Potatoes
w/ Ham & Roll
Peas
Grapes
Dessert

7 White Bean &
Chicken Chili
Salad
Apples
Cornbread
Chocolate Chip Cookie

8 Tomato Soup
Grilled Cheese Sand-
wich
Broccoli
Fruit
Dessert

12 Chicken Pot Pie
Mixed Veggies
Fruit
Dessert

13 Beef Lasagna
Green Beans
Garlic Bread
Orange Slices
Sherbet

14 Pork Roast w/ Gravy
Mashed Potatoes
Brussel Sprouts
Pears
Roll
Dessert

15 **Birthday Meal**
Chicken Noodle Soup
Tuna Sandwich
Mixed Veggies
Fruit
Dessert

19 Sloppy Joes
Pasta Salad
Fruit
Dessert

20 **CHRISTMAS DINNER**
Ham
Au gratin Potatoes
Broccoli
Fruit Salad
Roll
Dessert



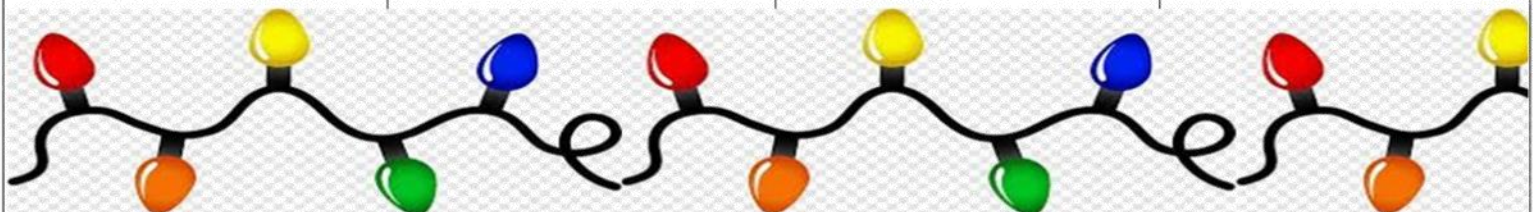
22 Beef Barley Soup
1/2 Ham & Cheese
Sandwich
Mixed Veggies
Fruit
Dessert

26 **CLOSED**


27 **CLOSED**

28 **CLOSED**

29 **CLOSED**



What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat Sun
				1 12:30 Program Comm.	2 8:30 SAIL Holiday Shuttle
					3 Holiday Shuttle
4 4:00 S.A.I.L	5 8:30 S.A.I.L 9:45 Tai Chi 12:45 Cupcake Decorating w/ Teresa	6 9:30 Cards/Games 11:30 Veteran's Assistance 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	7 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	8 10:00 TRIP: Tree Farm 12:30 MOVIE: A Christmas Carol	9 8:30 SAIL Holiday Shuttle
					10 Holiday Shuttle
11 9:00AM Shopping 4:00 S.A.I.L	12 8:30 S.A.I.L 9:45 Tai Chi 12:15 TALK: Handicrafts w/ Tricia 10:00 Tacoma ProBono 12:45 Knit & Crochet	13 9:30 Cards/Games 4:00 S.A.I.L	14 8:30 S.A.I.L 9:45 Tai Chi COOKIE XCHANGE	15 HOLIDAY PARTY Ugly Sweater Gift Exchange 11:30 PCHS Medicare Help 11:30 Blood Pressure 12:15 Birthday	16 8:30 SAIL Holiday Shuttle
					17 Holiday Shuttle
18 4:00 S.A.I.L	19 8:30 S.A.I.L 9:45 Tai Chi	20 9:30 Cards/Games Holiday Dinner 12:45 Karaoke: Holiday Carols 4:00 S.A.I.L	21 8:30 S.A.I.L 9:45 Tai Chi POT LUCK 12:30 BINGO	22 1/2 DAY STAFF HOLIDAY PARTY 	23 8:30 SAIL Holiday Shuttle
					24 Holiday Shuttle
25	26	27	28	29	30
CLOSED					
31 CLOSED	Jan 1	Jan 2	Jan 3 Foot Care	Jan 4	

Ride the Holiday Shuttle with Teresa!

"If the only prayer you ever say in your entire life is thank you, it will be enough."

—Meister Eckhart

Thank you for a great year! We appreciate all the smiles, hugs, and support.

Wishing you Happy Holidays & a Great 2024.

Jackie, Vivian, Mike

Upcoming Stuff to Do

Shopping: 2nd Monday;

December 11; 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.

TREE FARM TOUR

Let's tour the Longbranch Tree Farm with a private tour and hot chocolate. This trip is rain or shine, but the tour might be limited by weather. Hot cocoa is under gazebo and we'll have fun no matter.

Friday, December 8

Depart 10:00AM

Return: In time for lunch and *A Christmas Carol* with George C Scott on the Big Screen



Holiday Party Ugly Sweater Gift Exchange

December 15th
Around lunch time



Cookie Exchange - December 14

Bake your favorite cookie recipe
Wrap up at least five serving of five cookies
(you can always bring more to share)
Don't forget your recipe!

Ride the Holiday Shuttle to Town Saturdays & Sundays

**Ride with Teresa
December 9th**

Cupcake Decorating with Teresa Tuesday, December 5th; 12:45 PM

No talent needed
All supplies provided.
Donations always gratefully accepted



Ugly Sweater

Wear your ugliest sweater to ring in the Holiday Cheer! You may just win a prize.

Gift Exchange

Bring a nicely wrapped, new gift of \$25.00 or less, to share. We will have a limited supply of gifts to purchase if you can't find anything.



Holiday Meal

Karaoke Holiday Sing Along
Thursday, December 20; 12:45PM

Pot Luck

Thursday, December 21; 12:00PM

Let's Talk Wellness: By Bobbi

Motion is Lotion

Have you ever noticed that your body hurts more if you sit for a long time? Our bodies were designed to move. Yet, as a modern society we are moving less and less and sitting more and more. Also, as we age, it can feel that life is stacked against us due to repeated illness and injury. It can be hard to start over again. So what can we do?

Most of you know that I have been teaching the SAIL and Tai Chi classes during the best of times and the worst of times. I kept teaching through COVID, a broken knee and the loss of my beloved Dan. Why? Because my body feels better and I get to play with people I adore. I get two health



and wellbeing benefits every time. My body is fit and my heart is open and filled with laughter and gratitude.

And for the many people who continue in these classes, they too, will tell you that life kicked them down a few times and they struggled and came back and little by little got stronger. These classes are designed to make you stronger and more stable if you continue on a regular basis. Just ask any of them. They all have a story to share.

And remember: Motion Is Lotion and Laughter Is A erobics for the internal organs. So, get up, get moving, and go out and play. You will feel better.

With love and gratitude,
Bobbi



Need a check up?

**Mobile Medical Clinic
Wed., Dec. 6th | 1pm - 3pm**



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

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

PCHS IS DRIVEN TO SERVE YOU.

Peninsula Community Health Services (PCHS) is a patient-centered medical home that has been serving the broader peninsula for nearly 35 years!

They recently opened a new KP clinic with primary care Medical, dental, and pharmacy services @ 11901 137th Ave Ct NW.

PCHS Office

360.377.3776

SHIBA Line

360.475.3095

Website

pchsweb.org

Scan for more info!



Have insurance questions?

PCHS has free & confidential sessions with certified Navigators.

Their team can help with:

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



**Insurance Navigators
Fri., Dec. 15th | 11:30am - 1:30pm**

News and Tips from Tacoma Probono Community Lawyers



We'll be rounding out 2023 with our last KPCS date for the year, 10-noon on December 12. Come have your legal questions answered!

Remember if Tuesday mornings don't work for you, come on over to the Mustard Seed Project in Key Center, we'll be there that same day from 1-3 pm.

HOW TO AVOID PROBLEMS WITH YOUR LANDLORD:

Keep copies of all documents, such as the rental agreement, park rules, any notices or letters from the landlord, and anything you send the landlord.

Make written or typed notes of important conversations with the landlord. Note dates, what you talked about, who was there, and what exactly you each said.

Follow up on important conversations. Send the landlord a letter repeating what you each said and/or any agreements you made. Keep a copy of the letter for your records.

Send your landlord any documents or notices by both regular and certified mail, return receipt requested. Then you will have proof of mailing.

Never pay rent or other payments in cash unless you hand it directly to the landlord and immediately get a written receipt.

Ask for and keep receipts of all payments to the landlord.

Keep all these documents in a safe place.

Want more information or have other questions? Check out the 'housing' tab at www.washingtonlawhelp.org for answers to frequently asked questions and updates about changes in landlord-tenant laws.

Our outreach staff and volunteer attorneys wish you a happy holiday season!

From the Navigation Room

I need to bring something to everyone's attention. Recently we had an incident in which a van was parked crooked in the disabled parking slot in front of the building. A second van parked next to it which has a ramp for the wheelchair. They almost were not able to get the person out of the van because they did not have quite enough room. It doesn't make any difference if you are in the disabled parking or not. Double check yourself and make sure you park straight in the slot. You never know when the person next to you may not be able to make adjustments.

Let the celebrations begin! Festivals, events, get together with friends, family celebrations, decorations, music and caroling. Maybe you like the quieter side, like to stay low key, and don't do much getting together with others. Both sides of the coin work. Whatever you choose, Be Safe, Be Happy, Be courteous and considerate. Don't forget, any donations you make before the end of the year are tax deductible. Your generosity is so much appreciated.

KPCS wishes you

Happiness of the Holiday Season Matey!

Peggy



THIS
DOES
NOT
WORK

Stock photo