



KPCS will be CLOSED for all services December 21st– Jan 2, 2025

We will CLOSE at 12:00 Friday December 20th for our Staff Party

Inclement Weather Policy

KPCS follows the Peninsula School District's inclement weather determinations. If the school district is closed due to weather, KPCS will also be closed.

If the school district has a delayed start, the Senior Center and Senior Meals will be closed. For outreach and Food Pantry operations, closure or delay decisions will be based on weather forecasts.

Please stay tuned to local news and announcements for updates during inclement weather events.

Gems from Jean!

By Jean Jackson, Medicare Advocate

December is such a wonderful month! Having just celebrated Thanksgiving with family and friends, now we enter the sparkle and joy of the Christmas season. I hope you all have special events to attend, cards to send and receive, sites to see, and yummy food to eat. Let's each help make the season merry for all those around us.

Regarding Medicare -AEP, the Annual Election Period, is done on December 7th. I will be at KPCS on December 4th to help any of you with last minute questions or making plan changes. I will also be available by phone until late on December 7th. Then there is a lull in Medicare activity for the rest of December.

Two gems regarding Medicare this month:

- 1.) The inundation of mail and phone calls about Medicare plans should all but disappear. Yeah!!
- 2.) OEP still offers you options if you are signed up for an Advantage Plan.

OEP is actually MAOEP, Medicare Advantage Open Enrollment Period. From January 1st to March 31st you may switch to a different Medicare Advantage plan, or return to Original Medicare (and a Part D plan to go with it.)

Hopefully, come January, you are happy with the plan you have selected, but if you're not, this gives you another window of opportunity to get into a plan that is just the right fit for you.

I will be back to visiting with all of you the second Tuesday of each month in 2025.

If I don't get the chance to tell you "Merry Christmas" when I'm there on December 4th, I extend my sincerest wishes for peace, joy and love throughout this blessed season, and "Happy New Year, too!"

Jean Jackson

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. Call me at: (253)442-5813 anytime.

Move, Move, MOVE....

By **Bobbi, S.A.I.L & Tai Chi Instructor**

The next Tai Chi program begins on January 2, 2025.

Did I say 2025?

Can you believe another year is flying by again? A New Year - a New You.

Do you feel that you are really slowing down and it's getting harder to get up out of your favorite chair, especially during our gray winter months?

Do you wonder why your body hurts even when there isn't anything terribly wrong except that you are getting old?

Do you sometimes worry about falling and not being able to get up?

If you nodded your head as you read, and wondered what you might do to move more, consider joining my upcoming Tai Chi class on Tuesday and Thursday 9:45AM to 10:45AM. This class is filled with a fun and challenging new way to improve your balance, stability

and strength along with learning to use your breath within each of the movements. It will light your brain up with a new challenge and revitalize your body with energy. Oh, and you don't need any previous Tai Chi experience. This class is specifically designed for those who have never played Tai Chi. Yet, many of the students return again because they continue to learn more each time. They also provide great support for the newer class members too.

OR...

Try my SAIL class. This class will get you moving and laughing. It's specifically designed to safely improve your strength, balance, and fitness. It is great way to get out of the house and be with other people and learn that exercise can be fun. The results may amaze you! Why not come out on Monday and Wednesdays from 4 to 5pm and see if this is right for you.

With love,

Bobbi

A Note from Reception

By Erin



Hello, all! I recently joined the team here at KPCS at the end of October 2024. Before manning the reception desk, I managed my small farm in Longbranch, raising sheep and fiber goats for yarn and spinning fiber.

Graduating from The Evergreen State College with a BA in Organic Agriculture and Business, I enjoy putting my education to practical use, especially during the summer months when I can be found selling yarn and fiber at the Port Orchard Farmers Market most Saturdays. When not working or mucking out the barn, I love historical reenacting and sewing historically appropriate costumes for various nerdy reenactor events.

I've already met many of you in the few weeks I've been here, and I appreciate the warm welcome! I'm looking forward to meeting more friendly faces in the coming months. Cheers!

BRING ON THE HOLIDAYS!

Make a Festive Wreath with Vivian



Tuesday, December 17th

12:30PM

FREE!

All supplies provided.

Ugly Sweater Cookies with Teresa



Thursday, December 12th

1:00 PM (After the Gift Exchange)

FREE!

All supplies provided.

Crews Quarters- Now manned by Brandon!

Don't panic, Peggy will be back after her leave, I'm just filling in while she's away.

I can't believe it's already December. With the late summer and mild fall we had the cold has snuck up on me and now there is so much to get done for the holidays, shopping while avoiding the crowds, planning trips to visit family, etc... While we carry on with the usual hustle & bustle, it's easy to overlook or forget things that we might otherwise be more aware of. Our vehicles need some holiday love to help avoid breakdowns and be safe in our travels, whether it's just to the grocery store or an icy trip over the passes.

Here's the most common maintenance items that cause breakdowns or can reduce safety for you and other drivers:

- **Batteries** that might be nearing the end of their life have a tendency to give out around the first hard freeze of the season. Your mechanic and most parts houses can test these for you and replacing them before they fail can save you from an unexpected breakdown.
- **Tires** can lose some pressure when temperatures drop, tire shops will usually check and top off your tires for free. Improperly inflated tires can cause longer braking distances or loss of control when turning or swerving to miss an obstacle.
- **New windshield wipers and headlights** can greatly increase your safety by improving visibility and making you more visible to other drivers.

If you haven't talked to me about cars you might not know that I'm from an automotive family three generations deep. I've got gears on the brain & motor oil in my veins. I have seventeen years experience in the industry, mostly in service and parts departments. Ask me about vintage VW's!

-Brandon, Office Manager

Hearty & Healthy the Versatile Garbonzo

Join Carolyn Benepe, registered dietitian/nutritionist & cook, as she talks up the Great Garbonzo (aka chickpeas.)

We will be taste-testing some easy recipes: Coconut Curry Chickpeas, Lemony Pasta & Chickpeas, and Crisped Chickpeas in Spicy Brown Butter (copies provided) plus highlighting the many benefits of incorporating more beans into your daily meals. Hope to see you there! **Wednesday, December 18th, 12:00.**

Crisped Peas in Spicy Brown Butter

Total Time: 20 minutes; Yield: 4 servings

Ingredients:

3 Tablespoons olive oil
2 - (14 oz) canned chick peas
4 Tablespoons butter, cut into pieces
1 teaspoon crushed fennel seeds
1/2 teaspoon red pepper flakes
2 Tablespoons fresh lemon juice
Salt & pepper to taste

Instructions:

1. In a large, 12", skillet heat olive oil on a medium stove setting. Drain and rinse the chickpeas then thoroughly dry with a kitchen towel. Add chickpeas to skillet and cook, stirring occasionally, until crisped 15-18 minutes.
2. Add butter, fennel, red pepper flakes and cook until golden, nutty smelling and foaming, 1-2 minutes.
3. Remove from heat, stir in lemon juice and season with salt and pepper to taste.
4. Serve sprinkled on plain greek yogurt or rice, or top with a fried egg, or if any make it to the next day, they'd be yummy on a salad.

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


December

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

**60 - : Required
\$5 EACH**

Tue	Wed	Thu	Fri
<u>3</u> Chicken Chili, cornbread, mixed veggies, fruit	<u>4</u> Pork Chops, mashed potatoes & gravy, broccoli, green salad, fruit, apple cake	<u>5</u> Baked Cod, coleslaw, green beans, rice pilaf, fruit, lemon bars	<u>6</u> Veggie & cheese pizza, 3 bean salad, fruit
<u>10</u> Sloppy Joes w/bun, sweet potato fries, coleslaw, fruit	<u>11</u> Fried chicken, mashed potatoes & gravy, corn on the cob, Brussels sprouts, apple pie	<u>12</u> Pork skillet w/ noodles, peas, roll, fruit	<u>13</u> Seafood chowder, broccoli salad, roll, fruit
<u>17</u> Grilled cheese, bean & tomato soup, salad, fruit	<u>18</u> Lasagna, green salad, garlic bread, fruit, sherbet	<u>19</u> Pot roast, pota- toes & gravy, green bean casse- role, fruit salad, roll,	<u>20</u> 11am Lunch Chicken & rice soup, 1/2 turkey & cheese sand- wich, peas, fruit
<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
<h1>Happy Holidays!</h1>			
<u>31</u> 			

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat Sun
2 4:00 S.A.I.L	3 8:30 S.A.I.L 9:45 Tai Chi	4 9:30 Cards/Games 10:00 Haircuts 12:00 Medicare Help 1:00 PCHS Mobile 4:00 S.A.I.L	5 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	6 12:30 Decorate for Holidays	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 Tacoma ProBono 12:15 Medicare Talk 12:30 Medicare Help	11 9:30 Cards/Games 10:00 Haircuts 10:00 DSHS 4:00 S.A.I.L	12 Ugly Sweater Day 12:30 Sr. Gift Exchange 1:00 Ugly Sweater Cookies & Carols 8:30 S.A.I.L 9:45 Tai Chi	13 Birthday 12:30 MOVIE: Reinventing Rosalee	14/15 8:30 SAIL
16 4:00 S.A.I.L	17 8:30 S.A.I.L 9:45 Tai Chi 12:30 Wreath Making with Vivian	18 9:30 Cards/Games 9:30 Last Minute Shopping 12:00 Cooking Demo with Carolyn 4:00 S.A.I.L	19 8:30 S.A.I.L 9:45 Tai Chi 11:00 Pierce County Social Services	20 Lunch at 11:00AM HALF DAY CLOSE AT 12:00 FOR STAFF PARTY	21/22 See us in the Home parade!
23	24	25	26	27	28/29
			02 OPEN	03 OPEN	04/04

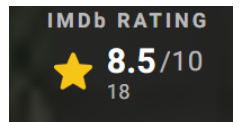


Reinventing Rosalee

Rosalee Glass, a former Holocaust survivor taken prisoner during WWII, transforms her destiny. In her 80s she begins an acting career, in her 90s she wins a beauty pageant, and at 100-years-old, she dares to ride Alaskan sled dogs.

2018 Not Rated 1H 20Min

December 13; 12:30 On the Big Screen



These services are supported by funding from Pierce County through its Human Services Department.

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

People who are homeless have no family in their lives.

This statement is false!

While some people experiencing homelessness have no immediate family members living close to them, many others have a parent, grandparent, sibling or even a son/daughter who they see on a regular basis

If people experiencing homelessness have family close by, why don't they just live with them? This can be very complicated for many families. Family members sometimes don't have the physical space to offer. Domestic violence situations can also limit family members' ability to help. Many times, family relationships are reported as a primary factor in homelessness. The 2024 Pierce County Point-in-Time count of individuals experiencing homelessness indicates "Family Crisis" as the second leading cause of homelessness.

A "Family Crisis" can be many, many things, but often individuals with no appropriate housing have substance use or mental health issues, which complicate the support they receive from family members. For many families, the struggles with substance use and/or mental health problems are long-standing issues which affects the family's ability to assist with providing housing.

The 2024 Pierce County Point-in-Time count shows that 26% self-report having substance use issues. 20% self-report mental health as a factor in their homelessness.

Can't family members get individuals the support they need?

Many loving, caring family members have tried everything possible to help, some for years and years. Mental health and substance use issues are usually very complex and treatment is often unsuccessful, leaving family members helpless to support the individual. Can you imagine the pain for a parent when they know that their child is experiencing homelessness, and they can do nothing about it? Or someone who has a parent with mental health issues, refusing treatment and is now without a place to live.

Homelessness affects families!

As we begin the holiday season and most families are gathering, please remember our friends and neighbors who have a loved one experiencing homelessness. This time can be especially difficult for them.

What can you do for them? The best thing that you can do is to LISTEN and be a friend. Just having someone to talk with about the struggles and challenges can make a huge difference. Loneliness and self-doubt are common. If they are not educated on the support available from local government, charities and service providers, please direct them. Key Peninsula Community Services' Homeless Outreach program can provide them with information and connections to services throughout Pierce County.

Thank You!

To these generous young people for their support of our Food Pantry

****Lighthouse Christian School gathered and donated 2648 items.**

****Scout Troup 220 donated 2,900 pounds of food.**



HOME Food Pantry News by Brett Higgins

A customer came in the other day and asked how our new system was going and why we decided to change to the self-shopping model.

She also asked a volunteer if self-shopping was easier for us. The volunteer didn't really know how to answer because we didn't move to this model for us.

So, the customer asked me. I told her "We did this for you; for you to be able to choose your own food"

She appreciated that answer and started shopping. Once she saw her choices, she let out a sound of glee!

And that's when I said, with a huge smile, "That is why we moved to this way of doing baskets". As she was looking in the produce refrigerator, her reply was "This is like Christmas! My husband usually does the

shopping, he sticks to a tight budget and can't afford all this nice food."

As the Food Pantry at KPCS moves forward with some BIG ideas and goals for our community we would appreciate any feedback from our customers when they shop here.

Now, imagine an addition to our building, a 1250 s/f space for shopping. Being able to walk around and browse for food for you and your family. Being able to walk through a check-out stand that would be "credit" based. Or, on those days when you are just looking for some bread or pastries, you could walk through that aisle, pick out your items and off you go!

That is our vision, and we are moving forward in this direction right now.

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Please join us in this transformative journey by contributing to KPCS



As you can see, the new self-shopping model is making a real difference for our food bank customers. But we need your help to make our vision for an even better shopping experience a reality.

Our goal is to raise an additional \$50,000, building on the incredible \$25,000 in generous support we've already received from Pierce County.

With this funding, we can make our vision for an even better shopping experience a reality, providing more space and opportunities for our community. If you're inspired by this article and want to help us reach our goal, please consider donating to our annual appeal. Your support will make a tangible difference in the lives of those who rely on our food bank. Every penny helps.

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Outreach

by Delci, Outreach Manager

Growth is defined as the process of something increasing in size, or amount, or developing. KPCS is growing in every sense of the word. We're working on expanding the size of our facility to accommodate the growing number of programs and services we're able to offer. We currently have a Food Pantry, Homeless Outreach, Senior Meals, numerous Senior Activities and so much more. As we plan for the future, we want to

promote and foster programs and environments that can set the growing amount of people we serve up for success.

We want to bring out the capabilities and possibilities of KPCS to bring us to a more advanced and effective state.

Consider helping us grow so we can continue to do the most good with a financial donation. Every penny helps us grow and serve the Key Peninsula Community.



News and Tips from Tacoma Probono Community Lawyers

Our next visit to Key Peninsula/Gig Harbor will be

Tuesday, December 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. On Monday, December 16th, we'll also be at Gig Harbor City Hall from 10-noon. All our legal aid pop-ups are first-come, first-served, no appointment needed -- remember to bring with you any documents that relate to the issue you'd like to talk about with us!

What is a reasonable accommodation?

It is a change or exception to a rule, policy, practice, or service that may be needed so a person with a disability has the equal opportunity to use and enjoy housing. You can ask for this change to your housing, including public and common use areas.

Here are some examples of reasonable accommodations. This is not a complete list:

- Giving you rental forms in large print
- Giving you a reserved accessible parking space near the building where you live
- Letting you have a service animal in a "no pets" building
- Letting you move to the ground floor when you can no longer climb stairs



How do I go about asking for a reasonable accommodation?

You must make a written request to your housing provider. You can do this yourself or another person or entity (parent, medical provider, or other representative) can do it for you. Your housing provider may require you to use their specific forms, but the law does not require this. You can always write your own letter without using their forms. Written requests help avoid misunderstandings about what you are asking for. You should also ask in your request that the housing provider respond by a certain date. Then you will know when to follow up.

The accommodation you ask for must be necessary, directly related to your disability, and reasonable. You must generally identify the nature of your disability. You should give a full description of the accommodation. You should also list any resources that will make it easier for your housing provider to agree to the request.

If you need help with requesting a reasonable accommodation or your application has been denied or ignored, contact the Fair Housing Center of Washington:

Fair Housing Center of Washington

1106 Martin Luther King Jr. Way, Tacoma, WA 98405

Phone: 253-274-9523

Email: info@fhcwashingtong.org

Our Office Hours:

Monday-Thursday, 8:30am to 5:00pm



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, especially since we do not require screening or eligibility to provide help and resources.