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Connecting the Key Peninsula Community to services, food, and resources to achieve wellness and foster resilience.



2022



A note from our Board President



As I find myself heading into the all too familiar chaos and freneticism of the holiday season, I can feel my blood pressure and sense of anxiousness begin to rise. Questions begin racing through my head like tiny ball bearings rolling across my kitchen floor. "Who do I need to get gifts for again? What kind of gift will

he/she enjoy? When do I even have time to shop? How much will this all cost?" Combined with images of driving down the KeyPen highway with cars riding my bumper, scurrying up long store aisles not being able to find the one last thing I need, and the endless checkout lines of people with full carts. Rush. Rush. Push. Push. There's so much to get done. "Bah Humbug!"

There's gotta be a better way to get through this holiday season. Through life really. For me it usually starts with "catching myself" as I find myself getting carried away by these anxiety inducing thoughts and images. Then, another question, as if it came from somewhere out of the cosmos. "What's it all really about?" Followed by a moment of reflection and then what feels like the answer of certain truth.

This answer for me inevitably includes gratitude. Gratitude for all the gifts I've been given over the course of my life - my parents, my spouse, my children, my friends, my home, my health...the list is endless. Researchers, expert psychologists, religious and spiritual leaders, health care providers all tell us

that one of the keys to a happy and balanced life is a sense of gratitude.

This sense of gratitude then leads me to think of those who perhaps have less or find themselves in hard times which becomes an opportunity to put gratitude into action.

Key Peninsula Community Services is really all about putting gratitude into action.

When I consider the wonderful employees of KPCS and the many volunteers who work at KPCS, I know their work for the community is at it's core gratitude in action. And if you come by KPCS to participate in activities, share a meal, or gather food from the food bank, you know how dedicated, hard-working and grateful they all are to be there and to do what they love.

So this holiday season, I encourage you to find a healthier and happier way to get through it all. Reflect on the blessings you have to be grateful for. Then ask yourself, is there a way for me to put this gratitude into action. Maybe it's as simple as expressing your appreciation, verbally or in a note, to someone in your life who has helped you or brings you joy. Maybe it's a small donation to an organization of your choice. Or, maybe it's as challenging as going holiday shopping to buy the perfect gift for someone you love, doing it all with gratitude in your heart.

A warm and happy holiday season to you all.

Frank DiBiase

Inclement Weather Alert!

Key Peninsula Community Services always follows the Peninsula School District's policy on closures.

If Peninsula School District is closed due to inclement weather, KPCS is closed.

If they are running late, we are late as well.

Please check your local TV or radio station for closure information or go to www.PSD401.net.

**** Contact us regarding the meals for that day.****

Let's Go Shopping!



Monday, December 12th

Leave the driving to us!

Pick up at your house or the Center

Please be ready by 9:30 AM

We return at approximately 3:30 PM

Sign up online or at the front desk.

Space is limited to 12



The Commodity Supplemental Food Program (CSFP) is now here in Pierce

County to serve seniors! Emergency Food Network and your KPCS are

proud to offer this program, which provides an excellent source of supplemental nutrition in a monthly box filled with foods that fit your needs!

Over 60? You probably qualify for this food program. CSFP provides a commodity box chocked full of nutritious meal staples once per month.

Boxes will be delivered to KPCS for you to pick up. We may be able to arrange delivery on a limited basis. Just ask Teresa for assistance.

Each box includes:

- Fruit and fruit juice
- Vegetables
- Cheese
- Milk
- Protein (both meat and plant-based)
- Cereal
- Pasta or rice

Eligibility requirements:

- 60 years of age or older
- Self-declared income of 130% of Federal Poverty Income Guidelines (just about everyone)
- Not receiving CSFP food from another program

FOOT CARE

December 14

**Please call to make an appointment
No cost, but donations
to purchase supplies are always welcome**

Benefit Sign-Up Help

Need financial assistance or referral? A representative will be onsite to answer questions and assist in locating needed services to help families.

2nd Tuesday, December 13

1:00– 3:00

Veterans Services

If you are a veteran, you may qualify for services that you aren't aware of. Meet with the veterans expert the 1st Wednesday of each month.

December 7th; 12:00-3:00

Is your Birthday in December?

Join us for your birthday meal

Friday, December 16th

Birthday celebrants receive a birthday balloon, delicious birthday treat, and are entered into a drawing to win prizes.

Prizes are provided by
Peninsula Community Health Services

**Don't forget to wear your Ugly Sweater
and**

Stay for the movie!

Let's Talk Wellness

From *Bobbi*

Lessons with my visit with cancer:

The Anger Monster

I have tried to envision what various emotions might look like in cartoon form. For instance, The Most Omnipotent Judgement Queen. When she arrives I notice and just bow and say "yes your majesty" and then marvel at how she "knows everything".

The one that shows up every now and then is the Anger Monster. He is dark red and fiery, and resides in my chest. He can get very loud. He surprises me when he shows up because I am by nature nonviolent, except when comes to my computer not doing what I want it to.. then the dogs usually leave the room too.



Since Dan's cancer diagnosis and surgery, the Anger Monster has shown up unexpectedly and scary loud!.

Most of the time I can just pet him and say there, there, and he eventually puffs out a little whine and goes back to sleep. Now, when he comes out I want to scream and break a few dishes. But, I can't. It rattles me more than I can say. Yet, I do know that The Anger Monster is normal and we all have one, especially during times of crisis and fear of the unknown.

I now must pay more attention and show him love until he stops roaring and snapping. Luckily, I haven't lost any fingers yet. And it saves a few dishes and requires a few less apologies.

We are so sorry, Tai Chi for Better Balance is cancelled until after the first of the year, while Bobbi rehabs her injured leg.



What's Up in the Kitchen?

POT LUCK December 15th

It's the Holiday Season. What is your favorite holiday dish? Whip up a big batch and bring it in the share with your Center family. A little note with the history of your dish is always a nice touch.

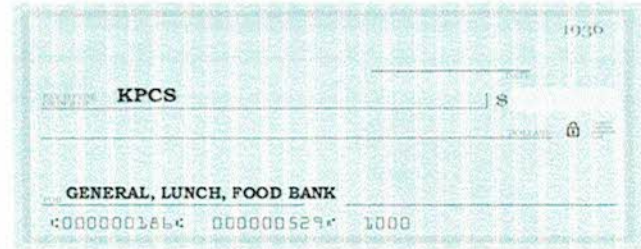
PLEASE NOTE: You do NOT have to bring a dish to join us for a meal on Pot Luck days. There is always more than enough.

News From the Front Office

When writing a Check to our Organization

To ensure that your check clears the Bank without issues, we ask that you write "KPCS" in the Payable To Section and write where you would like the donation to go towards.

We appreciate your help!!!



Don't miss

ULTRA HOLIDAY BINGO

with Jackie

Thursday, December 8; 12:30 - 2:30PM

Awesome prizes! Awesome fun!

How's Your Blood Pressure?

Stop by and have it checked.

Tuesday, December 6th, 10:00AM



Food Market

Please bring Peninsula Market receipts to our Center. We receive 1% of purchases!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kielbasa Sauerkraut Mixed Veggies Fruit Dessert	2 Spaghetti w/ beef sauce Salad Mandarins Garlic Bread Dessert	3
4	5	6 Chicken Salad – Sandwich Potato Salad Mixed Fruit Dessert	7 Hot Roast Beef Open Face Sandwich & Gravy Mashed Potatoes Broccoli Fruit Dessert	8 Ham & Cheese Sandwich Veggie/Beef Soup Fruit Dessert	9 Parmesan Chicken Salad Peaches Dessert	10
11	12	13 Beef Taco Salad Spanish Rice Fruit Dessert	14 BBQ Chicken Baked Potatoes Broccoli Fruit Dessert	15 	16 Holiday Meals Ham Au Gratin Potatoes Green Bean - Casserole Fruit Roll Cheese Cake	17
18	19	20 Pizza: Veggie & Pep/Sausage Salad Mandarins Dessert	21 Ham-Navy Bean Soup Mixed Veggies Mixed Fruit Cornbread Dessert	22 <i>at 11:00AM</i> Chicken Pot Pie Green Beans Fruit Dessert	23 	24
25	26	27 Chili w/ Beef Mixed Veggies Peaches Cornbread Dessert	28 Pork Stir Fry Peas Fruit Dessert	29 Beef Barley Soup 1/2 Tuna Sandwich Mixed Veggies Mixed Fruit Dessert	30 	31

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30 S.A.I.L	2	3 8:30 S.A.I.L
5 3:30 S.A.I.L	6 8:30 S.A.I.L 10:00 Blood Pressure	7 10:00 Cards 12:00 Veteran's Resources 1:00 PCHS Mobile Clinic 3:30 S.A.I.L	8 8:30 S.A.I.L 12:30 ULTRA HOLIDAY BINGO	9 12:30 Movie: 7 Brides for 7 Brothers	10 8:30 S.A.I.L
12 Shopping 3:30 S.A.I.L	13 8:30 S.A.I.L 10:00 Tac. Probono 1:00 Benefit help	14 10:00 Foot Care 3:30 S.A.I.L	15 8:30 S.A.I.L 12:00 POT LUCK	16 UGLY SWEATER DAY 10:00 PCHS Insurance Help 12:00 Birthday 12:30 Gift Exchange	17 8:30 S.A.I.L
19 TRIP: Holiday Shopping 3:30 S.A.I.L	20 8:30 S.A.I.L 12:30 Knit & Crochet Group	21 10:00 Cards 11:00 Medicare Help 12:30 Genealogy 3:30 S.A.I.L	22 DSHS Mobile 8:30 S.A.I.L Center Close at 12:00 Lunch at 11:00	23  Staff Holiday	24 8:30 S.A.I.L
26 3:30 S.A.I.L	27 8:30 S.A.I.L	28 3:30 S.A.I.L	29 8:30 S.A.I.L	30  Staff Holiday	31 8:30 S.A.I.L 



Senior Center Holiday Gift Exchange

Bring a gift
Receive a ticket
When your number is called
Pick a gift

December 16th

FREE Movie on the Big Screen
Friday, December 9th; 12:30 PM



Seven Brides for Seven Brothers (by request)

Adam, the eldest of seven brothers, goes to town to get a wife. He convinces Milly to marry him that same day. They return to his backwoods home. Only then does she discover he has six brothers - all living in his cabin. Milly sets out to reform the uncouth siblings, who are anxious to get wives of their own. Then, after reading about the Roman capture of the Sabine women, Adam develops an inspired solution to his brothers' loneliness.

Jane Powell, Howard Keel, Julie Newmar, Ruta Lee

1954 Not Rated 1hr 42minutes



A big **CONGRATULATIONS** to Teresa Conness who was recently promoted to her new position of Program/Volunteer Coordinator. We know Teresa will shine in her new role, and are anxious to discover the exciting programs she has planned.



It's Time to Dig Out Aunt Martha's Sweater!

Join the festivities.

You might win a prize

Friday, December 16th

HOLIDAY SHOPPING

Get your holiday shopping done and leave the driving to us! We'll hit all the hot holiday spots: Silverdale Mall, Target, Walmart, and maybe Michaels & Home Depot.

We'll depart the Center at 9:00am. No pick up and drop off at the Center only for this trip.

Monday, December 19th, 9:00am Requested donation \$3.00 to offset costs



Need a check up?

Mobile Medical Clinic
Wed., Dec. 7th | 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

pchswb.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. 16th | 11:30am - 1:30pm

TacomaProBono



TACOMAPROBONO TIP: *Don't ignore legal paperwork from your landlord!*

REPAIRS -- put it in writing and keep paying your rent!

If you need to ask your landlord to make repairs, do it in writing. If the landlord fails to make the repairs, you'll have a record showing when you made the request so the landlord will not be able to deduct them from your deposit when you move out. **DO NOT** withhold rent if your landlord doesn't respond to your request – you could be evicted. **DO** contact the Housing Justice Project's HELP Team through our online intake form at www.tacomaprobono.org if your unit is not habitable due to needed repairs.

Tacomaprobono office is open by appointment only, phones are open Monday-Thursday 10 a.m.-noon and from 1-3 a.m.

Check the Events Calendar on our website to locate a Legal Aid Pop-Up in Pierce County. You can ask questions and get connected in person. We're at KPCS every month!

Tuesday, December 13th 10:00-12:00 at KPCS





Knitting and Crochet Club & all Fiber Arts Enthusiasts!!!

Tuesday - December 20th

@ 12:30pm (Dining Room)

Come one - come all! Our club is permanently moving to the **3rd Tuesdays** each month. Put it on your calendar so that you can join us. No need to sign up beforehand. And, bring your completed work for sharing. We would LOVE to see it!

Please bring lap blankets & hats to donate for the Project Linus Program.



Do you know what this is?

We don't just play cards!
How about a Scrabble,
Dominoes, Sequence, Dice,
checkers, or Chess ??

Name your game!

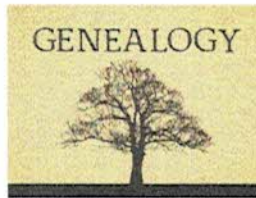
Mornings are cooler so if you don't want to go outside and work early in the morning, come in, have a cup of coffee or cocoa, and relax with us.

We usually start between 9 & 10, and play until lunch
Anyone can join at any time between games.

KPCS hosts the 1st and 3rd weeks each month which means we provide light refreshments and snacks. We have gifts for the winners on those days.

Everyone welcome. No signup required.

Wednesdays; 9:00ish



Genealogy Group

Meet with a group of like-minded people to share stories, techniques, and ideas for investigating your family roots.

Third Wednesday each month

December 21 12:30PM

FREE!

Need Help Navigating the Medicare Maze?

Open Enrollment is coming soon!

We have people who can help you make the tough decisions regarding your coverage.

Third Wednesday & Friday

Friday, December 16th, 11:00-2:00

Wednesday, December 21st, 10:00-12:00



Please note!

12/22 Lunch will be served at 11:00am

12/22 KPCS will close at 12:00 for the

Staff Holiday Party

KPCS will be closed December
23rd & 30th for the Holidays.

Share Your Collection

Do you have a special collection you'd like to share? We have a new display cabinet just for that. Talk to Willow about bringing in your collection to display.





A mighty **THANK YOU** to Lighthouse Christian School 6th grade for gathering, loading, and unloading for donation about 5,000 pounds of food to KPCS Food Bank!

WHAT SHOULD I DONATE?

In the fight against hunger, every donation counts. Food assistance providers are able to accept product donations ranging in size from individual cases to multiple truckloads. WSDA works with our network of hunger relief partners to redistribute donations efficiently and effectively to our network of almost 500 emergency food providers that serve working families, children, and seniors in need.

While food banks, food pantries, and meal programs appreciate all donations, they strive to offer a diversity of food that helps balance nutrition - especially important to children, seniors, and those with health challenges.

Hunger relief organizations are most in need of:

- Canned and boxed meals (soup, chili, stew, macaroni and cheese)
- Ready to eat products that do not require refrigeration (like nuts, jerky & other healthy snacks) for homeless bags
- Peanut butter and other nut butters
- Canned or dried beans and peas (black, pinto, lentils)
- Pasta, rice, cereal
- Canned and fresh fruits and vegetables
- 100% fruit or vegetable juice (canned, plastic or boxed)
- Cooking oil
- Canned meat (chicken, beef, fish)
- Infant formula, baby food and baby cereal
- Canned holiday food (cranberry sauce, stuffing, etc.)

Food banks and food pantries also make various essential household products available to help struggling families make ends meet. Other non-food items needed are:

- Hygiene products (shampoo, deodorant, soap, diapers, toilet paper, feminine hygiene, toothpaste)
- Cleaning supplies (laundry detergent, paper towels, kitchen and bathroom cleaners)

Monetary donations are always appreciated and are an effective way to donate since they allow food assistance providers to purchase what is most needed at a given time, including paying for refrigeration and other costs associated with storing and transporting food safely. Hunger relief agencies are able to leverage economies of scale to efficiently use monetary donations to purchase food.

Baked Chicken with Roasted Vegetables

Makes 6 servings

Ingredients:

- 4 potatoes, sliced
- 1 to 4 cloves garlic (to taste), peeled and cut in half
- 6 carrots, sliced
- 1 large onion, quartered
- 1 whole chicken, cleaned and cut into pieces, skin removed
- ½ cup water
- 1 teaspoon thyme
- ¼ teaspoon pepper

Directions: Wash hands with soap and water.

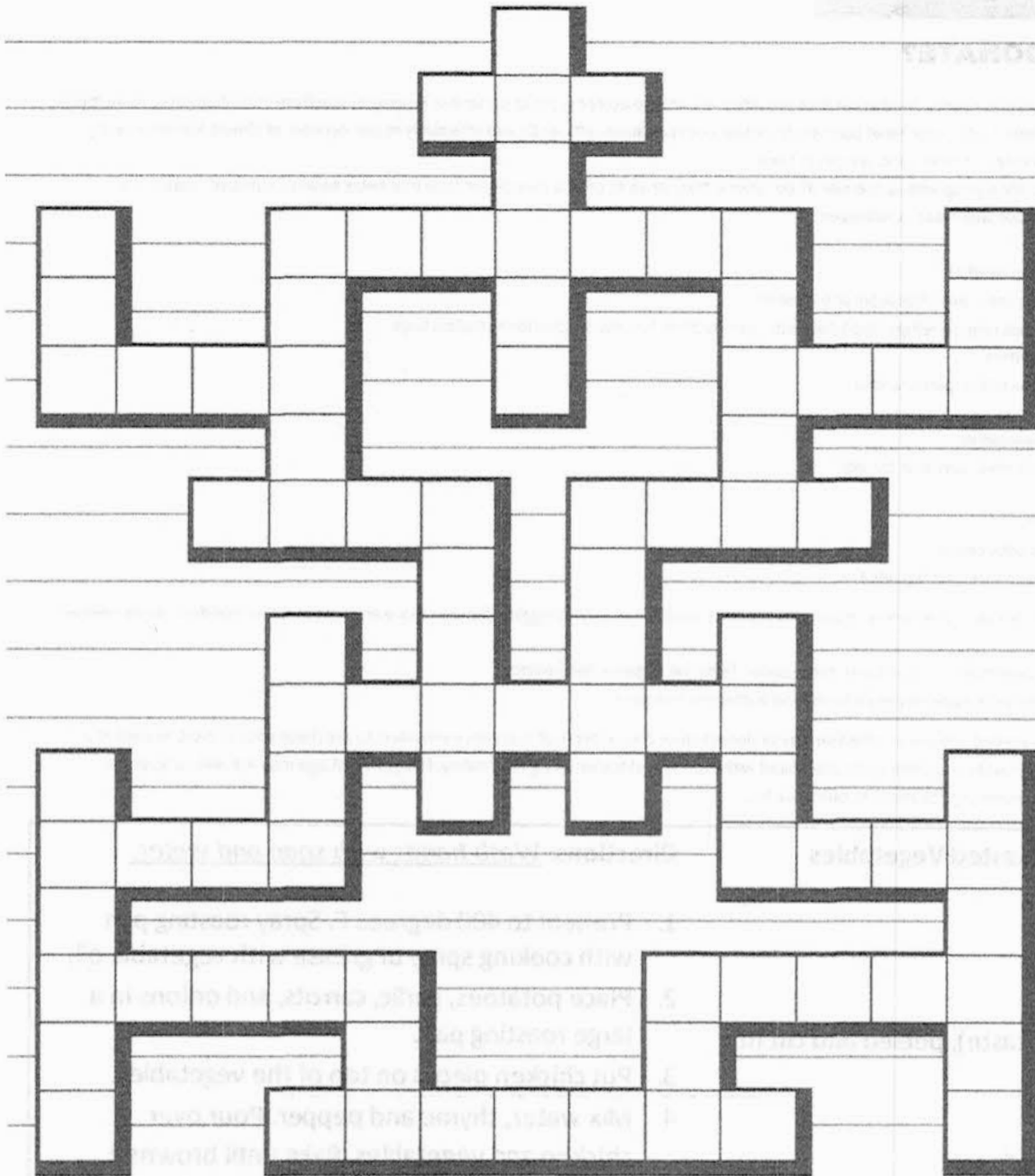
1. Preheat to 400 degrees F. Spray roasting pan with cooking spray or grease with vegetable oil.
2. Place potatoes, garlic, carrots, and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables. Bake until browned and tender, about one hour. Spoon juices over chicken once or twice during cooking. If you've got a meat thermometer, the chicken should register 165 degrees in its thickest part.

TEN-PACK

See if you can beat our score by packing this grid with words using only the 10 letters provided at the foot of the page. You may use any letter as often as you like, but don't use the same word twice in the grid. This includes singular and plural versions of the same word, inflected versions of a word (such as LOVE and LOVED), and variant spellings of the same word. Use any word in a standard dictionary, including slang, but don't use capitalized or foreign words, contractions, abbreviations, acronyms, prefixes, or suffixes.

After completing the grid, calculate your score by adding up each Across row; our high score was 290...but we were a little off that day.

ANSWER, PAGE 71



LINE SCORE

1.
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E	A	M	H	U	W	C	N	S	T
1	2	3	4	5	5	4	3	2	1

TOTAL

10