

KPCS

**Food Bank
Senior Center
Senior Meals**

17015 9th Street Ct NW

PO Box 392

Lakebay, WA 98349

253-884-4440

www.keypeninsulacommunityservices.org

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

January

2023

HAPPY NEW YEAR!

A note from the Director

Another brand new year has arrived! May you spend 2023 with warm socks, comfy shoes, and good health. As I look back over 2022, I'm struck by what an astounding, heartbreaking, heartwarming, exciting, challenging and wonderous year we've had. We were blessed with financial assistance that allowed us to address many of the necessary improvements to our physical plant, a small group of very generous and energetic individuals worked diligently to organize an extremely entertaining and successful Logging Show for the first time in several years. The Food Bank served over 465,000 pounds of food to KP individuals and families, and Jackie & Teresa prepared and served over 8,521 delicious fresh-cooked meals in 2022.

I feel blessed to have met so many wonderful people during my first three years serving at KPCS. Our clients and participants are an amazing amalgam of interesting people from all walks of life. Everyday I learn

something new about myself and this thing called life.

I am immensely proud of the KPCS dedicated team of employees. This year has been demanding. There have been many, many tasks added to every employee's responsibilities. Every one of these hard-working individuals stepped up to perform duties not normally in their job descriptions. We could not provide the quality service that we do without the willingness of our Team Members to reach beyond their limits and give more.

Thank you all for another great year at KPCS. I feel so fortunate to spend my days serving and working with such outstanding people.

Willow

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.

Meals will NOT be served on late days

NO exercise on late days.

DO NOT come to the Senior Center when schools are late or closed.

Food Bank may be open. Please call for information.

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

Wednesday, January 18th, 11:00-2:00

Friday, January 20th: 10:00-12:00



Each box includes:

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

Eligibility requirements:

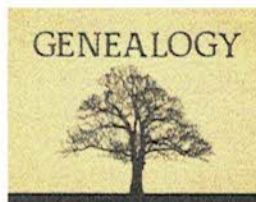
- 60 years of age or older
- Self-declared income of 130% of Federal Poverty Income Guidelines (just about everyone)
- Not receiving CSFP food from another program

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.



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

January 18th; 12:30PM

FREE!

FOOT CARE

January 25th

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 & 4th Tuesday; 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.

January 4; 12:00-3:00

Is your Birthday in January?

Join us for your birthday meal

January 20th

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

How's Your Blood Pressure?

Stop by and have it checked.

Tuesday, January 20th, 12:30PM

Let's Talk Wellness

Lessons with my visit with cancer:

Bittersweet

They say that you cannot truly experience joy without its opposite: sorrow. That longing for what once brought you joy, now you grieve for. This brings blend of emotions that are sweet but tinged with sadness.

That joy and sorrow together is the bittersweet.

For 8 years I was with joy on a daily basis . I seldom visited with sorrow. Now sorrow has come to live me and Joy is elusive

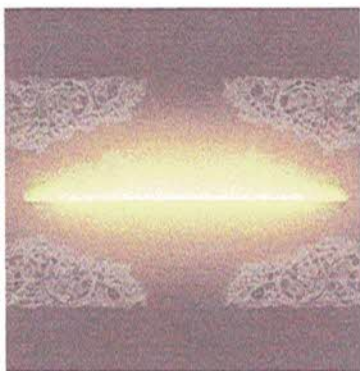
It seems that sorrow is here to stay, and the only way I can function is to find a way to invite sorrow in and not fight it. I have found that fighting it makes it stay longer and hold me tighter.

Why all this sorrow? My beloved Dan passed away just before Thanksgiving. As you can imagine, I wasn't giving thanks for losing the love of my life. What I can do is give thanks for him and the ease, joy and love he brought into my life!

So, for now I walk the cliff edge of tears and drink my cup of bittersweet tea.

With love,

Bobbi



Tai Chi for Better Balance begins again

January 3rd. 9:45AM

Talk to Bobbi or sign up by calling 253-884-4440

News From the Front Office

As we are looking forward to the beginning of the year, it is also a time to reflect on the past year.

We went from being fully closed except for meal pickup and delivery, then to a soft opening and meal pickup and delivery, then full opening with dine in meals.

People enjoyed when Bingo and Movie day came back and we also started Cards every Wednesday.

A jigsaw puzzle is always going in the Library. It has been a gradual process and we are planning so much more.

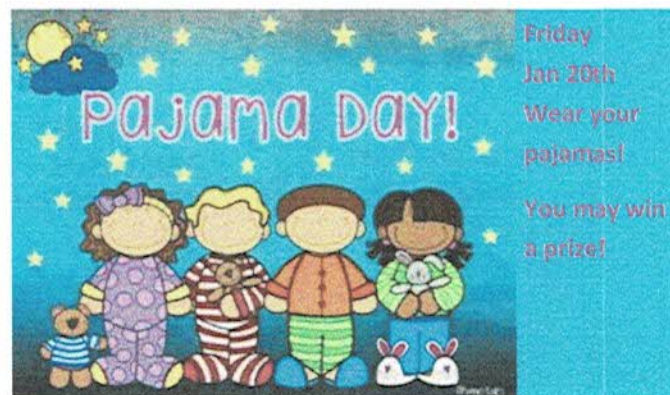
Let us know what you would like to see us do. We will see if we can incorporate your suggestions.

In the meantime, we are making plans for a busier KPCS!

Don't forget to call ahead of time to register for meals. It makes Jackie's planning so much easier.

Take Care,

Kyong and Peggy



Under construction. Please pardon our mess.

What's Up in the Kitchen? POT LUCK January 26th

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.

Want to be more involved? Jackie needs a volunteer on Tuesdays, 10:00 –1:00. No experience necessary. Even one Tuesday per month makes a difference. See Jackie for information.

January

2023

Food Market

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

Tue	Wed	Thu	Fri
3 Spaghetti w/ Beef Sauce Salad Mandarins Garlic Bread Dessert	4 Tuna Sandwich on Croissant Chicken & Rice Soup Green Beans Fruit	5 Baked Chicken Rice Pilaf Salad Fruit Dessert	6 Mac & Cheese w/ Ham Mixed Veggies Fruit Roll Dessert
10 Beef Taco Salad Spanish Rice Fruit Dessert	11 Meatball Hoagy Sandwich French Fries Peas & Carrots Fruit Dessert	12 Kielbasa Sauerkraut Mixed Veggies Fruit Dessert	13 Chicken Broccoli Casserole Mixed Veggies Fruit Dessert
17 Lasagna w/ Beef Salad Mixed Veggies Garlic Bread Fruit	18 Hot Chicken Sandwich Mashed Potatoes & Gravy Mixed Veggies Fruit Dessert	19 Vegetable Beef Soup Salad Fruit Roll Dessert	20 Meatloaf Mashed Potatoes & Gravy Broccoli Fruit Roll Dessert
24 Chili Dog Tater Tots Green Beans Fruit Dessert	25 Beef Stroganoff Carrots Fruit Roll Dessert	26  Potluck LUNCHEON	27 Chicken Pot Pie Broccoli Fruit Dessert
31 Chicken a la King Broccoli Fruit Dessert	<div style="border: 2px dashed red; padding: 10px; text-align: center;">60+: Suggested \$3 EACH 60 — : Required \$5 EACH</div>		

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
2 3:30 S.A.I.L	3 8:30 S.A.I.L 9:45 TaiChi	4 10:00 Cards/Games 12:00 Veteran's Resources 1:00 PCHS Mobile Clinic 3:30 S.A.I.L	5 8:30 S.A.I.L 9:45 TaiChi 1:00 BINGO	6	7 8:30 S.A.I.L
9 Shopping 3:30 S.A.I.L	10 8:30 S.A.I.L 9:45 TaiChi 10:00 Tac. Probono 1:00 Benefit help	11 9:00 TRIP: Swimming 3:30 S.A.I.L	12 8:30 S.A.I.L 9:45 TaiChi	13 12:30 Movie: African Queen	14 8:30 S.A.I.L
16 3:30 S.A.I.L	17 8:30 S.A.I.L 9:45 TaiChi 12:30 Kinit & Crochet	18 10:00 Cards/Games 11:00 Medicare Help 12:30 Genealogy 3:30 S.A.I.L	19 8:30 S.A.I.L 9:45 TaiChi 1:00 BINGO	20 PAJAMA DAY! 11:30 PCHS Insurance Help 12:30 Blood Pressure 12:00 Birthday	21 8:30 S.A.I.L
23 3:30 S.A.I.L	24 8:30 S.A.I.L 9:45 TaiChi 1:00 Benefit help	25 10:00 Foot Care 3:30 S.A.I.L	26 8:30 S.A.I.L 9:45 TaiChi 12:00 POT LUCK	27 12:30 Movie: Oddball	28 8:30 S.A.I.L
30 3:30 S.A.I.L	31 8:30 S.A.I.L 9:45 TaiChi	1 3:30 S.A.I.L	2 8:30 S.A.I.L 9:45 TaiChi	3 5:00PM TRIP: Harbor Wildwatch	4

Meals are prepared Tuesday-Friday, fresh in our kitchen by our Kitchen Manager, Jackie, and her dedicated volunteers. Please call to reserve your meal.

We offer these meals at a suggested donation of \$3.00 for clients over 60 years of age, \$5.00 for people under 60.

Meals are served 12:00-12:15. We will not serve meals after 12:15 unless you have called and arranged for a meal to be refrigerated for you.

The Health Department does not allow us to serve meals once their temperature has dipped below safety temps.

FREE Movie on the Big Screen

Friday, January 13; 12:30 PM



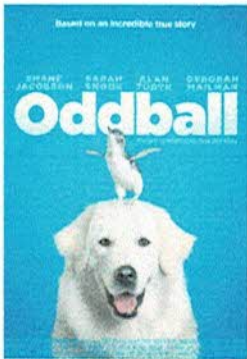
The African Queen

At the start of World War I, Charlie Allnut is using his old steamer, The African Queen, to ferry supplies to villages in East Africa. When the Rev. Samuel Sayer dies, Charlie agrees to take Sayers' sister, Rose, back to civilization, taking on the Germans at the same time. The riverboat captain and strait-laced missionary spend most of their time fighting each other rather than the Germans.

1951 Not Rated 1h 45minustes

Humphrey Bogart, Katharine Hepburn

Friday, January 27; 12:30 PM



Oddball

The true story about an eccentric chicken farmer (Shane Jacobson) who, with the help of his granddaughter, trains his mischievous dog Oddball to protect a wild penguin sanctuary from fox attacks and in the process tries to reunite his family and save their seaside town

2015 PG 1h 35minustes

Shane Jacobson, Sarah Snook, Alan Tudyk



PCHS IS DRIVEN TO SERVE YOU.

Need a check up?

Have insurance questions?

**Mobile Medical Clinic
Wed., Jan. 4th | 1pm - 3pm**



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

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

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!



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., Jan. 20th | 11:30am - 1:30pm



TACOMAPROBONO TIP: You can't be evicted without a court order!

Your landlord can't legally just tell you to move, even if you're behind on rent. If you are afraid your landlord is going to evict you, if your landlord has said they are going to evict you, if you receive a notice from your landlord – do not move out, get help.

Moving out will not keep an eviction off your record. You cannot be legally evicted unless your landlord goes to court and gets an order from the court. If you have a court hearing scheduled and you are low-income, you have a right to have an attorney from our Housing Justice Project represent you – contact us!

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, January 10, 10:00-12:00 at KPCS

Let's Go Shopping!



Monday, January 9th

Leave the driving to us!

Pick up at the KPCS

Key Center & Wauna Food Markets

Please be ready to leave Center by **9:00AM**

We return at approximately 3:30 PM

Sign up online or at the front desk.

Space is limited to 12

Let's Go Play in the Water!

Join us as we head to Metro Parks to spend some time in the water. You can join lap swim, exercise class, or try out the new river walk (walk against the current).

There is a **\$5.00 entry fee**, good for all day. Changing rooms available.

All this water fun will build up an appetite. We'll stop for a bite to eat before heading home.

Wednesday, January 11th

Leave Center 9:00AM

Return approximately 1:30PM



We may be able to pick you up at home. Please call to ask.

Requested donation \$3.00 to offset bridge and fuel costs.



Key Free Clinic Returns to KPCS

The Key Free Clinic first opened its doors on January 20th, 2013, at Key Peninsula Community Services in Lakebay. Originally scheduled to operate once each month, by March, the clinic had increased its capacity to serve the community twice monthly. By December 2013, the clinic had provided medical care to 132 patients from 11 unique postal codes. Eighteen different medical providers had volunteered their services, along with case managers, nurses, and

nursing students from Pacific Lutheran University. With the support of St. Anthony Hospital, Project Access, Chapel Hill Presbyterian Church, Multicare Health System, and other community organizations, the Key Free Clinic has continued to expand its capacity. In December, 2013, the clinic relocated to the Key Peninsula Health Center in Key Center, a strategic site for effectively serving larger numbers of residents who lack access to health care.

KPCS will begin partnering with the Key Free Clinic Optometry in February 2023.



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

Tuesday - January 17th

@ 12:30pm (Dining Room)

Come and see what everyone is making. If you are new to knitting/crochet, no worries - we have highly experienced members who are always willing to pass on their knowledge.

Put the date on your calendar and come join us!

GAMES



10 AM to Noon
1st & 3rd Wednesdays

We have switched from cards to games.
Sequence has been the favorite



Pier Into The Night with Harbor Wildwatch

Take an underwater journey of Gig Harbor Bay without getting wet. While you are warm and dry on the dock, our divers use an underwater video camera to live stream what they encounter below the surface. Bring a chair and blankets. We will supply the hot chocolate and snacks.

Saturday, February 7th

Meet at Center at 5:00PM

We may be able to pick you up at home, please call for information.

Requested donation \$3.00

Did you know?

In non-leap years, January always starts on the same day of the week as October?

