

MARCH 2024

Connecting People to Build Community

KPCS
Food Bank
Senior Center
Senior Meals

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

FREE CLOTHING BANK

The KP community is a shining example of compassion and kindness. Every day, we witness the generosity of our neighbors as they donate food, clothing, and other essentials to help those in need. It's truly heartwarming to see the kindness that flows through our community!

One area that has seen an overwhelming amount of generosity is clothing donations. In order to manage and distribute these donations effectively, we've set up a Free Clothing Bank in the Starboard Room. Feel free to browse and take what you need, but let's work together to keep the space tidy and organized. After all, kindness is contagious, and we want to keep that positive energy flowing!

So let's continue to spread joy and make a difference in each other's lives. KP community, you're simply amazing!



There's a lot going on behind the scenes at KPCS. And sometimes it seems to not make any sense. Most the time it does. Just not always.

We've got meetings, new software, applications, fish, plants, paperwork (So! Much! Paperwork!), strategizing, planning, and even a bit of scheming and laughing. But it usually all works out in the end.

Speaking of things that work out, congratulations to Tony Ives and Karl Bonn on their election to the KPCS Board! Even though they were running unopposed, we still had to hold an election (it's in the Bylaws!). But we're thrilled to have these two superstars serving for another three years!

YAY!



KPCS is a 501c3 nonprofit, operating on the Key Peninsula in Washington State since 1982

Staff:

Willow Eaton	Executive Director
Brett Higgins	Food Pantry Manager
Jackie Daigle	Kitchen Manager
Kyong Bertsch	Admin. Assistant
Teresa Conness	Prog/Vol Coordinator
Peggy Gablehouse	Receptionist
Vivian Blanchard	Chef
Mike Hanson	Kitchen Assistant
Judy Carter	Food Pantry Assistant
Natalie Loyd	Food Pantry Assistant

Board of Directors:

Frank DiBiase	President
Vicki Husted-Biggs	Vice President
Karl Bonn	Treasurer
Sandy Dunn	Secretary
Joe Crain	
Tony Ives	
Mike Fay	



May your troubles be less,
and your blessings be more.
And nothing but happiness
come through your door!



KPCS and the KP Partnership for Healthy Community are teaming up to launch our brand-new Neighbor Feeding Neighbor pilot program. This initiative is all about providing fresh, nutritious meals to those in our community who need it most.

Meals are available now!

The meals are lovingly prepared by our very own talented chef, Vivian, so you can rest assured that they're not only filling, but also delicious and nutritious.

If you or someone you know could benefit from a hot meal, don't hesitate to reach out to any of our staff – we're here to help!

Together, we can make sure that no one in our community goes hungry. Let's join forces and spread some goodness, one delicious meal at a time!



Items needed in our Food Pantry:

- Personal hygiene products-TP
- Top Ramen
- Canned Soups
- Canned Stew/Chili
- Sugar – Bulk if available

Volunteers are needed, call for details 253-884-4440

We are offering in house, touchscreen ordering to our clients whose 1st language isn't English and have a hard time reading/understanding our menu. We will be expanding this feature as we go.

Pierce County
Human Services

Every second Thursday of the month, Stefanie Love, the Pierce County Social Service Coordinator, sets up shop at a table outside the Food Pantry 11:00AM—12:00PM. She's there to answer your questions and provide information about the many services Pierce County offers, which you might not even be aware of.

So, if you or someone you know could use some assistance, feel free to stop by and chat with Stefanie. She's dedicated to helping folks navigate the available resources and find the support they need. Don't hesitate to reach out. That's why she's here.

Knitting and Crochet
Tuesday - March 12th & 26th
@ 12:45PM in the "PORT" Room

Do you have a lot of plants in your house? Would you like to decorate it by making a plant cozy? Well, you can learn this simple Herringbone Single Crochet Stitch and make one, or two, or.....

Come and join us to start this project. Or, bring your current project for show and tell!

KEY PENINSULA COMMUNITY SERVICES

KPCS
Food Pantry
Your Home Food Pantry

Key Peninsula Community Services
17411 Ave. S.E. 20th, Graham, WA 98296

Username: Password:

LOGIN
SIGN UP

[Forgot Password](#)
[Forgot Username](#)

Change language here

As we prepare for our Food Pantry's transition to new sign in software, we would like to share with you what the sign in page will look like once we are fully operational. This screenshot should help familiarize you with the new system and its features.



HIGH FIBER FOODS



RASPBERRIES
8G/1 CUP



PEAR
6G/1 MEDIUM



APPLE
4.4G/1 MEDIUM



BANANA
3.1G/1 MEDIUM



ORANGE
2.3G/1 MEDIUM



STRAWBERRIES
3G/1 CUP



DRIED FIGS
5G/5 FIGS



RAISINS
1.6G/1 BOX



WHOLE WHEAT SPAGHETTI
7G/2 OZ SERVING



BARLEY
6G/1 CUP



BRAN FLAKES
5.5G/OUNCE



OAT BRAN MUFFIN
1.3G/1 MUFFIN



OATMEAL
4G/1 CUP COOKED



AIR POPPED POPCORN
3.5G/3 CUPS



BROWN RICE
3.5G/1 CUP COOKED



RYE BREAD
1.5G/1 THIN SLICE



WHOLE WHEAT BREAD
1.9G/1 SLICE



LENTILS
8G/100G



BLACK BEANS
15G/1 CUP BOILED



REFRIED BEANS
12G/1 CUP



CHIA SEEDS
10G/1 OUNCE



ALMONDS
6G/ HALF CUP



PISTACHIO NUTS
6.5G/ HALF CUP



PECANS
5G/ HALF CUP



BROCCOLI
2.4G/1 CUP



GREEN PEAS
7G/ 1 CUP



BRUSSEL SPROUTS
3.3G/ 1 CUP



POTATO, WITH SKIN
4.7G/ 1 MEDIUM



ARTICHOKE
7G/1 MEDIUM



CARROTS
1.7G/ 1 MEDIUM



SWEET CORN
4.2G/1 CUP



AVOCADO
10G/ 1 MEDIUM

Gems from Jean

By Jean Jackson, Medicare Help

It is my goal to give you a gem of Medicare information each month. This month that gem comes in the form of two truths:

- One size doesn't fit all---you want the coverage that best fits your needs.
- Supplemental plans and employer plans are also run by health insurance companies, just like Advantage plans.

Why do I consider these truth nuggets little gems? Because these are truths that I find people running from. Too often I hear people dismiss one plan, or another plan, out of hand simply based on what they've heard from a friend. I hear statements like, "I'll never go off my employer plan, because if I do, I can't ever go back". This displays hidden fear.

I get it, change can be scary. And, there is some wisdom to "if it ain't broke, don't fix it". However, if there really is a better solution then wouldn't that be worth knowing about?

So, next month at our little lunch and learn time, I would like to take each of little gems of truth out and look at their different facets, hopefully together we can see them shine.

In the coming months my goal is to dispel the Medicare mysteries. Think of me as your resident Medicare Advocate. I may not know the answer to every question, but I have the resources to find them.

Always happy to hear your questions or concerns,
Jean

Jackie's fascinating insights, followed by an opportunity to explore the map and items that showcase the progress of this amazing event displayed in the library. Don't miss out on this unique experience



Join us for a special presentation by Jackie Furrey, where she'll share her passion for the Iditarod and take us on an exciting journey along the race's route. On Friday, March 1st, enjoy lunch while listening to

Did you know... that octopuses not only have three hearts that pump blood to their gills, but they also have five auxiliary hearts in each of their arms? That's right, these fascinating creatures have a total of eight hearts! Now, that's what you call being heart-centric!



1	12:30	1st Fri	Program Committee
1	12:15		Iditarod w/ Jackie Furrey
6	1:00	1st Wed	Pen Comm Health Mobile
8	10:00	2nd Fri	FREE TABLES
12	10:00	2nd Tues	Tacoma ProBono
12	12:00	2nd Tues	Medicare Help (Jean Jackson)
13	11:00	2nd Wed	Hair Cuts w/ Genevieve
14	10:00	Thurs	Tax Assistance
14	11:00	Thurs	PC Social Service Assist.
15	12:00	Fri	St Pat's Party & Birthday
15	11:30	Fri	PCHS Medicare Help
19	12:45	Tues	Sourdough Baking Class
20	12:45	Wed	Painting w/Teresa
21	2:00	3rd Thurs	Garden Club
22	10:00	4th Fri	FREE TABLE
27	10:00	Wed	Foot Care
28	10:00	Thurs	Tax Assistance
29	11:00	Fri	Spring Celebration
29	12:15	Fri	RDN: Fiber Talk

Upcoming Stuff to Do

Shopping: 2nd Monday;

March 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.

Swimming at Camp Stand by Me

Catch the van at KPCS at 8:30, ride to the pool, swim for an hour and return just in time for lunch!

Friday, March 15th

Depart 8:30AM

Return: Approximately 12:00PM

Shopping with Jennifer in Belfair

Take a trip with Jennifer to visit the shops in Belfair

Tuesday, March 26th

Depart 10:00AM

Return: Approximately 3:00PM

Requested donation \$3.00

Little Creek Casino

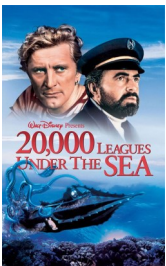
Play with Passion, Relax in Style

Wednesday March 27th

Depart 10:00AM

Return: Approximately 3:00PM

Requested donation \$3.00

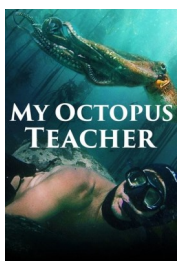


20,000 Leagues Under the Sea

Friday, March 8th; 12:30PM

A ship sent to investigate a wave of mysterious sinkings encounters the advanced submarine, the Nautilus, commanded by Captain Nemo.

1954 2h 7mins Kirk Douglas, James Mason, Paul Lukas, Peter Lorre



My Octopus Teacher

Friday, March 22nd; 12:30PM

This Oscar-winning documentary follows a filmmaker who forms a unique bond with an octopus while free-diving off the coast of South Africa. It's a touching story that's both emotionally powerful and visually stunning.

2020 TV-G 1h 25mins Craig Foster, Tom Foster

FREE TAX HELP

KEY PENINSULA COMMUNITY SERVICES

Thursdays
February 8-
April 11
10am-4pm

Address: 17015 9th St Ct NW, Lakebay 98349

All Tax Assistance is by Appointment Only

To make an appointment, use:

Or call 2-1-1 for appointments

Visit: www.goodwillwa.as.me



What to Bring:

Identification

- Social Security Card or ITIN letter for ALL family members on return
- Photo ID for primary taxpayer (& spouse, if married)

Income and Benefits

- W-2 form for each job worked
- 1099 forms for other income (interest, dividends, unemployment, social security income, retirement, 1099-Misc., etc.)
- Form 1095A if you purchased health insurance through WA Healthplanfinder or Healthcare.gov

Expenses

- Childcare expenses and provider name, address and tax ID number
- Mortgage and real estate taxes if you own a home
- Higher education expenses
- Business expenses, if self-employed

Other

- Spouse must be present if married filing jointly
- Recommended: Bank account information for direct deposit

*Tax payers must earn \$63,000 or less in income to qualify for assistance; other tax assistance and site locations can be found at www.IRS.gov/vita

Please call
ahead to
reserve your
meal

MARCH

60+: Suggested
\$3 EACH

60 — : Required
\$5 EACH

Tue	Wed	Thu	Fri
  	 	<p>MARCH BIRTHSTONE AQUAMARINE</p>  <p>YOUTH · PURITY · LOYALTY · HOPE · TRUTH</p>	<p>1</p> <p>Chicken Pot Pie Carrots Fruit Dessert</p>
<p>5</p> <p>BBQ Pork Sandwich Broccoli Salad Fruit Dessert</p>	<p>6</p> <p>Baked Cod Spec. Home Fries Green Beans Coleslaw w/ Apple Dessert</p>	<p>7</p> <p>Veggie Goulash Garlic Bread Oranges Dessert</p>	<p>8</p> <p>Spaghetti w/ Beef Salad Garlic Bread Fruit Dessert</p>
<p>12</p> <p>Chicken & Rice Soup 1/2 Ham Sandwich Broccoli Fruit Dessert</p>	<p>13</p> <p>Pork Roast Mashed Potatoes Brussel Sprouts Roll Mixed Fruit Dessert</p>	<p>14</p> <p>Shrimp Alfredo Caesar Salad Garlic Bread Apple Slices Dessert</p>	<p>15</p> <p>Birthday Meal Rueben Sandwich Seasoned Potatoes Carrots Fruit Green Jello w/ Fruit</p>
<p>19</p> <p>Grilled Cheese Sand. Tomato Soup Mixed Veggies Fruit Dessert</p>	<p>20</p> <p>Beef Lasagna Green Salad Broccoli Garlic Bread Dessert</p>	<p>21</p> <p>Baked Chicken Thighs Green Peas Coleslaw Mandarin Oranges Dessert</p>	<p>22</p> <p>Pork Stir Fry Fruit Dessert</p>
<p>26</p> <p>Tuna Sandwich Veg. Beef Soup Carrots Fruit Dessert</p>	<p>27</p> <p>Bean/Cheese Burrito Mixed Fruit Dessert</p>	<p>28</p> 	<p>29</p> <p>Sweet & Sour Pork Rice Mixed Veggies Fruit Dessert</p>

What's Happening This Month?

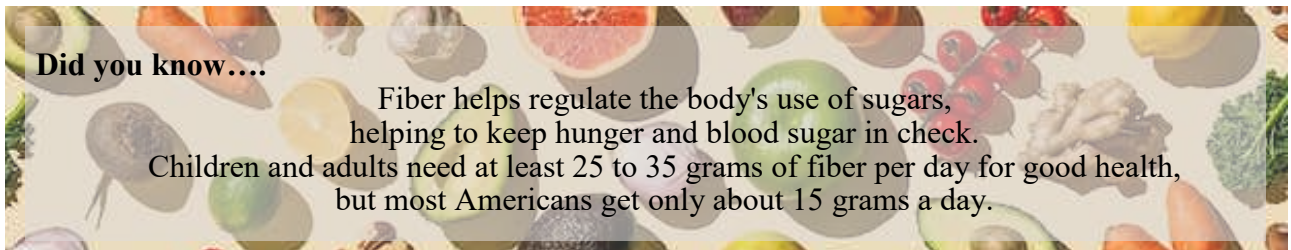
Mon	Tue	Wed	Thu	Fri	Sat Sun
				12:15 Iditarod Talk 12:30 Program Comm.	2 8:30 SAIL
4 4:00 S.A.I.L	5 8:30 S.A.I.L 9:45 Tai Chi	6 9:30 Cards/Games 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	7 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	8 10:00 FREE TABLES 12:30 MOVIE: 20,000 Leagues Under the Sea	9 8:30 SAIL
11 9:00 Shopping 4:00 S.A.I.L	12 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono 12:00 Medicare Help 12:15 Medicare Talk 12:45 Knit & Crochet	13 9:30 Cards/Games 11:00 Haircuts for donation 4:00 S.A.I.L	14 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tax Help 11:00 Pierce County Social Services 6:00PM Relatives Raising Kids	15 8:30 Swimming @ Easter Seals St Patrick's Party 11:30 PCHS Medicare Help 11:30 Blood Pressure 12:15 Birthday	16 8:30 SAIL
18 4:00 S.A.I.L	19 8:30 S.A.I.L 9:45 Tai Chi 12:45 Sour Dough Bread Baking Class	20 9:30 Cards/Games 12:45 Painting the Sunset w/Teresa 4:00 S.A.I.L	21 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO 2:00 Garden Club	22 10:00 FREE TABLES 12:30 MOVIE: My Octopus Teacher	23 8:30 SAIL
25 4:00 S.A.I.L	26 8:30 S.A.I.L 9:45 Tai Chi 10:00 Shopping w/ Jennifer in Belfair 12:45 Knit & Crochet	27 9:30 Cards/Games 10:00 TRIP: Little Creek Casino 10:00 Foot Care 4:00 S.A.I.L	28 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tax Help 10:45 Karaoke 12:00 POT LUCK	29 Spring Celebration 10:00 Egg Hunt 11:45 Spring Bunny Visit 12:15 RDN TALK: FIBRE	30 8:30 SAIL

March is Nutrition Month - Let's Get Moving!

March 29th, Carolyn Benepe, Registered Dietitian/Nutritionist, will be in the dining room to talk about the benefits of getting plenty of fiber-containing foods in your meals. She will talk about how much fiber is needed for older adults and how to choose great high-fiber foods throughout the day. Q&A time at the end.

Did you know....

Fiber helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check. Children and adults need at least 25 to 35 grams of fiber per day for good health, but most Americans get only about 15 grams a day.



Facts, not fear.

Why fentanyl is different.

Fentanyl is different from other drugs.
Know the facts to stay safer.

Fact #1

Fentanyl is massively strong. As much as 50 times stronger than heroin. An amount as small as 2 grains of salt can cause an overdose.

Fact #2

It's hard to know if fentanyl is in your drug. You can't taste it. You can't smell it. And it doesn't always look the same.

Fact #3

Fentanyl can be mixed into other drugs like pills, meth, cocaine or molly. People who make or sell drugs often mix it in to make the drug stronger at less cost to them.

Even if you trust your supplier, **you don't know who handled the drug before they did.** Drugs change hands many times before they get to you.

Fact #4

A pill or line may have no fentanyl but another from the same batch may have a dangerous amount. Fentanyl can be clumpy.

When people make or sell drugs and mix in fentanyl, **it doesn't spread evenly throughout the batch.**



How to protect yourself

Use these methods and tools to stay safer:

- Don't use alone.
- Use test strips.
- Carry naloxone.
- Know Good Samaritan laws. If you see an overdose, don't be afraid to call 911.

Or, don't use at all. It's only safe to use drugs your healthcare provider prescribed.

BE AWARE. TAKE CARE.



FENTANYLFACTS.ORG



		First Names				Lakes				Internet Browsers			
		Aden	Claudia	Hanna	Jordan	Lake Champlain	Lake Geneva	Lake Tanganyika	Lake Victoria	Firefox	Konqueror	Opera	Safari
Orders	third												
	sixth												
	seventh												
	ninth												
Internet Browsers	Firefox												
	Konqueror												
	Opera												
	Safari												
Lakes	Lake Champlain												
	Lake Geneva												
	Lake Tanganyika												
	Lake Victoria												

Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: N350WL

For hints, solutions and more puzzles, go to www.Printable-Puzzles.com!

Orders	First Names	Lakes	Internet Browsers
third			
sixth			
seventh			
ninth			

- The person who prefers using the Konqueror browser is Claudia.
- The one who is ninth in line is not Aden.
- The person who lives on the banks of Lake Geneva is not Hanna.
- Either the one who is third in line or the one who is seventh in line only uses Konqueror for their web surfing.
- Of Jordan and Hanna, one lives on the Lake Geneva shoreline and the other is sixth in line.
- The person who prefers using the Opera browser is farther down the line than Claudia.
- The person who lives on the banks of Lake Tanganyika is not Aden.
- The person who prefers using the Opera browser lives on the Lake Victoria shoreline.
- Aden can't stand using the Opera or Safari browser.
- The person who lives on the banks of Lake Victoria is closer to the front of the line than the person who prefers using the Firefox browser.

Did you know...that regularly solving logic puzzles can actually help improve your memory and cognitive function? Recent studies have shown that engaging in mentally stimulating activities, such as crosswords, Sudoku, or logic puzzles, can increase the thickness of the cerebral cortex, the part of the brain responsible for memory and language processing. So, not only are logic puzzles a fun way to pass the time, they can also be good for your brain.

From the navigation Room:

You don't really give theft a thought until it happens to you. In 2012, I arrived home from work and drove in my garage and as I passed my front door, I thought: oh shoot, I forgot to lock my door this morning. I walked up and pushed the door open and there was a mess of wood chips on the floor. I thought, how did that get there since my house is usually clean. I looked at my door and a crowbar had been used to jimmy the deadbolt and lock. I called my husband while I walked through the house. I was fortunate that the burglar took tvs, computers, camera, and all of my jewelry that I inherited from my Mother and from the time I was 14. It was over 80 necklaces and yes, there was value as well as inherited and historical value. I was lucky because they did not do damage, but I found the crowbar in my dog's bed. The dogs had been locked up outside.

That burglary showed me how much trust we put on the door locks and windows. If the door is locked and the windows closed, it is basically saying; you PROMISE you will not come in. I felt so vulnerable after that invasion.

We have donation jars here at the center with small openings and closed lids. No locks. It says; you PROMISE not to open the jar or remove any money that may be in the container. We try to remove the money

on an ongoing basis to keep the temptation down. We have a coffee bar in the Stern Room and recently had some money removed from the closed container. We know who did it and it is on camera. No, we won't approach that person, but what may happen is we discontinue having that service if we have problems again. Isn't it too bad that one person can ruin it for everyone?

For those of you who chose to speculate as to who the culprit is, don't take the easy road as you would be incorrect. It is not your first guess.

KPCS is here because of grants and donations- small and large. When you enjoy the services but don't donate back, that service may be in jeopardy. Most services are only **partially** funded from Pierce County. Not full funding. That means the meal you eat is partially paid for by Pierce County and the remaining portion paid by a different source. Imagine if we did not have the second source. You might be fed meatloaf but no potatoes or meatloaf and potatoes but no dessert or coffee.

The Coffee Bar is privately funded. No money from Pierce County pays for that privilege. I would hate to see that go away just because of theft. For the person who took the money from the container, please feel free to donate it back to the jar!

Take care Matey!

Peggy



Have you met Barney's new Friend?

This is Fred. Despite Fred's continuous protests that he has no idea how he ended up in Barney's house, Barney was less than welcoming.

They have, however, managed to work out their differences and settle into a somewhat peaceful coexistence.

These two are like the fussy old men of the aquarium world - always bickering and complaining about each other, but at the end of the day, they still manage to get along (sort of). It's like a never-ending episode of 'The Aquarium Odd Couple,' if that show existed (which it totally should!).

Let's Talk Wellness: By Bobbi

How Does My Butt Look?

At one time we probably were worried about how our butt looked. As we got older, not so much. But now, being concerned about our butts is really important. Seriously!

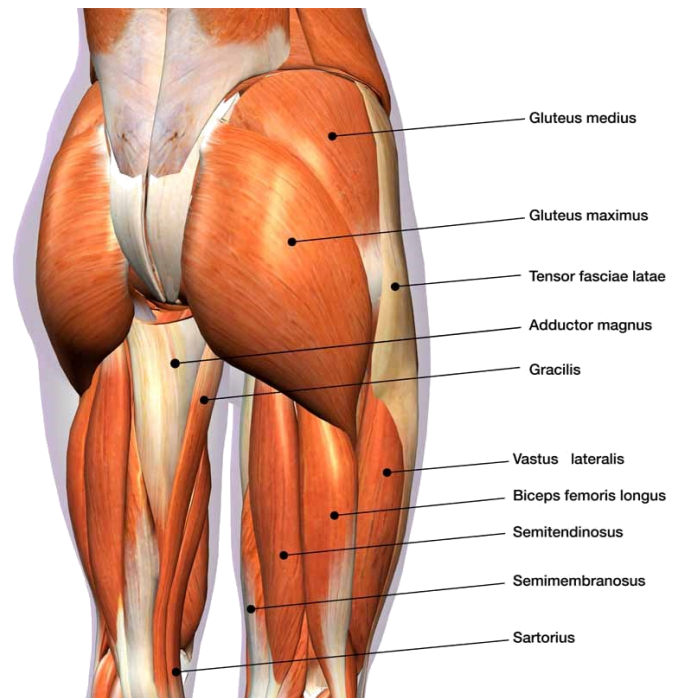
The gluteus maximus is the largest muscle on your body and one of the strongest, or it's supposed to be. That means as you get older, the size and strength of your butt determines how well you can walk, climb stairs, navigate obstacles, get up out of your favorite chair and even go to the bathroom at 2am without assistance.

The bottom line is; those of us who keep our glutes strong can do more longer than people who let their glutes weaken. And of course, a strong butt helps us prevent falls that can devastate our lives.

There are a variety of exercises designed to strengthen these muscles. You can do a hip hinge, bodyweight squats, sit to stand exercises, and a glute bridge from the floor.

There is so much on YouTube these days that can show you how to do each of these exercises. Or join my SAIL class and you can play your way to a stronger body and a cuter butt.

That's a win win!



Did you know?

The Gluteus muscles are the largest and most powerful muscles in the human body. They are responsible for extending, rotating, and stabilizing the hips.



Need a check up?

**Mobile Medical Clinic
Wed., Mar. 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., Mar. 15th | 11:30am - 1:30pm**

News and Tips from Tacomaprobono Community Lawyers

See you on March 12!

We'll be at KPCS with our awesome volunteer attorney and KP resident Pat DeMarco from 10-noon – and don't forget if you miss us, we'll be at The Mustard Seed Project of Key Peninsula in Key Center from 1-3 p.m. and at the Gig Harbor Civic Center from 4-6 p.m. on 3/12.



Can I end my lease if I need to move because of domestic violence?

The answer is yes – according to RCW 59.18.575, you are legally allowed to break your lease early because of domestic violence (physical or sexual assault, fear of immediate physical harm, harassment, stalking, control or threats).

Here's how:

Document -- Get official documentation that you are experiencing domestic violence by getting a protection order or a 'qualified third party' report. The qualified third party can be law enforcement, a health care professional, mental health professional, state court employee, member of the clergy or domestic violence advocate.

Notify -- Tell your landlord in writing that you are ending your lease early because of domestic violence. Attach a copy of your protection order or third-party report to the letter and include a copy of the law (RCW 59.18.575). You must do this within 90 days of the specific domestic violence incident.

Move Out -- The last month for which you pay rent will be the month you move out. Once you move you are entitled to an accounting for your deposit within 14 days and a refund of the deposit minus any damage. Your landlord cannot charge you for damages caused by your abuser; if this happens write a letter to your landlord disputing the charges and include a copy of the law, RCW 59.18.575.

More information on this law and a wide variety of other topics is available at www.washingtonlawhelp.org, check it out!

How to Contact Us if it's not the 2nd Tuesday –

The VERY BEST way to contact our program if you need help is through the online intake form on our website, www.tacomaprobono.org. Our intake specialists will contact you as soon as possible for more information if needed and schedule an appointment for you or provide other resources depending upon your issue and program capacity. Second best is to walk into our offices during intake hours, 1-3 p.m. Monday-Thursday, 621 Tacoma Ave S, Suite 302, or 601 Tacoma Ave S for Housing Justice Project issues. We do have open phone hours 10-noon Monday-Thursday but cannot guarantee that you will be able to get through because the lines are often busy.

Did you know...that in Ireland, shamrocks were traditionally used to ward off evil spirits? Today, shamrocks are not only a symbol of St. Patrick's Day, but they're also a perfect plant to bring some luck and good fortune to the garden. Why not plant some shamrocks this season and let them bring you a touch of the Emerald Isle's magic?

Garden Help Needed

Can you believe it's that time of year again? Time to start planning the garden, preparing the soil, and buying the seeds.

We need help with our garden beds that we put in last year. There are 10 raised beds, six for the Food Pantry and 8 for anyone that would like their own space for whatever. Private spaces are allotted free of charge on a first come first serve basis and are for half of the bed.

Food Pantry spaces are where we grow produce for our clients of the Food Pantry. If you would like to help us plant, maintain, and harvest these beds, please attend the **Garden Club** meeting on **Thursday the 21st at 2:00PM** (right after BINGO).