

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

ENGRAVE YOUR NAME IN HISTORY

Get yours now before time runs out. Deadline November 11th
If you would like a brick, but can't quite swing it financially,
we have lots of options for payment.



The Holiday Tree Celebration

Help Kathy Best support KPCS by decorating our tree at KP Lutheran Church, to prepare it for auction.

Kathy will be at the Church Friday November 18th at 10:00 AM to begin decorating.

She is strongly encouraging tall people to help as the tree is six feet tall.

The Holiday Tree Celebration is an event to benefit both charities and organizations that serve the Key Peninsula and surrounding areas.

Admission is \$15.00 per person and includes hors d'oeuvres, light snacks and desserts prepared by Oliver and the KPLC staff. Wine and other drinks will be available.

Limited to the first 100 tickets sold.



Meet Our New Program/Volunteer Coordinator Sheryl Mirenta

We are very excited to welcome our new Program/ Volunteer Coordinator, Sheryl Mirenta, to our team. Sheryl is a long-time KP resident, having moved here over 30 years ago. She is the former business owner of KC Computer Repair.



Sheryl lives with her dad and their two dogs, Mister and Oliver.

Sheryl will be responsible for the programming schedule for Senior Center activities, and Coordinating Volunteer hours.

We are looking forward to working with Sheryl and excited to see what interesting programs she comes up with.



The Senior Center & Senior Meal Program

Will be closed **November 8 & 9**

Food Bank will remain open



KPCS will be closed

November 24 & 25 for Thanksgiving

Let's Go Shopping!



Monday, November 14th

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

Remembering Our Vets

Teresa's father, Charles Kerr, was an avid photographer. Wherever he went, he took pictures.



Kerr served in the Army Air Corps during WWII in Italy as a photographer.

To honor our Veteran's and in recognition of Veteran's Day, Teresa has loaned us her fathers WW II photos that she inherited when he passed.

These valuable photos that give you a personal view of the war from a soldiers viewpoint, are on display throughout our Center.

She also is sharing is prized memorabilia from that time in history.

Don't miss your chance to see this one-of-a-kind display.

VETERAN'S 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.

November 2nd; 12:00-3:00

From the Food Bank

KPCS Food Bank has purchased and will be distributing turkeys and fixings for Thanksgiving dinner on November 22nd.

Please sign up IN ADVANCE by November 11th if you need a holiday meal.

If you would like to help us provide a nice Thanksgiving meal for your fellow KP residents, please donate Thanksgiving trimmings to the Food Bank by November 18th.

FOOT CARE

November 16th

**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.

Tuesday, November 22nd

1:00– 3:00

Thank you to ABATE for Your Support

ABATE motorcycle group recently held a ride to raise funds to help KPCS meet our mission. This ride raised over \$2,000 that goes directly to serve people and families of the Key Peninsula.

Our Food Bank Manager Brett Higgins recently joined them to receive the check. We are very grateful for the support and generosity of this organization.



ABATE is a not for profit organization dedicated to the Freedom of Choice. For more information, please visit abate-wa.org

Let's Talk Fitness

From *Bobbi*

Lessons with my visit with cancer: Absurdity

I am minding my own business in the dog park, and next thing I know I am on the ground moaning. I have just been hit in the side of my left leg by a 70 pound freight train.

Guess who ends up driving me to the ER? Dan, of course. He rises to the occasion somehow and safely gets me there to wait until I am told that my leg is fractured. (that sounds more friendly than broken doesn't it?)

I am placed in a brace, given crutches, and a referral to an orthopedic doctor next week. None of which, I have any experience in. Dan gets me home and then sleeps for two days. Remember, he is recovering from a huge cancer surgery from two weeks ago.

The neighborhood once more comes to our rescue with food, dog care, and love. However, everyone who comes through the door looks at the two of us in the recliners and starts to laugh. They feel bad and try to stop but they can't. The absurdity of our situation wins over and the only thing to do IS Laugh.

I must admit, it is a "little bit" funny. The old saying that laughter is the best medicine is true. However, the reason we can already laugh is because of the love and support of our friends around us.

Here is the most important lesson: People give you what you need in that moment. And it is enough. A stranger helping me up from the ground and walking me to the car, a kind word, a home cooked meal, or my neighbor coming to our rescue at 6:30am.

I am blessed but, I must admit, it will be funnier in about 5 years.

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



News From the Front Office

We have had a few weeks of offering bus rides to KPCS for lunch, Bingo, and Movies. A few people have taken our offer, but we would love to see more of you. It is easy. Just call us and say you want to come to lunch and give us the date(s). Let us know you want a bus ride, and we will make arrangements for you to be picked up at your door. Our bus has a wheelchair lift for easy access and we have a great team of drivers.

Jackie and Teresa have been outstanding in providing the best meals. Don't forget, we have a potluck each month that is a big hit. We have had about 25-30 people come in to eat on that day. Lots of laughter and Willow always plans something fun. Call 253-884-4440 to make your meal registrations for November.

Don't miss

BINGO

with Jackie

1st & 3rd Thursdays 1:00PM

November 3rd & 17th

Awesome prizes! Awesome fun!

How's Your Blood Pressure?

Stop by and have it checked.

3rd Friday of each month 10:30-12:00.

Friday, November 18th

What's Up in the Kitchen?

POT LUCK moved to the 17th in November!

Lets honor those good old stick-to-your-ribs recipes that our young men fought to get home to during the Wars. Dig through you grandma's recipe box and create a family favorite to share at our Pot Luck.

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.



Food Market

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

Tue	Wed	Thu	Fri
<p>1</p> <p>Hot Beef Sandwich Mashed Potatoes w/ Gravy Green Beans Peaches Dessert</p>	<p>2</p> <p>Spaghetti w/ Beef Sauce Caesar Salad Mandarins Garlic Bread Dessert</p>	<p>3</p> <p>Fish Tacos Cole Slaw Black Beans Fruit Dessert</p>	<p>4</p> <p>Chicken Pot Pie Peas Peaches Dessert</p>
<p>8</p> <p>CLOSED</p>	<p>9</p> <p>CLOSED</p>	<p>10</p> <p>Philly Cheese on Hoagie Sandwich Potato Salad Fruit Dessert</p>	<p>11</p> <p>Chili Dogs Tater Tots Peas Fresh Fruit Dessert</p>
<p>15</p> <p>Chef's Salad Fruit Roll Dessert</p>	<p>16</p> <p>Sloppy Joes Broccoli Salad Corn Peaches Dessert</p>	<p>17</p> <p></p>	<p>18 <u>Thanksgiving Meal</u></p> <p>Turkey Mashed Potatoes w/ Gravy, Stuffing Green Bean Casserole Cranberry Sauce Roll Pumpkin Pie</p>
<p>22</p> <p>Ham & Cheese Sand- wich Potato Salad Fruit Dessert</p>	<p>23</p> <p>Tuna on Croissant Tomato Soup Peaches Fruit Dessert</p>	<p>24</p> <p>CLOSED</p> <p></p>	<p>25</p> <p>CLOSED</p>
<p>29</p> <p>Tater Tot Casserole Veggies Peaches Dessert</p>	<p>30</p> <p>Mac & Cheese w/ Ham Mixed Veggies Mixed Fruit Dessert</p>	<p>60+: Suggested \$3 EACH 60 — : Required \$5 EACH</p>	

What's Happening This Month?

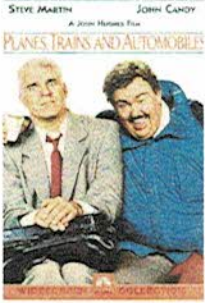
Mon	Tue	Wed	Thu	Fri	Sat
	1 8:30 S.A.I.L	2 10:00 Cards 12:00 Veteran's Resources 1:00 PCHS Mobile Clinic 3:30 SAIL	3 Farmers Market 8:30 S.A.I.L 1:00 BINGO	4	5 8:30 S.A.I.L
7 3:30 S.A.I.L	8 Senior Meals/Senior Center Closed for Parking Expansion FOOD BANK OPEN	9 Senior Meals/Senior Center Closed for Parking Expansion FOOD BANK OPEN 3:30 S.A.I.L	10 8:30 S.A.I.L	11 Veteran's Day 12:30 Movie: Trains, Planes & Automobiles	12 8:30 S.A.I.L
14 Shopping 3:30 S.A.I.L	15 8:30 S.A.I.L 12:30 Knit & Crochet	16 10:00 Cards 10:30 Foot Care 11:00 Medicare Help 3:30 S.A.I.L	17 Farmers Market 8:30 S.A.I.L 12:00 POT LUCK 1:00 BINGO	18 10:00 PCHS Insurance Help 10:30 Blood Pressure 12:00 Birthday  12:30 Movie: Miracle on 34th Street	19 8:30 S.A.I.L
21 3:30 S.A.I.L	22 8:30 S.A.I.L 1:00 Benefits Help	23 12:30 Genealogy 3:30 S.A.I.L	24 	25	26 8:30 S.A.I.L
28 3:30 S.A.I.L	29 8:30 S.A.I.L 10:00 Tac. Probono	30 3:30 S.A.I.L			

New Program Committee!

We will be forming a Program Committee to help plan trips, activities, and offerings. Please talk to Sheryl with your ideas or to volunteer to be on the Committee.

If you would like to watch a special movie, let any staff know. Willow will try to offer it for your viewing pleasure as soon as possible.

FREE Movie on the Big Screen
Friday, November 11; 12:30 PM

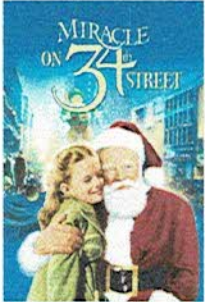


Trains, Planes, and Automobiles

All that Neal Page wants to do is to get home for Thanksgiving. His flight has been cancelled due to bad weather, so he decides on other means of transport. As well as bad luck, Neal is blessed with the presence of Del Griffith, shower curtain ring salesman and all-around blabbermouth who is never short of advice, conversation, bad jokes, or company. And when he decides that he is going the same direction as Neal....

1 hour 33 minutes 1987 Rated R

Friday, November 18; 12:30 PM



Miracle on 34th Street

After a divorced New York mother hires a nice old man to play Santa Claus at Macy's, she is startled by his claim to be the genuine article. When his sanity is questioned, a lawyer defends him in court by arguing that he's not mistaken.

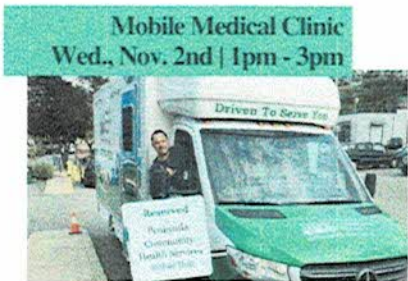
1 hour 36 minutes 1947 Not rated

FREE TABLE
Is now closed until Spring
Thank you for sharing your usable items!



PCHS IS DRIVEN TO SERVE YOU.

Need a check up?



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!



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.



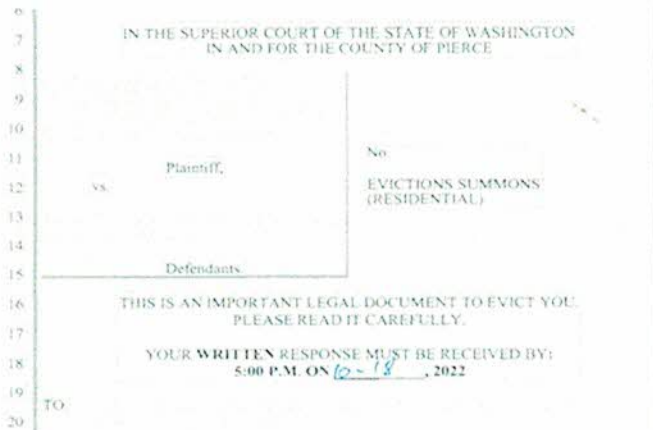
Insurance Navigators
Fri., Nov. 18th | 9:30am - 12pm

TacomaProBono



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

If you receive a document that looks like this:




You'll need to respond or you could lose your housing, even if the document has not been filed with the court and even if you already have an agreement with your landlord to move out.

Our Housing Justice Project can help you respond correctly, on time and to the right person, and connect you with a free attorney – don't ignore it, don't leave your home.

Contact us for help right away!

Phone: (253) 572-5134
 Fax: (253) 327-1649
 Email: hjp@tacomaprobono.org
 Online intake & resources:
www.tacomaprobono.org/hjp
 621 Tacoma Ave S Ste 302
 Tacoma, WA 98402



HOUSING JUSTICE PROJECT
RIGHT to COUNSEL



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.

Each box includes:

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

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

Talk to Sheryl for details.

Household Size	Annual Income	Monthly Income	Twice per Month Income	Every Two Weeks Income	Weekly Income
1	\$17,667	\$1,473	\$737	\$680	\$340
2	\$23,803	\$1,984	\$992	\$916	\$458
3	\$29,939	\$2,495	\$1,247	\$1,152	\$576
4	\$36,075	\$3,007	\$1,504	\$1,388	\$694
5	\$42,211	\$3,518	\$1,759	\$1,624	\$812
6	\$48,347	\$4,029	\$2,014	\$1,860	\$930
7	\$54,483	\$4,541	\$2,271	\$2,096	\$1,048
8	\$60,619	\$5,052	\$2,526	\$2,332	\$1,166
For each additional family member, add	\$6,136	\$512	\$256	\$236	\$118

* Must be 60 years of age or older to participate in this program.

Knitting and Crochet Club

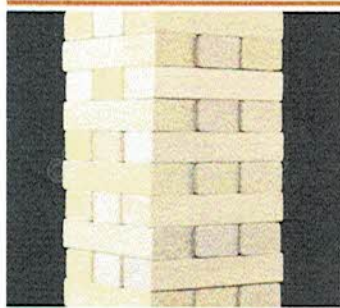
TUESDAY - NOVEMBER 15TH

@ 12:30pm (Dining Room)

Due to the 4th Thursday being a Holiday, we moved our event to Tuesday - November 15th, right after Lunch.

If you would like to learn how to Knit or Crochet, we have experienced ladies who can help you or answer any questions you may have. Hope to see you then!

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 Jenga, or
Yahtzee, or Cribbage???

We play cards or games, or both, each week.

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

We usually start between 9 & 10 and play until lunch but 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.

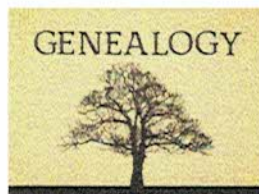
Veteran's Tree of Sharing

Each holiday season KP Veteran's place a Tree of Sharing in our lobby. This tree has tags with gift ideas for Veterans in need.

Please take a tag, purchase a gift and return it to KPCS by December 16th. The gifts will be given to the Veterans of American Lake on December 21st.

The tree will be displayed on November 16th.

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

November 23rd 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.

Wednesday, November 16th, 11:00-2:00

Friday, November 18th, 10:00-12:00

