

A Note from the Director

By Willow Eaton

Happy Fall! Change is in the Air

There are so many things happening behind the scenes at KPCS, I hardly know where to start. It has been a busy year, and things just keep happening as we grow to meet the needs of the KP Community.

Our much beloved Logging Show and Festival returned after a two-year absence, and was a huge success! A giant THANK YOU to the Committee; Stephanie Brooks, Dan Wehmeier, and John Yaggi for all their work putting the event together. Without all their work and dedication, there would not have been a Logging Show 2022.

We are very fortunate to have received two grants in the amount of \$100,000 each from the Washington State Department of Agriculture. These funds will be applied towards:

Refurbishing the masonry of the building exterior. This entails removing old, broken bricks and replacing them with new, removing the crumbling old mortar and replacing with new, cleaning and sealing the building. Our building is almost 100 years old and has worked hard over the years. It deserves a facelift.

Expanding the parking lot. We will be adding

at least 14 new parking areas, and 3 accessible spots. As demand for our services increases, parking has proven to be inadequate. We very excited to see this expansion.

Installing fencing around the perimeter of the building. As many of you are aware, KPCS has experienced an increase in vandalism and theft over the past few years. Hopefully, perimeter fencing will keep our building and assets secure, and we don't experience further loss.

Our driver, Rob Gordon, has been promoted to the brand new position of Project Manager, for at least the next year. Rob's primary responsibilities will be overseeing these projects to ensure they are completed with quality work, within budget, and on time. We are so grateful that Rob has stepped up to take on this new position, and are excited to move forward.

Currently, we have two pending funding requests for funds to replace the struggling HVAC system and generator.

Please be aware that while these projects will make a huge difference when they are completed, they will also create some inconveniences while the contractors are working on them. We appreciate your patience and understanding while we are under construction.

CLOSED

We will be closed
Tuesday,
September 27th
ALL DAY
For a Staff Retreat

Let's Go Shopping!



Monday, September 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.

Let's Take A Trip!



Centralia Outlets

Time to get a head start on that Christmas shopping, or just to find something special for yourself.

This month we're headed to the Centralia Outlets for a day of site seeing and shopping.

The Centralia Outlets is a long-standing outlet mall featuring a range of brand name stores for fashion & home goods.

Lunch is on your own for this trip.

Wednesday, Sept. 14th

Depart Center: 9:00AM

Requested Donation: \$10.00

Take a look online for sales & coupons!

<https://centraliaoutlets.com/sales-coupons/>

How's Your Blood Pressure?

Elevated BP can sneak up on you without you even noticing. Have your BP checked regularly.

Lana will check it and keep a record for you if you want.

Stop by and see her 3rd Friday of each month 10:30-12:00.

Friday September 16th



PCHS is driven to serve you!

The mobile medical clinic is staffed by a medical provider and assistant who can provide a wide range of primary care services. They strive to provide the same quality service you would receive at their fixed site.

Sliding payment scale available.

Wednesday September 23rd, 12:30-2:30PM

VETERAN'S SERVICES



Are you a veteran? You may qualify for assistance you're not aware of. Veteran's services has made some large changes to their programs recently.

Stop by to see if you qualify.

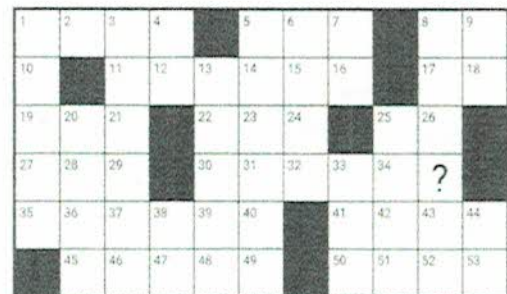
Qualifications: a person who served in the active military, naval, or air service, regardless of length of service, and who was discharged or released therefrom, excluding anyone who received a dishonorable discharge or was discharged or dismissed by reason of a General court-martial, and National Guard and reserve service members deployed on Title 10 orders.

First Wednesday each month

September 7th, 12:00-3:00

RIDDLE ACROSTIC
BY HELENE HOVANEC

Wanna hear a joke? If you do, solve this puzzle! First, write the answers to the clues on the numbered blanks next to them. Then move the letters on the blanks into the diagram in their matching numbered squares. For example, the number under the first blank in Clue A is 33. After you answer that clue, you'll place the letter on blank #33 into square #33 of the diagram. Work back and forth between the clues and the diagram to fill all the spaces. When you're finished read the grid from left to right, starting at the top, and you'll find a riddle and its answer.



- | | | | | | | | | | | | | |
|-----------------------|----|----|----|----|----|----|-------------------------|----|----|----|----|----|
| A. Small | 33 | 6 | 4 | 8 | 52 | 15 | G. More than warm | 31 | 12 | 38 | | |
| B. Male parent | 25 | 3 | 25 | 46 | 26 | 44 | H. Opposite of worst | 50 | 47 | 20 | 13 | |
| C. Difficult | 2 | 25 | 16 | 5 | | | I. Keep an eye on | 1 | 36 | 53 | 30 | 9 |
| D. Very sloppy | 11 | 51 | 22 | 37 | 41 | | J. Building you live in | 18 | 26 | 41 | 45 | 10 |
| E. Third grader's age | 39 | 32 | 17 | 21 | 49 | | K. No longer wet | 34 | 29 | 24 | | |
| F. Red Riding ___ | 14 | 19 | 42 | 7 | | | L. Five plus five | 21 | 48 | 40 | | |

Let's Talk Fitness

From Bobbi

I have been sitting here trying to write. No easy task this evening. I keep coming back to this poem I wrote many years ago. It seems appropriate somehow...

A Mountain Blessing

Acorns tossed and landed
twigs
leaves blown here
this place

Discarded? No.
just letting go - its time

Cool morning air
quiet - only a chime to sound

This place - a temple
for a hurting soul

The arms of the Mother
caressing the pain
then letting go

Forgiveness.
my own.

Do Your Old Dogs Need Some TLC?

Lana is here the 4th
Wednesday to give you a hand.
No charge, but donations to offset
the cost of supplies are always welcome.



Wednesday, September 28th; 10:30
Make your appointment now!
Spaces fill up quick.

News From the Front Office

We have numerous events in which we use the bus to get our Seniors from their house to KPCS and back.

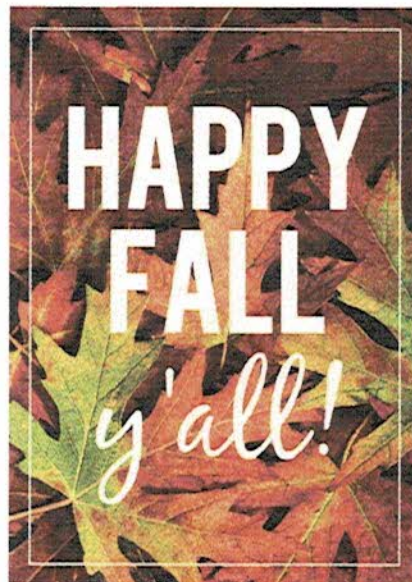
This month, the bus will transport us from KPCS for our Field Trip to the Centralia Outlet stores for a day of shopping. To do this, we need plenty of people to attend this event.

For us to get help with funding, we need to show that people are interested in events. We've had to cancel the bus for picking up riders on Movie Day the past 3 times because of little or no interest. If you are interested in a ride for an event, plan ahead and let us know.

If we have enough people call about a particular event, we will do our best to get the driver and a bus out.

Thank you,

Kyong & Peggy



What's Up in the Kitchen?

POT LUCK on the 22nd This month our Pot Luck will have a 50s theme! Wear your best left-over 1950s poodle skirt or don your DA and head on in for the best Pot Luck in town. We'll provide the milkshakes.

Birthday Celebration! Birthdays are back. Celebrate your birthday month with us and you may get a special treat. **September 16th.**



Food Market

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

Tue

Wed

Thu

Fri

60+: Suggested \$3 EACH
60 — : Required \$5 EACH

1

White Bean & Chicken Chili
Green Beans
Fruit
Cornbread
Dessert

2

Veggie & Beef Soup
Grilled Cheese
Sandwich
Corn
Peaches
Dessert

6

Asian Chicken Salad
Green Beans
Roll
Fruit
Dessert

7

Tortellini/Ravioli w/
Italian Sausage &
Marinara Sauce
Salad
Mandarins
Garlic Bread
Dessert

8

Chicken
Chimichanga
Refried Beans
Mixed Veggies
Fruit
Dessert

9

Mac & Cheese
w/ Ham
Peas
Fruit
Dessert

13

Beef Broccoli -
Stir Fry
Fruit Salad
Dessert

14

Chili Dogs
Broccoli Salad
Fruit
Dessert

15

Taco Tater Tot -
Casserole
Peas
Fruit
Dessert

16



B-Day Meal

Chicken Broccoli -
Casserole
Corn
Fruit
Dessert

20

Hot Turkey Sandwich
Green Beans
Mashed Potatoes w/
Gravy
Fruit
Dessert

21

Lasagna
Salad
Garlic Bread
Fruit
Dessert

22



23

Meatloaf
Mashed Potatoes w/
Gravy
Mixed Veggies
Roll
Fruit
Dessert

27

CLOSED
(STAFF RETREAT)

28

Chicken a la King
Mixed Veggies
Fruit
Dessert

29

Beef Tamale Pie
Peas Fruit
Cornbread
Dessert

30

Tuna Croissant
Sandwich
Tomato Soup
Green Beans
Fruit
Dessert

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
			1 Farmers Market 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	2	3 8:30 S.A.I.L
5 4:30 S.A.I.L	6 8:30 S.A.I.L 9:45 Tai Chi	7 10:00 Cards 12:00 Veteran's Resources 1:00 PCHS Mobile Clinic 4:30 SAIL	8 8:30 S.A.I.L 9:45 Tai Chi	9 FREE TABLE! 12:30 Movie: Father of the Bride	10 8:30 S.A.I.L
12 Shopping 4:30 S.A.I.L	13 8:30 S.A.I.L 9:45 Tai Chi 1:00 Benefit Signup help	14 TRIP: Outlets 12:30 Line Dance 4:30 S.A.I.L	15 Farmers Market 11:00Pierce Co. Comp. Plan 8:30 S.A.I.L 9:45 Tai Chi 1:00 BINGO	16  11:30 Blood Pressure *Birthday Meal	17 8:30 S.A.I.L
19 4:30 S.A.I.L	20 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono	21 10:00 Cards 11:00 Medicare Help 4:30 S.A.I.L	22 8:30 S.A.I.L 9:45 Tai Chi 12:00 POT LUCK 12:30 Knit & Crochet	23 FREE TABLE! 10:00 PCHS Insurance Info 12:30 Movie: The Good Liar	24 8:30 S.A.I.L
26 4:30 S.A.I.L	27 CLOSED FOR STAFF RETREAT	28 10:30 Footcare 12:30 Line Dance 4:30 S.A.I.L	29 8:30 S.A.I.L 9:45 Tai Chi	30	01 8:30 S.A.I.L

S.A.I.L: Stay Active and Independent for Life is a strength, balance and fitness program for adults 60 and older. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly.

Tai Chi For Better Balance: This unique training approach is the result of years of research and community evaluation which culminated in a well organized community based program which includes an 8-form core routine, practice variations and therapeutic subroutine. This nationally recognized evidence based fall prevention program for older adults is an enhancement of traditional Tai Chi transforming movements into therapeutic training for balance and mobility.

FREE Movie on the Big Screen

Friday, September 9th; 12:30 PM

FATHER of the BRIDE

Father of the Bride



George Banks is an ordinary, middle-class man whose 21-year-old daughter, Annie, has decided to marry a man from an upper-class family, but George can't think of what life would be like without her. He becomes slightly insane, but his wife, Nina, tries to make him happy for Annie, but when the wedding takes place at their home and a foreign wedding planner takes over the ceremony, George must try to handle the fact that people grow up.

1 hour 45 minutes 1991 Rated: PG

Friday, September 23rd; 12:30 PM

MIRREN

McKELLEN



The Good Liar

Career con artist Roy Courtney (Sir Ian McKellen) can hardly believe his luck when he meets well-to-do widow Betty McLeish (Dame Helen Mirren) on-line. As Betty opens her home and life to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life

1 hour 49 minutes 2019 Rated: R



Ladies and Gentlemen!!! Pick your poison!!!

As the days grow colder, it might be fun to come in and play your favorite card game: Canasta, Nertz, Cribbage, Hearts, Spades. Maybe you're not a card player. Maybe you prefer board games like Sequence, Monopoly, Scrabble or Dominoes.

The card gang has requested to play every week on Wednesday and it usually starts shortly after 9 AM. Anyone can join at any time between 9 and 10. 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.

Our FREE TABLES are bigger & better than ever. Don't miss your chance to find your new treasure FOR FREE. The 2nd & 4th Friday. Every month. **We need volunteers to help with set up and tear down.**

September 9th & 23rd~~Cancel for rain

Line Dance with Teresa

This month we will focus on learning the stroll for a demo during PotLuck on the 22nd

**2nd & 4th Wednesday, 12:30
September 14th & 28th**



Don't miss

BINGO

with Jackie


1st & 3rd Thursdays 1:00PM

Awesome prizes! Awesome fun!

**Free
LEGAL
FINANCIAL
OBLIGATIONS
Clinic**

WEDNESDAY
September 28
9 a.m.-Noon

apply online
www.tacomaprobono.org
use code LFO



Safe Streets Campaign
with *Elissa Larson*

It was great spending time with 4 ladies who came in for the Safe Streets Safety Presentation in August.

Seniors from KPCS were able to share concerning events in their neighborhood, and Elissa shared tips on what could be done to help.

The conversation was so well received they decided they would like to continue next month and invite more of you to the table.

Elissa will offer tips on how to keep you from falling victim of a crime, and will also share information from Matthew Santelli, from Pierce County Aging and Disability Services. His slideshow covers online scams and how to protect yourself while using your computer or smart phone.

Please join us to learn more and discuss ways to stay safe.

Friday Sept 16; 12:30

HOW TO CONTACT US



Tacomaprobono's free legal help programs visit Key Peninsula Community Services on the 2nd Tuesday of every month between 10 and noon. You are welcome to bring any

civil legal issue to us at that time and ask any questions you may have.

PLEASE NOTE: September's KPCS day will be **Wednesday, the 20th.**

When we're not at KPCS, you can still reach our programs through our online intake form, by phone or in person in our office in downtown Tacoma.

WHAT WE CAN HELP WITH

Our HELP Team (Homeless and Eviction Legal Prevention) can work with you if you are low-income and experiencing an issue with your landlord that is causing you to fear that you may be evicted, or if you have received any kind of formal eviction notice. ***You cannot be evicted without a court order, and if you are facing an eviction hearing, you have a right to have one of our attorneys represent you in court.***

Our Family Safety team is also growing. If you are experiencing domestic violence and need help with a family law issue or a domestic violence situation is causing housing insecurity, we may be able to help.

LEGAL FINANCIAL OBLIGATIONS CLINIC

Do you have criminal fines in Pierce County Superior, District or Tacoma Municipal Courts? Have you had difficulty paying them? Are you low-income? The HELP Team can help with these too!

Apply online for our next LFO Clinic on September 28, using the special code LFO to see if one of our HELP Team lawyers can help you obtain relief from your debt.

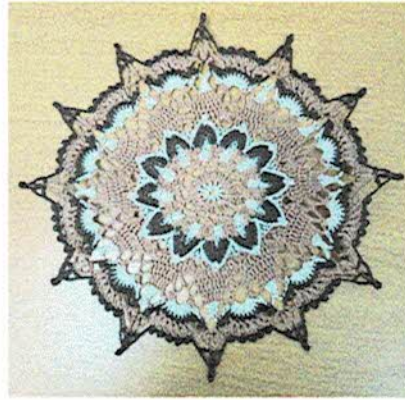
Knitting and Crochet Club

Come and have some fun knitting/crocheting a project you are working on or you can start a new one. This event will begin right after the monthly Potluck in the Dining/Multi-purpose Room.

We continue to collect lap blankets & hats for the Project Linus Program. Kathleen Best has already made over 100 hats and 3 blankets for donation.

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. You don't need to sign up for this - just show up!

Thursday - September 22nd
@ 12:30pm (Dining Room)



We will be a drawing for this beautiful doily
You could be the winner!

(Donated & made by JoHanna)

Your Donations Make a Difference!

The requested donation for meals is \$3.00 if you are 60 and over. **The required amount is \$5.00** if you are under 60. Yes, we receive funding from Pierce County for our Senior Meal Program. However, it does not cover all expenses associated with shopping for, preparing, delivering, and serving the meals.

Every dollar you donate is a dollar that doesn't come out of the KPCS general budget.

We use the general budget funds to support programs and supplies that are not off-set by other funding sources. This is where the money for treats, decorations, programming expenses, gas for shopping trips, live music and other special purchases comes from. The more money in our general account, the more fun we get to have! There are many, many expenses that we incur that are not covered by grants, and we rely on donations for funding. A percentage of our meals fall under these expenses. Your donations go directly to funding expenses associated with our Senior Center and Senior Meal Program.

Support KPCS every time you shop, at no cost to you. Amazon will donate .5% of your eligible purchases to KPCS.

amazonsmile
You shop. Amazon gives.



Join Pierce County Planning and Public Works on Thursday September 15th, and share your vision for our community's future!

Over the next 2 years, Pierce County will be updating our Comprehensive Plan. This is a document that lays out the County's policy guidance on a wide range of topics including Affordable Housing, Responsible Growth, Environmental Protection, Sustainability, and Transportation and Traffic.

Right now, we are in the scoping phase of the project. On **Thursday, September 15th**, we will be visiting Key Peninsula Community Services **11-3:30 pm**. Pierce County Planning and Public Works staff will be on site, next to the Farmers Market, to share information about the Comprehensive Plan Update, answer questions, and welcoming of community feedback on what topics the community wants to see addressed.

Please visit www.PierceCountyWa.gov/CompPlan to learn more.