

WHOLENESS



*seeing beauty in the
everyday in a way that
feels natural and
authentic.*

begins within.

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CONCIERGE / SECURITY 253.313.0700

Audio KeyNotes: 253.313.0790

Billing: 253.313.0703

Consonus (Therapy): 253.313.0749

Housekeeping: 253.313.0795 (EVS@HeronsKey.org)

Facilities: 253.313.0798 (Facilities@HeronsKey.org)

PENROSE HARBOR 253.313.0800

Fitness: 253.313.0781

Resident Services: 253.313.0793

Restaurant: 253.313.0797

Spiritual Care: 253.313.0733

Transportation: 253.313.0792

Ron Schaefer
CEO & President

Michelle Wood
Vice President of Operations

Chris Lucero
Executive Director

Karen Rose
Health Services Administrator

Pam Carlson
Director of Nursing Service

Denise Cooksey
Director of Human Resources

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Consonus Director of Rehabilitation

Sandi Semler
Social Services Coordinator

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Director, Resident Services

Austin Beauregard
Wellness Program Manager

McKenna Leehan
Director, Sales & Marketing

George Smith
Director of Facilities

Ray Austin
Facilities Operations Supervisor

Lynn Good
Environmental Services Supervisor

Sandra Cook
Vice President of Marketing

Matthew LeCours
Director, Food & Beverage

Kristina Christenson
General Manager of Dining

CONCIERGE NEWS

HERON'S KEY DEPARTMENT HOTLINES

When you need help, use this list to help you determine which department can assist you the best.

Concierge / Security | 253.313.0700

Transportation Requests | Packages & Mail | Away Notices | Local Resources | Registering for Off-Campus Trips | Interest Groups | Reporting Hospital Stays | Emergency & Pendant Response | Handouts & Forms | Updating Contact Info

Penrose Harbor Front Desk & Administration | 253.313.0800

Environmental Services Hotline | 253.313.0795 | EVS@HeronsKey.org
Apartment & Campus-Wide Cleaning

Facilities Hotline | 253.313.0798 | Facilities@HeronsKey.org

Parking | Work Orders | Groundskeeping | Building Safety | Trash & Recycling | Residential Policies Regarding Balconies, Hallways, & Apartment Renovations

Resident Services Hotline | 253.313.0793

New-Resident Orientation | Resident Handbook | Questions | Event, Fitness & Trip Ideas | Newsletter Content | Interest Groups & Resident Council | Room Scheduling | Questions about Transitions to Penrose Harbor | Health Concerns & Well Being | Life Enrichment & Volunteering at Penrose Harbor

Penrose Harbor Life Enrichment Activities | 253.313.0756

Syren's Grille Host Stand | 253-313-0797

Marketing | 253.851.8100 |

Moving Apartments within IL | Vehicle Parking Changes | Referrals
Please call for an appointment so staff can schedule a time with you between sales calls and prospecting tours.

SIGN UP FOR TEXT MESSAGE ALERTS

Text **888.449.0214** (Message and data rates apply. Terms & privacy: slicktext.com/tc.php.)

- **Urgent Matters on Campus:** Text the word **HKUrgentAlert**
- **Reminder About Many Events on Campus & Event Updates:** Text the word **HeronsKey**
- **Notification on the Arrival of Mail:** Text the word **HKmail**

RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

They Called it the ‘Big Blow’

October 12, 1962. It was only the remnants of Typhoon Freda, but it brought intense non-tropical winds to the coastal areas of the Western U.S. The news called it the worst storm of the 20th century, with average winds exceeding 100 mph and close to 180 mph in the Pacific Northwest. Massive widespread destruction, entire areas of forest flattened to the ground, and 46 deaths resulted. It was also called the Columbus Day storm (footage at <https://www.youtube.com/watch?v=RjZROxgxpZk>).

I guess it was a “Mighty Big Blow!” While familiar with both the dry winds and winter blizzards in the plains, I’d never experienced such velocity as this storm. Standing in the only windowless room of a nine-room, two-story, 50+-year-old wood-frame house while holding a 6-week-old baby, I was terrified.

Persistent high winds from the ocean can create a second tide, a high tide that arrives before the previous one has subsided. Such a tide brought water from the Pacific Ocean up Washington’s Willapa River, clear into town, down the street, and right up to the front porch of that big old house. Yes, it was a “Mighty Big Blow.”

More impressive records have been set, however. Research notes that the highest wind ever recorded was 253 mph on Barrow Island, Australia, during Tropical Cyclone Olivia. *Cyclones* are massive, rotating storms. The most brutal are called *hurricanes* or *typhoons*, depending on where they occur. A *bomb cyclone*, like the one that hit the East Coast in late January, brought heavy snow and hurricane-force winds.

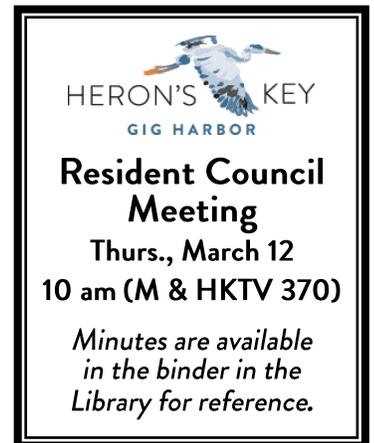
Bomb cyclones come in four stages. **First:** There are two stationary fronts: one with dry, cold air and the other with moist, warm air. **Second:** These fronts collide. **Third:** The fronts begin rotating around a low-pressure center. **Fourth:** The cold air crowds out the warm air, forcing it to rise. The temperature changes and air pressure drops. When the drop in air pressure is severe—24 millibars in 24 hours—we have a bomb cyclone. Now that is a “Mighty Big Blow” with cold and snow.

Tornados are much smaller than hurricanes and occur over land, creating funnel clouds. Funnels can create winds of up to 300 mph. Tornado winds are difficult to measure, but they can even pick up buildings, cars, animals, and tons of soil. Remember the “Mighty Big Blow” that picked up Dorothy from a Kansas farm and dropped her off in the magical Land of Oz?

But there is a good side to this story—especially when we consider winds that are more like calm, gentle breezes. Scientists tell us that the negative ions in these breezes can reduce drowsiness, boost serotonin production, and lower cortisol levels, a hormone partly responsible for stress. A gentle breeze can calm the nervous system and help clear our minds. “And don’t we all need that?”

So, consider the phrase from a collection of nursery rhymes going back as far as 1557 from the 14th-century poet Geoffrey Chaucer: “March winds and April Showers/Bring forth May Flowers.”

May you have an abundance of breezes, showers, and a lot of flowers! —Carol, HKRC Secretary



HERON'S KEY
GIG HARBOR

Resident Council Meeting
Thurs., March 12
10 am (M & HKTU 370)

*Minutes are available
in the binder in the
Library for reference.*



TRANSITIONS SEMINAR:

Navigating the Different Levels of Care at Heron's Key

Monday, March 2, at 3 pm (M & HKTU 370) | *Sponsored by Resident Services*

One of the greatest benefits of living in a Type A Life Care Community is the peace of mind that comes from knowing support is always close by. As care needs change, residents can move smoothly from Independent Living to Assisted Living, Skilled Nursing, or Memory Care—all within a familiar and trusted community.

Whether a short-term stay or longer-term care is needed, Skilled Nursing provides compassionate, specialized support for residents living with ongoing medical conditions, disabilities, chronic or severe pain, or dementia.

Assisted Living offers help with everyday activities such as medication management, bathing, dressing, meals, transportation, and housekeeping, while continuing to honor each resident's independence, preferences, and lifestyle.

Memory Care is thoughtfully designed for those living with Alzheimer's disease, dementia, or other forms of memory loss, creating a safe, supportive environment that feels comfortable and reassuring.

We offer this seminar twice a year to help residents better understand how the HK CARE team partners with them and their families to support smooth, thoughtful transitions from Independent Living to Penrose Harbor.

We're pleased to be joined by members of our dedicated care team:

- Karen Rose, Health Services Administrator
- Pam Carlson, Director of Nursing
- Lisa Meinecke, Director of Resident Services

OFF-CAMPUS EVENTS

Read the full description of many off-campus events and register on the Resident Portal. Call the Concierge for assistance. If registration for a trip is full, join the waitlist, as you may have a chance to participate if other registrants cancel. **Please note for all events:**

- Walking or strolling may be required to and from the parking spot, and on surfaces that may be uneven, poorly lit, and have potential trip hazards.
- Events are subject to change or cancellation due to:
 - Low registration numbers – Adverse weather conditions – Matters outside our control

ENJOY THE ARTS AND LOCAL AREA

Exit Laughing at Olympia Little Theater



Sunday, March 15, from 12:20–5 pm | *Sponsored by Performing & Visual Arts*

A weekly bridge night isn't the same until the girls bring the ashes of their deceased forth for one last game! **Register on the Resident Portal by 9 am on Wednesday, March 4.**

Natural History Collection at the University of Puget Sound & Lunch at Manny's Place in Tacoma

Wednesday, March 25, from 10 am–2 pm | *Sponsored by Resident Services*

Join us for a behind-the-scenes guided tour of the University of Puget Sound's private research collection and learn about animal adaptations, different uses of museum specimens, and the area's natural history. Admission is free. After the tour, we will have lunch at Manny's Place. **Register on the Resident Portal by noon on Wednesday, March 18.**

Andrea Bocelli in Concert at Climate Pledge Arena

Tuesday, September 8, from 6:15–11:15 pm | *Sponsored by Resident Services*

An international sensation, Italian tenor Andrea Bocelli is performing in Seattle this September. His deep, rich operatic voice blends classic opera and popular music, making him one of the world's most successful classical crossover performers. **Register on the Resident Portal by 9 am on Monday, March 16.**

SHOP & DINE

Women's Brunch at Puerto Vallarta in Gig Harbor

Monday, March 2, from 11 am-1 pm | *Sponsored by Resident Services*

Registration closed.

Bourbon Street Creole Kitchen & Bar in Puyallup

Friday, March 6, from 11 am-2 pm | *Sponsored by the International Tastings Group*



Bringing authentic New Orleans-style Cajun-Creole cuisine to the Pacific Northwest, this restaurant is where our group first began. It has been over two years since our initial visit. With culinary training rooted in Louisiana and Le Cordon Bleu, the family delivered a great dining experience last time, and we are looking forward to this visit. Please use the waitlist if registration is full.

Register on the Resident Portal by 9 am on Friday, February 27.

OFF-CAMPUS EVENTS

Ice Cream at Carter & Co. in Port Orchard

Thursday, March 12, from 2:30-4:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Monday, March 9.

Welcome Restaurant & Bar in Tacoma

Thursday, March 19, from 11 am-1 pm | *Sponsored by the International Tastings Group*

A relatively new eatery, Welcome Restaurant's menu blends flavors from Colombia, Mexico, and the U.S., offering interesting fusion twists on familiar dishes. The menu includes tacos, arepas, birria, empanadas, plantains, burgers, and creative fusion plates. Please use the waitlist if registration is full. **Register on the Resident Portal by 9 am on Thursday, March 12.**

Brunch at Family Pancake House & Shopping at Walmart in Port Orchard

Monday, March 23, from 10 am-1:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by 9 am on Monday, March 16.

Co-Ed Lunch at Greenhouse Restaurant in Gig Harbor

Friday, March 27, from 11 am-1 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Friday, March 20.



The following shopping trips are free of charge. Reserve your spot by registering on the Register Portal by 12 pm on the day before the scheduled trip.

For assistance with registering, call or visit the Concierge.

If you experience low vision and find shopping trips challenging, please call Resident Services (253.313.0793) so we can make arrangements for a helpful companion to come along.

Mondays at 10 am

Wednesdays at 10 am (Express Shopping)

Fridays at 10 am

3/2—Trader Joe's, Silverdale

3/4—Safeway

3/6—Trader Joe's, University Place (UP)

3/9—Fred Meyer

3/11—Safeway

3/13—Metropolitan Market, Gig Harbor

3/16—Trader Joe's, UP

3/18—Safeway

3/20—Safeway

3/23—*See off-campus events*

3/25—Safeway

3/27—Target

3/30—Harbor Greens

INTEREST GROUPS

EVENTS

Introduction to Food 4 All (Formerly Backpacks4Kids)

Thursday, March 12, at 1 pm (M & HKTV 370)

Sponsored by the Volunteer Committee



Heron's Key is proud to be of service to our community. An organization we often collect for is Gig Harbor's Food 4 All (formerly Food Backpacks4Kids)! This talk aims to teach us more about the organization and its new additions, including a food bank, resource center, and name change. Join us.

Food Drive for Food 4 All

Saturday, March 21, from 10 am-2 pm (CL) | *Sponsored by the Volunteer Committee*

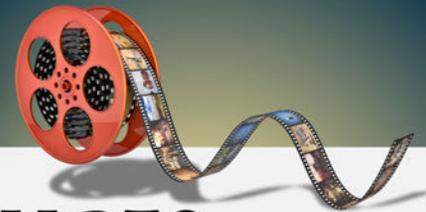
Food 4 All meets the nutritional needs of hungry and food-insecure children and their families living in Gig Harbor and the Key Peninsula. Children thrive when they have access to healthy food.

Bring your donations to the Clubhouse Lobby and place them on the table associated with your floor. Let's see if we can beat last year's donation total. Thank you for your generosity!

Please limit donations to the following requested items.

- Granola bars
- Goldfish packets
- Canned tuna
- Canned chicken
- Fruit cups
- Canned soup (any flavor)
- Money: Make checks payable to "Food 4 All." Please bring the monetary donations to the Clubhouse Lobby on the day of the food drive.

Friday Night Movies



7 pm in the Maritime & HKTV 370

Come to the Maritime Room for popcorn!



Sponsored by Resident Services

Festival of Jazz Series

Watch on Wednesdays at 6:30 pm (M & HKTU 370)

Monday, March 4

Wednesday, March 11

Wednesday, March 18



Note: Streamed programs are subject to change without notice. If a different program is available, we will show it in the Maritime and on HKTU 370. We hope you enjoy the alternative program.



PENINSULA MEN'S GOSPEL SINGERS CONCERT

Sunday, March 22, at 3 pm (M) | Sponsored by Performing & Visual Arts

Last year's concert by the Peninsula Men's Gospel Singers was one of the best-attended events ever held at Heron's Key! If you were there, you'll be happy to know they are coming back by popular demand to present another upbeat concert of faith-based music. Traveling to us from Port Angeles, the Peninsula Men's Gospel Singers is a talented group representing eight denominations, and their love of music is contagious. The repertoire includes traditional hymns, old-time gospel, contemporary Christian music and original songs and arrangements written for them. Come early for the best seat!

We feel fortunate to have this talented group volunteer to perform for us, and you'll enjoy watching Karen interpret the entire concert. Invite your friends and neighbors for an uplifting afternoon of vibrant faith-based music.

EMERALD COMMUNITIES

At Emerald Communities, staying connected to our mission, our residents, and one another is our top priority. With many new faces walking the halls, we're excited to (re)introduce our EC team and share a glimpse of the passionate people working behind the scenes to support our amazing communities every day.

Get to know: Craig Comfort

Assistant Controller

- What is your hometown? Born in Portland, Oregon, and then lived in Renton for almost my entire childhood.
- What was your first job? I was a children's sports referee for the parks department. Refereed flag football, basketball, and baseball.
- What three words would you use to describe yourself? Diligent, resourceful, determined
- What do you do for fun? Games, reading, puzzles, and spending time with my wife and our two cats.
- Who inspires you? My wife. I'm very lucky to have such a strong and dedicated partner. So much of my success has come from her support.



- What do you love about working at EC? I'm very fortunate to be part of a great group of individuals who work to support meaningful lives for our residents. I see that the success in our work benefits so many people, and I'm happy to be able to play a small part in all of that.
- What is the focus of your role at EC? I lead our great front-line Accounting staff, from everything to billing and paying our vendors and staff. I help ensure our day to day operations function smoothly so our communities can run smoothly.



Need Tech Help?

Visit the Lobby on
Wednesdays (10 am-12 pm)
for assistance from a
Resident Computer Helper.

DIVERSITY, EQUITY & INCLUSION

CREATING SPACE FOR EVERYONE:

Understanding Gender Diversity

Understanding Gender Diversity: A Tabletop Discussion

Tuesday, March 3, at 3 pm (M) | Sponsored by the DEI Committee



To conclude this quarter's focus on affirming gender identity, members of our Diversity, Equity, and Inclusion (DEI) Committee are facilitating a tabletop discussion. The interactive event encourages reflection and collaboration in small groups as participants explore four thought-provoking questions. We will start the session by viewing the short video "How to Be an Ally" produced by Murdoch University. The discussion aims to promote open dialogue, deepen understanding, and generate meaningful insights through shared perspectives.

We are happy to share the four discussion questions in advance to help you prepare for the conversation. **To receive them, please sign up at the Concierge Desk.**

As part of our ongoing commitment to fostering a welcoming and inclusive community, the Heron's Key Diversity, Equity, and Inclusion (DEI) Committee continues its initiatives on gender identity. By focusing on this topic, we hope to build greater awareness of the wide range of gender identities and experiences within our broader community. Throughout the quarter, we will provide opportunities to learn from shared stories, educational materials, and open conversations that encourage curiosity and respect. Our goal is to strengthen our ability to support one another and to ensure everyone feels seen, valued, and safe.

WELLNESS: CARING FOR THE INNER YOU

EVENTS



Creative Wellness: Vision Board

Tuesday, March 24, 11 am (CA) | *Sponsored by Resident Services*

Celebrate the creativity within you and look toward your goals, dreams, and aspirations as we make vision boards! Vision boards are a fun, visual way to boost self-motivation, help clarify goals, and encourage positive thinking. Resident Services will provide easels and materials; you are welcome to bring anything of your own to glue to a canvas. Let's get together to work on a fun, relaxing, stress-free creative project to chase away the winter blues as we welcome spring. **Space is limited. Please register on the Resident Portal by noon on Thursday, March 19.**

STRUGGLING? YOU ARE NOT ALONE



Mental illnesses are medical illnesses that can have environmental triggers. They can disrupt how you feel, think, relate to others, or function daily. If you live with a mental illness, recovery isn't just possible, it's probable. Because there is strength in shared experiences, the National Alliance on Mental Illness (NAMI) offers free, structured, confidential, and judgment-free support groups that meet in person or virtually. To further protect your privacy, you may join any virtual support group in the country, even if you do not live in the respective area. See a list of NAMI affiliates at <https://www.nami.org/findsupport>.

If you experience a mental health crisis or have thoughts of suicide, even passive thoughts, dial or text 9-8-8. Crisis counselors are available 24/7 to help you identify options and ensure you are safe. Learn more at <https://988lifeline.org/>.

If you experience anxiety or depression or feel like you are struggling, text "HOME" to 741741 to receive free support via text message 24/7. Learn more at <https://www.crisistextline.org/>.

At Heron's Key, you are not alone, and we want to help. If you are struggling, contact Lisa Meinecke, Director of Resident Services (253-313-0716); Ebb Hagan, Wellness & Spirituality Coordinator (253-313-0733); or Sandi Semler, Social Services Coordinator (253-313-0753), for confidential support.



On-Site Counseling & Dementia Support

Sandy O'Brien is a Registered Nurse with a Master's Degree in Psycho-social Nursing. She is also a Certified Dementia Practitioner and Certified Professional Coach. Sandy is available for counseling and coaching sessions on the Heron's Key campus, or virtually, for residents and their families. For more information, visit her website at www.HarborTransitions.com

Call 253.442.9242 for appointments and rates.

Now offering Friday appointments in a private office in the HK Health Services Clinic.



WELLNESS: CARING FOR THE INNER YOU



CONNECTION IS ESSENTIAL FOR SELF-CARE



Have you ever noticed how much better you feel after spending time with someone you enjoy? A good conversation, a shared laugh, even a simple check-in can lift your mood in ways you didn't expect. That's because connection isn't just pleasant; it's powerful.

Gaining Emotional Strength Through Relationships

As social beings, we're wired for relationships. Meaningful connections help us feel understood, supported, and less alone. When we share our thoughts and experiences with others, it helps us process emotions and manage stress. Strong relationships can even soften feelings of anxiety or sadness and build emotional resilience over time.

Keeping the Mind Engaged

Staying connected also keeps the mind active. Conversations, group activities, and shared experiences stimulate thinking, encourage learning, and support memory. People who maintain strong social ties often experience better cognitive health as they age.

Benefits for the Body

The benefits don't stop there. Positive relationships have been linked to lower blood pressure, healthier habits, and even longer lives. Friends and community members often encourage us to stay active, eat well, and keep up with medical care.

Finding the Right Balance

Of course, quiet time alone can be restorative. But too much isolation can take a toll. Finding a healthy balance between solitude and connection helps support overall well-being.

If you're looking to strengthen connections in your life, start small:

- Spend intentional time with loved ones
- Be fully present in conversations
- Join a class, club, or volunteer group
- Offer kindness and encouragement to others

Connection isn't a luxury—it's a vital part of living well. By nurturing relationships, we build a foundation of support, joy, and resilience that strengthens every part of our lives.

BENEVOLENT BREW
at Syren's Grille
Wednesdays,
Fridays & Saturdays
8–10 am
Sit & Sip | Delivery

*All Benevolent Brew net
proceeds support the
Heron's Key Benevolence Fund.*

**COFFEE
CONNECTIONS**
at Syren's Grille
*Self-Serve
Coffee & Tea*
Mondays, Tuesdays
& Thursdays
9-10 am

AFTERNOON COFFEE
in the Clubhouse Lobby
Self-Serve Coffee
Monday—Friday
2-4 pm

NURTURING THE SOUL

A NOTE FROM EBB

Early spring in Gig Harbor brings misty mornings, quiet harbors, and days that are still a smidge short. Never fret, however! These things invite us to slow down and reflect. For those living in a community such as ours, this season can be both peaceful and challenging. Maintaining emotional health during these months is an important part of overall well-being, and it begins with gentle awareness and intentional care.

The reduced daylight and cooler temperatures can sometimes lead to feelings of isolation or low energy. Staying connected is one of the most powerful ways to counter this. Sharing meals, joining group activities, or simply enjoying a conversation in the hallway helps nurture a sense of belonging. Even small interactions remind us that we are part of a caring community.

March in our area is also an ideal time to maintain or create comforting routines. Morning stretches, afternoon walks when the weather allows, or quiet time with a favorite book can bring structure and calm. Looking out at the trees, the water, and the peacefully gliding ducks in the ponds out back can be a form of mindfulness, helping us stay present and grounded in the beauty of our surroundings.

Emotional health is strengthened when we allow ourselves to “feel honestly.” Some days may bring sadness, nostalgia, or worry, and that is natural. Talking with friends, staff, family members, or support groups provides a safe space to share these feelings and feel understood. No one needs to carry their emotions alone.

Nourishing the body also supports the mind. Warm meals, staying hydrated, and gentle movement all contribute to a better mood and resilience. Creative outlets such as painting, music, journaling, or crafts can offer joyful expression and a sense of purpose.



Most of all, early spring invites us to be kind toward ourselves. By embracing connection, routine, reflection, and self-compassion, residents at Heron’s Key can cultivate emotional warmth even on those cool, wet, overcast days. In doing so, springtime becomes not just a season to endure, but a time to nurture inner strength, gratitude, and quiet joy.

If you have something you do to maintain emotional health during the spring, let me know! I would love to hear about it, as would many of your friends and neighbors here at Heron’s Key!



Ebb Hagan
*Wellness &
Spirituality
Coordinator*

Monday–Friday
8 am–4:30 pm

253.313.0733
EbbH@heronskey.org

EVENT



Honoring Your Wishes: End of Life Planning and the Death with Dignity Act

Friday, March 27, at 1:30 pm (M & HKTU 370)

Sponsored by the Spiritual Wellness Division of Resident Services

Join Michelle Molan, a volunteer educator from End of Life Washington, for a 90-minute presentation and Q&A about the Washington Death with Dignity Act (RCW 70.245). Topics she'll discuss include: how to plan for end-of-life, how to prepare and complete an advance directive, how to choose a health care agent if you can't speak for yourself, and what choices are legal and accessible to die on your terms in Washington State. After attending this session, we hope you'll feel more comfortable talking to the people you trust with your care about your end-of-life wishes and how to honor your values.

TWO SALON LOCATIONS TO SERVE YOU

The salon stylists are not employees of Heron's Key, therefore, gratuities for services are appreciated.

Penrose Harbor

Call 253.313.0788 or fill out a
Salon Appointment Request form

Clubhouse Ground Floor

9am—3 pm
Tuesday through Friday
Call 253.313.0789 or
Visit <https://rss.care/HKBookNow>

Services

- Haircuts and styling for men & women
- Coloring & highlights
- Perms
- Nail care, manicures, pedicures
- Massage
- Facials
- Waxing
- Lash and brow treatments



FEATURED EVENTS



Great Decisions:
**“Ukraine and the Future
of European Security”**
with John Koenig

**Tuesday, March 10
1 pm (M & HKTU 370)**

With reduced U.S. support for NATO and Ukraine, Europe faces strategic uncertainty. The

Trump administration has signaled an intention to reduce its security role in Europe. What are America’s stakes in NATO and Europe’s strategic dilemmas, and how might Europe respond?

John Koenig retired in 2015 after more than three decades in the U.S. Foreign Service. His last post was as U.S. Ambassador to Cyprus, where he brokered the agreement to launch the latest round of UN-sponsored settlement negotiations. He previously served as Political Advisor to the NATO Joint Forces Command in Naples, Italy; as Deputy Chief of Mission in Berlin, Germany; and as Deputy Permanent Representative to the U.S. Mission at NATO. In 2011, he received the Presidential Distinguished Service Award in recognition of the policy and leadership roles he played in Berlin and at USNATO.

Suggested reading: Canadian Prime Minister Mark Carney’s January 20 Remarks at Davos (<https://www.weforum.org/stories/2026/01/davos-2026-special-address-by-mark-carney-prime-minister-of-canada/>)

Great Decisions

is the most extensive discussion program in the country, with over 3,000 groups focusing on key policy topics in foreign affairs. The program starts with the *Briefing Book*, which offers a 10- to 12-page overview of each topic. Then, we’ll show a 30-minute video on HKTU on the subject, followed by an in-person presentation. We then pulled all of this together with a moderator presentation and discussion.



Great Decisions:
**“Trump 2.0 Foreign
Policy” with David Fenner**

**Tuesday, March 31
1 pm (M & HKTU 370)**

Trump’s return has marked a break from 80 years of U.S. foreign policy leadership, embracing an “America First” approach. This

chapter explores the risks of isolation and diminished influence in relation to Trump 2.0 foreign policy.

David Fenner is an affiliate faculty member at the Jackson School of International Studies. Fenner taught Perspectives on Muslim Immigration in Europe at the University of Washington’s Rome Center in 2016. He is also the lead presenter for the federally-funded Bridging Cultures project, which offers professional development workshops for K-12 teachers/administrators to help them assist immigrant students/parents from Muslim-majority countries navigate the U.S. public school system. He was the founding director of the World Learning Center in Muscat, Oman, and served as the assistant vice provost for international education at the University of Washington from 2000 to 2007, a career that included establishing exchange programs with universities in Egypt, Morocco, Uzbekistan, Turkey, and Pakistan. Fenner and his wife returned to the Arabian Peninsula to found an educational center for Arab and Western students designed to explore faith, language, natural resources, and diplomacy.



Series:
The Histories of Race

**“Race’ as a Concept in
Western Traditions”**
with Dr. Asao Inoue

Tuesday, March 24, at 1 pm (M & HKTU 370)

This lecture by Dr. Asao B. Inoue is the first in a three-part lecture series on the histories of race. He’ll discuss the origins of “race” as a concept in Western traditions and histories, starting with ancient Greek traditions and ending with contemporary notions of race. Dr. Inoue will also suggest applications for what understanding “race” historically can offer us today.

Dr. Asao B. Inoue is Professor of Rhetoric and Composition at Arizona State University, where he teaches courses in writing and the teaching of writing. His primary research deals with writing and language assessment, with a special emphasis on antiracist writing assessment. He has published over 50 academic journal articles and book chapters, written five academic books, and co-edited four other academic collections. His scholarship and books have won numerous national awards.

RESIDENT-LED EVENTS

Who Am I?: Military Spouses Panel

Wednesday, March 11, at 1 pm (M & HKTU 370)

Join us for a touching presentation as a panel of Military Spouses shares the vibrant, often unseen realities of life on the move. From the United States and around the world, these individuals will recount their personal journeys of navigating foreign cultures, building community from scratch, and maintaining a sense of home while supporting their husbands’ service. This session is a tribute to the resilience, adaptability, and unwavering spirit of those who serve alongside their partners. Our panelists include residents Anne DeLaney, Betty Holt, Linda Johnston, and Joan Moffat.

Reading Aloud with Gee and Your Neighbors

Thursday, March 26, at 7 pm (A)

Lucky are we who remember being read to. “Reading Aloud” abandons the current trend of seeing a story. It takes you back to the days of radio shows when you had no choice but to imagine the story in your mind’s eye. Gee and your neighbors bring the magic of hearing the voice of one holding a book, using thumb and index finger to turn the pages that, line by line, carry listeners through humor, suspense, sorrow, surprise, or joy. To volunteer to read something you’d like to share, please contact Gee.

PERSONAL TRAINING

AT HERON'S KEY

*Guidance,
Accountability,
Results*
... Just Steps
from Home

With affordable personal training at Heron's Key, you may gain:

- Increased strength
- Reduced pain
- Everyday injury prevention
- Improved energy and balance
- Enhanced mobility and continued healing after physical therapy
- Reduced risk of falls
- Progress that lets you see what's possible

It all starts with a **FREE** personal assessment.
Call 253.313.0781.

STRONG BODY, STEADY SPIRIT

Fitness isn't just about staying strong — it's about feeling good on the inside, too.



A short walk, a few stretches, or a balance class can lift your mood and ease stress. Many people find they sleep better and feel more positive on the days they move their bodies.

Staying active also builds confidence. Each time you show up and move, you remind yourself that you're capable and independent—and that matters.

You don't have to do anything extreme. Simple, regular movement can support not just your body but also your peace of mind.

EVENT

The Different Facets of Fitness

with Chuck Abbey and Paige White

Friday, March 20, from 2:30-3 pm (M & HKTU 370)

Sponsored by Fitness

Join us for an upcoming health and fitness presentation designed to help you make the most of our class offerings. We'll walk through each class on the current schedule, explain the health benefits of each, and highlight how they differ so you can find the best fit for your wellness goals. We'll also share ideas for future classes, including the possible return of past classes, but with a twist. You are invited to offer class recommendations (think Phase 2) and ask general fitness-related questions—your input helps shape what comes next!

NEW CLASS



Zumba Gold: New Fitness Class

Schedule:

- First Three Mondays of the Month: 11 am (M)
- Fourth Thursday of the Month: 1 pm (M)
- Fifth Week of the Month: No class



Starting in March, we are offering Zumba Gold as a weekly fitness option in the Maritime Room. Come shake your groove thing!

TACOMA COMMUNITYHOUSE

IMMIGRATION • HOUSING • EDUCATION • EMPLOYMENT • ADVOCACY

TCH • REACH CENTER



Caring for Our Community: Tacoma Community House

with Aimee Khuu and Amy Diehr

Monday, March 23, at 3 pm (M & HKTU 370) | *Sponsored by Resident Services*

This presentation introduces Tacoma Community House and the care it provides for the vibrant community it serves. For more than a century, Tacoma Community House has supported immigrants, refugees, and individuals from diverse cultural backgrounds through education, workforce development, and community resources. At its core, this work is about more than programs — it is about people, dignity, and belonging.

Centered on the theme of inner well-being, this presentation explores how personal resilience, identity, and emotional health are foundational to building strong families and thriving communities. As we celebrate the rich cultures and stories that shape our global community, we also consider how nurturing confidence, purpose, and compassion within ourselves empowers us to grow, connect, and contribute.



Aimee Khuu is the Executive Director of Tacoma Community House. She is passionate about advancing programs that support immigrants, refugees, and individuals from diverse backgrounds as they build stable, thriving lives.



Amy Diehr is the Director of Workforce Development at Tacoma Community House, where she has dedicated more than 30 years of service to strengthening opportunity and economic mobility in the South Sound community. Throughout her tenure, Amy has played a pivotal role in expanding workforce training programs, building strong employer partnerships, and helping thousands of individuals gain the skills and confidence needed to achieve sustainable employment.

UPCOMING EVENTS

Heron's Key Hallway Art Walk

Saturday, March 14, at 2 pm (Meet at Elevator 4 on the 4th Floor)

Sponsored by Resident Services

Join resident artist Joyce for a fun, relaxed walking tour of the artwork around Heron's Key! This month, Joyce will take us through the 3rd floor, pointing out a variety of paintings and photographs that add so much personality and creativity to our community spaces.

As you stroll along, she'll share the stories, inspiration, and bits of history behind the pieces, giving you a fresh perspective on the art you pass every day. Whether you're a big art fan or just a little curious, it's a great chance to see our halls in a whole new way.

We'll meet at Elevator 4 on the fourth floor, near the Syren's Grille lobby. Hope you can join us!

LUCK OF THE IRISH

Magical Strings Concert

Featuring Philip Boulding

Wednesday, March 18, at 1 pm (M)

Sponsored by Resident Services

Philip Boulding joins us again to perform a variety of Irish folk music on the Celtic harp, hammered dulcimer, accordion, and pennywhistle. Philip will talk us through the unique instruments, tell stories from his travels, and play authentic Celtic music. Celebrate St. Patrick's Day with music!

Founded by husband-and-wife team Philip and Pam Boulding, Magical Strings has been sharing the joy of Celtic music with audiences around the United States and abroad since 1978. They incorporate a variety of sounds, including Celtic harps, hammered dulcimers, pennywhistles, a button accordion, a concertina, and more. Magical Strings' music ranges from traditional Celtic to soulful original compositions— some lively, some peaceful—along with storytelling. When not on the road, Philip and Pam teach, build instruments, compose, and seem to have boundless energy for their creative life, which their Puget Sound home nurtures.





THE TIMELESS ART OF THE SONG

Wednesday, March 25
7 pm (M & HKTV)

Enjoy an entertaining gathering with one of our own residents when Don shares a musical evening with his voice and guitar. The theme for this evening's concert is "The Timeless Art of the Song."

Don has always been intrigued by the alchemy around the way we all respond to the experience of music. He'll offer diverse styles of music spanning more than 100 years from the classic American Songbook—from country to contemporary to classic.

Don has been performing since his college days and especially enjoys playing in comfortable, intimate settings where songs can be fully shared.

*We encourage you to attend
the concert in person.*

Sponsored by Resident Services

DON IN CONCERT



UPCOMING EVENTS

Trivia!

Thursday, March 5, at 4:15 pm (M)

Sponsored by Resident Services

Join us for another trivia night. Will your team win the elusive Smarty-Pants Trophy? Come try your luck; first-timers welcome!

Wine and Cheese

Friday, March 13, at 3:30 pm (CL)

Sponsored by Resident Services

Celebrate St. Patrick's Day with wine and cheese! Our very own leprechaun will visit with a pot of gold to share. A non-alcoholic option will be available.



Karaoke!

Friday, March 20, at 4:15 pm (M)

Sponsored by Resident Services

Perform, sing with a group, dance, or just watch!

Bar provided by Resident Services.

Birthday Celebration

Thursday, March 26, at 2 pm (CL)

Sponsored by Resident Services



MAH-JONGG

American Mah-Jong

Mondays from 12-4 pm (CA)

Traditional Mah-Jong

Fridays from 2-4 pm (CR)

International Mah-Jong

Sundays at 3:30 pm (CR)

New players always welcome!

GAMES

Mexican Train

Tuesdays at 10 am (SP)

Pinochle

Wednesdays at 2:15 pm (CA)

Canasta

Thursdays from 1-3 pm (CA)

Bridge

Fridays from 1-3 pm (SP)

HEALTH SERVICE CLINIC PROVIDERS

The providers listed below are accepting on-campus appointments in the Health Services Clinic on the ground floor. Please reach out to the providers directly to schedule a visit and **bring your insurance card to your appointment.**

Primary Care at Heron's Key

Pacific Medical Specialty Group
in the Heron's Key Health Services Clinic
253-208-3766

Every Tuesday

9 am to 4 pm

Walk-in clinic for established and
non-established patients

Every Thursday

9 am to 3 pm

By appointment only for established patients

*(New patient registration forms
available at the Concierge Desk)*



Consonus Healthcare

Physical therapy and occupational
therapy services in Penrose Harbor.
Requires a referral from a health care provider.
253.313.0749

Sound Dental Care Mobile Dental Hygienist

206.745.3808

On-Site Counseling & Dementia Support

Sandy O'Brien, MN, RN, CL, CPC, ACM
Available Fridays in the Health Services Clinic
*Specializes in caregiver and care partner support,
Alzheimer's and other dementias, chronic illness,
coping skills, anxiety, depression, life transitions.*

253.442.9242

sandy@harbortransitions.com
www.HarborTransitions.com

EVENT

Exploring Low-Vision Solutions

March 17, at 1 pm (M)

Sponsored by the Vision Support Group

Don Felthouse, a volunteer with the VA Blind Rehabilitation Service, will share information about the latest low-vision services and assistive products, highlighting resources designed to enhance independence and improve the quality of life for individuals with vision loss. Attendees will also have the chance to receive a **special low-vision gift** during the event.

Don't miss this informative and engaging session!



Find the latest menus and hours on the Resident Portal.

CHEF DINNER RAFFLE | First Week of Every Month

Win a four-person Chef Dinner. To enter the raffle, complete a feedback survey each time you dine or get take-out during the first week of every month. If you have any questions, please speak to a Dining team member.

CHEF'S COOKING CLASS | Second Monday of every month | Monday, March 9, at 2 pm (SP)

Join us for our interactive series focused on St. Patrick's Day. Chef Chris and Sous Chef Cody will receive your help in creating Irish-inspired dishes for the holiday. The class comes complete with a meal for only \$6 (more details to follow in KeyNotes). Sign up at Syren's Grille or by calling 253.313.0797.

RESIDENT ORIENTATION TO DINING SERVICES: OPEN TO ALL RESIDENTS

Second Tuesday of every month | Tuesday, March 10, at 11 am (SP) | No registration required

All residents are welcome. Learn about our dining services and ask questions; no registration is required. You'll also receive an introduction or refresher on our online ordering and reservations system, FullCount.

STAFF TRAINING | Second Wednesday of every month | Wednesday, March 11, at 3 pm

To focus on staff development, we close the restaurant for an hour on the second Wednesday of every month. Please plan accordingly by dining or placing your orders for pick-up or delivery before 3 pm or after 4 pm.

St. Patrick's Day, March 16 - 22 (SY) | Irish-Inspired weekly specials

Join us for a week of Irish-inspired cuisine during the week of March 16-22. Specials will be available on the Resident Portal and at the host stand.

National Pi Day | Saturday, March 14 (SP, SY)

Enjoy slices of pie in celebration of Pi Day on 3/14 for \$3.14. The fun occasion is named after the irrational number, represented by π , and you'll see the selections available in the dining room on the special day.

CHEF DINNERS—SAVOR THE EXPERIENCE: AN ELEVATED CULINARY EVENING WITH CHEF CHRIS & TEAM

Friday, March 20, and Saturday, March 21 | 5 pm (PDR)

The specially curated coursed meal showcases our kitchen's creativity and passion, promising a unique dining event. Only 14 seats are available for this intimate, exclusive affair.

- **Menu and pricing:** We'll publish details in the first week of March on the Resident Portal under "Special Events," and reservations will open then. (Cost \$35 to \$45 per person)
- **Reservations:** Made on a first-come, first-served basis. Call 253.313.0797 today.

EASTER SUNDAY BRUNCH BUFFET

Sunday, April 5 | Restaurant open from 10 am-3 pm | **Reservations Required**

You and your guests are invited to a special brunch; reservations are required. A limited to-go-only menu will be available for pick-up or delivery. Look for the brunch menu and pricing in the first week of March.