



HERON'S FLIGHT

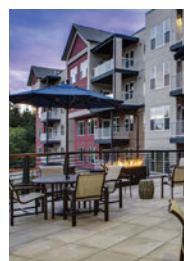
August 2026

The Gathering Table

Sharing meals, stories, and the moments that bring us together.

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Restaurant:
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PERSONAL ERRANDS TRANSPORTATION SERVICES

Get Around Gig Harbor in Comfort

The Transportation department at Heron's Key offers Personal Errands Transportation, a convenient and affordable door-to-door service exclusively for our Independent Living residents. Need to run errands, shop, grab a coffee, treat yourself to a spa day, or enjoy the waterfront without the hassle of finding a place to park? Book an HK Driver for one or two hours and visit up to four Gig Harbor destinations of your choice. And, feel free to bring along a Heron's Key friend.

To book, fill out the "Personal Errands" form available at the Concierge Desk or submit a "Personal Errands Transportation Request" via the Resident Portal.

Important Details

Destinations must be in Gig Harbor.

- Return to Heron's Key no later than 4:30 pm.
- For trips outside Gig Harbor or returns after 4:30 pm, fill out a "Personal Transportation Request" form.
- HK Drivers cannot serve as companions. Please make advance arrangements if needed.

Explore Gig Harbor with ease. Let us take you where you need to go!



REMINDER:

PLEASE WEAR YOUR NAME TAG

Please help new residents and staff members get acquainted with you by wearing your name tag to events and in common areas. If you see anyone with the blue stripe, they are inviting you to introduce yourself as you approach, as their vision impairment can make it difficult for them to recognize others.

SIGN UP FOR TEXT MESSAGE ALERTS

Text **888.XXX.XXXX** (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

Mountains

"You are not in the mountains. The mountains are in you." – John Muir

That quote is so true for me. I have seen many mountains in these United States and still never cease to be amazed at their awesome and majestic presence. Perhaps you experience the same. Many of you also climbed mountains. I congratulate you on your stamina, but my view has been from below. Here are some of those views and their effects on me:

- From the plains of Northwest Nebraska, the nearest mountain was **Black Elk Peak** (elevation 7,242 feet) in the Black Hills National Forest of South Dakota. Just a few miles away is **Mount Rushmore** and the colossal 60-foot-tall faces of U.S. Presidents George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln. I was keenly aware of those presidents on the mountain. *There were many visits to the Black Hills and the twisting roads of the Needles Highway.*
- Only 17 miles from Mount Rushmore is the **Crazy Horse Memorial** honoring Lakota leader Crazy Horse. It was created to educate visitors about Indigenous history and culture. While not yet complete, it is still breathtaking. Construction began in 1948 and continues today. *I am pleased by how the Heron's Key Resident Council honors our area Indigenous tribes at each meeting.*
- Also, not far from the plains are the **Colorado Rocky Mountains**. The state has 117 mountain peaks, with the highest being 9,843 feet. The closest mountain range to Denver, where I visited often, is the Front Range. The foothills and Lookout Mountain are immediately west of Denver. *Ahh, John Denver's "Rocky Mountain High."*
- Moving further west, follow me to a lesser-known but significant area for me. In the **Blue Mountains** in southeastern Oregon, part of the Cascade Range and the Wallowa-Whitman National Forest, is an area known as **Spout Springs** (elevation 4,490 feet). Here, I learned to ski. Located across the road from the ski area is U.S. Forest Service land where lots were leased for \$100 a year. We chose a lot and built a modified A-frame cabin for our enjoyment. I trembled when a young brown bear visited during construction, cheered when the cement truck poured concrete into the Sonotube round pillars, and helped rescue a fallen barn for its board (free to haul) for the inside walls after many washings and brushing. Oh, the many pancake breakfasts shared with friends. *"Into the mountains I go to lose my mind and find my soul." – John Muir*
- Ascending to 14,410 feet above sea level, **Mount Rainier**, an active stratovolcano, is the most glaciated peak in the contiguous U.S.A. It spawns five major rivers. Subalpine wildflower meadows and ancient forest cover its lower slopes. Hiking the ice caves some years back to see the brilliant blue, white, and ice colors was a rare occurrence. Mount Rainier is viewed from several areas around here, and the common phrase is, *"The mountain is out."*
- By far the highest mountain I experienced is **Denali at Mount McKinley**, Alaska. At 20,310 feet, it is the tallest in North America. The scenery of the surrounding mountains and tundra is almost unbelievable. Spending three days at a lodge where our daughter had a summer job was an incredible treat and an opportunity to get to know the area. *"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees." – John Muir*

Go climb your mountain!



**Resident
Council Meeting**
Thurs., August 13
10 am (M & HKTV 370)

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

PENROSE HARBOR LIFE ENRICHMENT



PENROSE LUNCH & LEARN

Penrose Lunch & Learns take place on the second Tuesday of the month at 11 am. This program is your opportunity to connect with key Penrose staff in a more casual setting and gain a better understanding of the Penrose communities, including Assisted Living, Memory Care, and Skilled Nursing.

The session will include:

- Information about the three levels of living and care
- A guided tour
- Lunch with Penrose Ambassador residents in the Assisted Living Dining Room.

Space is limited to a maximum of six participants per session (including residents, spouses, and family members), allowing for a more personal and engaging experience.

To RSVP, please contact Lisa Meinecke, Resident Services Director, at 253-313-0716.

OFF-CAMPUS EVENTS

Read the full description of many off-campus events and register on the Resident Portal. Call the Concierge for assistance. If trip registration 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 pose 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

Summer Sounds at Skansie Concert Series in Gig Harbor: The Mixed Tape Band

Tuesday, August 4, from 5-7 pm | *Sponsored by Resident Services*

Free to attend, this casual outdoor concert takes place in downtown's Skansie Park. Please keep in mind that seating (and standing) is on the grass; consider bringing a folding chair or blanket. The Mixed Tape is the only band to return from the 2025 lineup. The local favorites—featuring members Marc Johnson, Joey Niemann, Cameron Smith, and Kyle Uecker—play a medley of country, pop, R&B, and rock. **Registration closed.**

Freedom Plane National Tour: Documents that Forged a Nation at the Museum of History and Industry in Seattle

Thursday, August 6, from 9:15 am-2 pm | *Sponsored by Resident Services*



This summer, MOHAI is hosting the *Freedom Plane National Tour: Documents That Forged a Nation* in celebration of the nation's 250th anniversary. Featured documents include an original engraving of the Declaration of Independence (1823), the secret printing of the Constitution in draft form (1787), the Treaty of Paris, the Bill of Rights, and more. These irreplaceable documents are traveling together for the first time and will return to the National Archives after the tour. **Register on the Resident Portal by noon on Monday, August 3.**

Note: This exhibit is free to the public. This trip requires the ability to maneuver independently on city sidewalks and within the museum.

IN THE SPIRIT Glass Arts Market & Northwest Native Festival in Tacoma

Saturday, August 8, from 10:30 am-2:30 pm | *Sponsored by Resident Services*

Enjoy shopping among and talking with artist vendors, listening to Native music, watching dynamic cultural dance, making art, exploring exhibitions, and more. The festival celebrates the diverse Native cultures of our region and is hosted collaboratively by the Washington State History Museum, Tacoma Art Museum, and Museum of Glass. The event includes free admission to the respective museums. Food and beverages will be available for purchase on-site. **Register on the Resident Portal by noon on Wednesday, August 5.**

Skookum Flats North Trail Hike & Lunch at The Rainer Bar & Grille in Enumclaw



Wednesday, August 5, 8:15 am-3 pm | *Sponsored by Fitness*

See page 14 for more details. **Register on the Resident Portal by noon on Monday, August 3.**

Brewery Park at Tumwater Falls Hike and Lunch at The River's Edge Restaurant in Tumwater

Wednesday, August 19, from 1-4:30 pm | *Sponsored by Fitness*

See page 14 for more details. **Register on the Resident Portal by noon on Friday, August 7.**

Kayaking at Lee's Sups in Gig Harbor

Tuesday, August 25, from 9:45 am-12:30 pm | *Sponsored by Fitness*

See page 14 for more details. **Register on the Resident Portal by noon on Wednesday, August 19.**

Spend the Day in Poulsbo

Monday, August 31, from 10 am-3 pm | *Sponsored by Resident Services*

This is a choose-your-own-adventure day trip to Poulsbo with nothing scheduled. Stop by Sluys Bakery for their famous doughnuts, take in the many art galleries, or have lunch while enjoying the waterfront view.

Register on the Resident Portal by noon on Monday, August 24.

SHOP & DINE

Co-Ed Lunch at Farm12 in Puyallup

Monday, August 3, from 10:30 am-1 pm

Sponsored by Resident Services

See page 12 for more details. **Registration closed.**

Wine Tasting at Spruce Hill Winery in Gig Harbor

Friday, August 7, from 12:45-2:45 pm

Sponsored by Resident Services

See page 12 for more details. **Register on the Resident Portal by 9 am on Tuesday, August 4.**

Women's Breakfast at Devoted Kiss in Gig Harbor

Monday, August 17, from 9-11 am

Sponsored by Resident Services

Register on the Resident Portal by noon on Monday, August 10.

Hoppy Hour: 7 Seas Brewing in Gig Harbor

Thursday, August 20, from 2:30-4 pm

Sponsored by Resident Services

Register on the Resident Portal by noon on Thursday, August 13.

Reuben Lovers: Whiskey Gulch in Port Orchard

Friday, August 21, from 11 am-1 pm | *Sponsored by the Reuben Lovers Group & Resident Services*

See more details on page 12. **Register on the Resident Portal by noon on Wednesday, August 19.**

Waterfront Farmer's Market in Gig Harbor

Thursday, August 27, from 12:45-2:45 pm

Sponsored by Resident Services

Register on the Resident Portal by noon on Friday, August 21.

Costless and the Dollar Tree in Gig Harbor's Lake Kathryn Village

Friday, August 28, from 10 am-12 pm

Sponsored by Resident Services

Register on the Resident Portal by noon on Wednesday, August 26.



Shopping Trips at 10 am



The following shopping trips are free of charge. Reserve your spot by registering on the Resident 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 arrange a helpful companion to accompany you.

Need to shop on other days or somewhere else in town? Fill out a “Personal Errands” transportation form.

<u>Mondays</u>	<u>Wednesdays</u>	<u>Fridays</u>
8/3: Metropolitan Market	8/5: Safeway	8/7: Trader Joe’s, University Place
8/10: Winco Foods	8/12: Safeway	8/14: Fred Meyer, Port Orchard
8/17: Walmart	8/19: Safeway	8/21: No Shopping
8/24: Trader Joe’s, Silverdale	8/26: Safeway	8/28: See page 7
8/31: Target		

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 with a Fitness Specialist.

Call 253.313.0781 today.

HIKES & KAYAKING

Skookum Flats North Trail Hike &

Lunch at The Rainer Bar & Grille in Enumclaw

Wednesday, August 5, 8:15 am-3 pm | *Sponsored by Fitness*

About 40 minutes from Enumclaw, this trail serves as the northern entrance to a scenic trail that follows the White River through an old-growth forest. The route is generally considered moderate, with gentle grades, but also some roots, rocks, and uneven sections. Hiking shoes, hiking poles, and water are highly recommended. On the way to the trail, we will stop in Enumclaw to stretch our legs, use the restroom, or purchase water or snacks. On the way home, we will eat lunch at The Rainier Bar & Grille. **Register on the Resident Portal by noon on Monday, August 3.**

- Driving Duration to Trail: 1.5 hours
- Type: Out and Back
- Duration at Location: 1.5 hours
- Bathrooms: Yes (Trailhead and Restaurant)
- Wheelchair Accessible: No
- Footwear: Hiking Shoes
- Extra: Walking Sticks, Hat, Water, \$\$ for Lunch

Brewery Park at Tumwater Falls Hike and

Lunch at The River's Edge Restaurant in Tumwater

Wednesday, August 19, from 1-4:30 pm | *Sponsored by Fitness*

We'll stroll on a ½-mile-long walking trail that features views of cascading waterfalls, quiet pools, and massive rocks. The loop is mostly gravel, but it also has stairs, boardwalks, bridges, and gentle hills. The park has ADA-accessible sidewalks, and the ADA-accessible Deschutes Valley Trail runs parallel to our walking path. Restrooms are available on-site. After the hike, we'll have lunch at The River's Edge Restaurant, which offers upmarket American fare. **Register on the Resident Portal by noon on Friday, August 7.**

Kayaking at Lee's Sups in Gig Harbor

Tuesday, August 25, from 9:45 am-12:30 pm | *Sponsored by Fitness*

Single and double kayaks are available, and beginners are welcome for this two-hour cruise. Kayak staff will provide verbal lessons, safety instructions, and life-preserver vests. Items to consider bringing include water, a snack, sunscreen, a hat, clothes and shoes you do not mind getting wet, and a way to keep valuables (e.g., cell phone) dry. There are lockers on-site for items you don't want to get wet, and a restroom is available across the street from the shop. The walk to the water requires going down a ramp; please walk with care. **Register on the Resident Portal by noon on Wednesday, August 19.**

For more on off-campus events, please see page 6.

Note: Due to low attendance, we have decided to remove Zumba from our weekly activity schedule for now.

ADDITIONAL PREVENTIVE MAINTENANCE FOR IPHONES



In addition to periodically shutting down your iPhone (see our article on page 11 of the May issue of Heron's Flight), here are two other preventive maintenance tips that should be done periodically to keep your iPhone in tip-top shape.

Clearing Cache

Cache is temporary memory where your phone stores bits of data, such as parts of a webpage, images, or login info, so that applications (apps) and websites load faster next time. Over time, these bits accumulate, taking up space or getting stale/messy, causing an app(s) to glitch. So, clearing cache is necessary to refresh memory.

Clear Safari – This will clear browsing history, cookies, and cached data for all your browsing activity.

1. Open **Settings** > scroll down to **Apps**
2. Tap **Apps** and scroll down to **Safari**
3. Tap **Safari** and scroll down to **Clear History and Website Data**
4. Tap **Clear History and Website Data**
5. A dialog box titled **Clear History** opens
6. Tap on **All History**
7. If the **Close All Tabs** button is **green** – do nothing. Otherwise, tap the button to turn it **green**.
8. Tap the **red button** labeled **Clear History**.

If you are experiencing problems with a specific app, delete it by pressing and holding the app icon until a menu appears or the icon starts jiggling. Tap **Remove App** (from the pop-up menu) or the minus sign (-) in the upper left corner of the jiggling app icon.

Then tap **Delete App** again to confirm. Then reinstall it from the **App Store** for free after completing all the steps below. This clears any residual cache/data associated with the app while keeping your account information, since that's usually stored on the server-side (i.e., in the cloud).

tip

If you have an Android phone (i.e., made by Samsung, Google, Motorola, or OnePlus), please contact one of our resident Android experts: Arlene Havlark, Oscar Roberto, or Kerry Smith. The variations in the Android software among manufacturers makes it difficult to provide specific guidance in the space allotted to us in Heron's Flight.

Force-Quitting an App That's Currently Open/Running

1. **Swipe up** from the bottom of the screen and pause slightly in the middle (or double-click the **Home button** on older iPhones with a Home button)
2. You'll see all your open apps as cards.
3. **Swipe up** (i.e., flipping off) on all the apps' cards to force them to close.

Finally, do a hard shutdown of your iPhone: *this step clears away any remaining temporary cache bits not cleared previously.*

Press and hold one of the **left-side buttons** (volume) and the **right-side button** (power on) simultaneously until the power-off slider appears, then drag the slider to the right; or

Go to **Settings > General > Shut Down**, then drag the slider to the right; or

Say **"Hey, Siri, turn off my iPhone."** Siri will ask for confirmation, and then tap to confirm.

Wait two minutes before turning on the phone. *This step causes all electrical circuits in the phone to stop working.*

Turn the phone on by pressing and holding the **Power** button until the Apple icon appears.



WELLNESS: THE GATHERING TABLE

ON-CAMPUS EVENTS



Sushi-Making Class with Chef Chris Paquette

Tuesday, August 18, at 2 pm (SP)

Sponsored by Resident Services

Join us for a fun and flavorful culinary experience as our talented Chef Chris leads you in a sushi-making class! You will learn the basics of sushi preparation, including rolling techniques, ingredient selection, and presentation tips. Whether you're a sushi enthusiast or trying it for the first time, this interactive class offers a wonderful opportunity to learn something new, socialize with friends, and enjoy delicious homemade creations. Come roll with us and discover the art of sushi in a relaxed and enjoyable setting. This experience is sponsored and paid for by Resident Services. **Register on the Resident Portal by 9 am on Monday, August 10.**

Celebrating 50 Years with FISH Food Bank

Thursday, August 20, at 1 pm (M & HKTV 370)

Sponsored by Resident Services



Gig Harbor Peninsula FISH Food Bank was founded in 1976 by Jan Coen, who saw a need in the community to support neighbors struggling financially. Along with local community groups, she decided to adopt the "FISH model," which is "non-denominational, non-discriminatory, and seeks to serve all neighbors with respect, dignity, and compassion". GHP FISH was incorporated in 1985 and is recognized as an independent, unaffiliated 501(c)(3) nonprofit organization. The operation continued to expand and now offers self-shopping for food items, clothing, and household goods. Additionally, GHP FISH offers Financial Aid, Student Aid, Christmas/holiday food and toy programs, and more. Jan and her husband Ron Coen continue to be involved in the daily operations.

WELLNESS: THE GATHERING TABLE

GATHER AROUND THE TABLE AT LOCAL EATERIES

Co-Ed Lunch at Farm12 in Puyallup

Monday, August 3
10:30 am-1 pm

Sponsored by Resident Services

Farm12 is a farm-to-family restaurant specializing in elevated home-cooked meals. Voted King 5's "Best Brunch of Western Washington," their extensive menu is sure to please. **Register on the Resident Portal by noon on Monday, July 27.**

Food is available for purchase on-site. **Register on the Resident Portal by 9 am on Tuesday, August 4.**

Women's Breakfast at Devoted Kiss in Gig Harbor

Monday, August 17
9-11 am

Sponsored by Resident Services
Register on the Resident Portal by noon on Monday, August 10.

Hoppy Hour: 7 Seas Brewing in Gig Harbor

Thursday, August 20
2:30-4 pm

Sponsored by Resident Services
Register on the Resident Portal by noon on Thursday, August 13.

Wine Tasting at Spruce Hill Winery in Gig Harbor

Friday, August 7
12:45-2:45 pm

Sponsored by Resident Services
Owners Jo and Mark will talk us through their new wine offerings (new since we hosted them at Heron's Key for a tasting). Each flight is \$20, which includes four 1.5-ounce pours. There are pre-made flight options, or you can choose your own wines. Spruce Hill will waive the \$20 flight fee if you purchase two bottles of wine.



For more on off-campus events, please see page 6.

CUPS & CONNECTIONS



BENEVOLENT BREW at Syren's Grille

*Cafe-style Beverages for
Purchase (Sit & Sip | Delivery)*

Wed., Fri. & Sat.
8-10 am

COFFEE CONNECTIONS at Syren's Grille

*Complimentary
Self-Serve Coffee & Tea*

Mon., Tues. & Thurs.
9-10 am

AFTERNOON COFFEE in the Clubhouse Lobby

*Complimentary
Self-Serve Coffee*

Mon.-Fri.
2-4 pm

WELLNESS: THE GATHERING TABLE



Reuben Lovers: Whiskey Gulch in Port Orchard

Friday, August 21
11 am-1 pm

*Sponsored by the Reuben Lovers
Group & Resident Services*

The Reuben Lovers Interest Group, in partnership with Resident Services, invites you to join us for an outing to Whiskey Gulch in Port Orchard, a waterfront restaurant that's home to a particularly intriguing Reuben sandwich. Their signature creation, "Rudy's Fighthen' Irishman," features corned beef slow-cooked in beer and spices that's topped with banana pepper sauerkraut, Swiss cheese, Thousand Island dressing, and yellow mustard on toasted rye bread. We've sampled it ourselves and can confidently report that it's delicious. And if banana peppers aren't your thing,

no worries; they're happy to prepare it without them for a more traditional Reuben experience.

We hope you'll join us for good food, good company, and another memorable culinary adventure, as we've reserved waterfront seating on their shaded porch with views of the mountains, water, and Bremerton. **Register on the Resident Portal by noon on Wednesday, August 19.**

For more on off-campus events, please see page 6.

FALL GATHERINGS ARE RIGHT AROUND THE CORNER!

Looking for a fun way to meet new neighbors and reconnect with friends? Sign up for Fall Gatherings, a wonderful opportunity to socialize with other Heron's Key residents in a relaxed, small-group setting.

Groups of six or seven residents meet once a month during September, October, and November, enjoying conversation, laughter, and the chance to build new friendships. Each group decides together when and where to meet, making it easy to fit everyone's schedules and interests.

Watch for sign-up information in an upcoming KeyNotes. We hope you'll join us for another season of great conversations and new connections!



RESIDENT & STAFF

HERON'S KEY

SUMMER

BBQ PARTY

Sponsored by **ADMINISTRATION**

WEDNESDAY.
**AUG
12**



**CL PARKING LOT
2-4 PM**

LIVE MUSIC BY
THE PROFITS

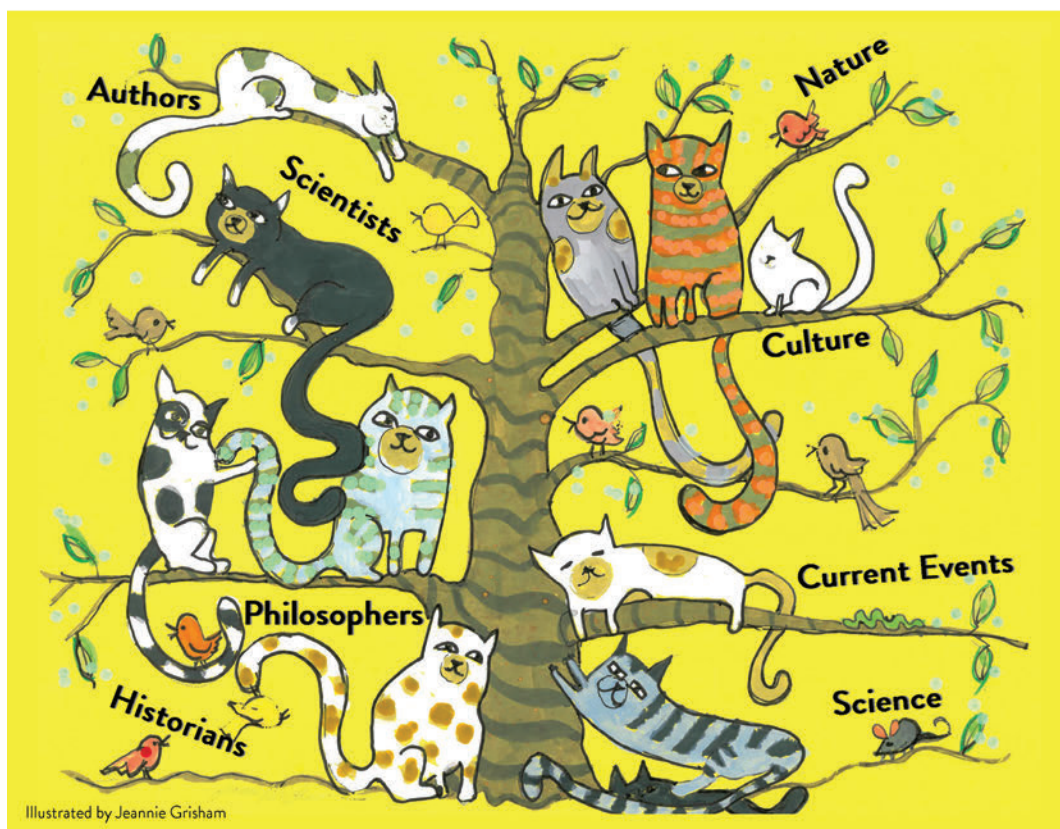


CELEBRATING EVERYONE WHO MAKES
HERON'S KEY AMAZING!



MARGARITAVILLE

LIFELONG LEARNING



LIFELONG LEARNING FUNDRAISING

Lifelong Learning takes the month of August off to focus on fundraising for our programs. Your contributions allow us to bring you some 200 events over the course of the year. A major portion of these are the documentaries shown on HKTV twelve times a month. Additionally, except for August and December, there is at least one in-person presentation a week, ranging from our residents doing a Who Am I, to Humanities Washington speakers, to local faculty and experts, to our *Great Decisions* series, which this year included all eight sections.

The breadth and quality of Heron's Key Lifelong Learning programs add a unique value to our community that, to our knowledge, is unequaled by any other CCRC in the state.

Note:

Reading Aloud is on hiatus in August and will be back in September.

To ensure that our current level of programming can continue, please take a moment to contribute. To contribute, write a check to "Heron's Key Resident Association," with "LL Enrichment Fund" on the memo line. Place the check in the mailroom's blue wall-mounted box, to the left of the recycling counter.

Below is the incredible team that puts in the hours year-round to make all these events happen.

Thank you for your continued support.

HARBOR HILL *Ice Cream* SOCIAL

Saturday, August 15
2-4 pm at Athena Park

(Across from the cottages along Athena Ave.)

Sponsored by the Community Engagement Committee

Nothing says summer quite like a delicious bowl of ice cream! And what could be better than enjoying it while meeting your Harbor Hill neighbors on a beautiful summer afternoon?

Join us on **Saturday, August 15**, at the park for an old-fashioned Ice Cream Social. It's the perfect opportunity to meet neighborhood children, parents, and even a few four-legged friends while enjoying a sweet summertime treat.

Sponsored by the Community Engagement Committee, this gathering is all about building connections, strengthening our sense of community, and celebrating the friendships that make Harbor Hill such a special place.

NURTURING THE SOUL

A NOTE FROM EBB

If you've seen me walking around campus, visiting Penrose Harbor, or stopping to chat in the hallways, you're not alone! You may have even wondered exactly what a Spiritual Wellness Coordinator does. That's a fair question, considering it's a relatively rare position in retirement communities today. The simple answer is that my role is to support the emotional, spiritual, and relational well-being of everyone at Heron's Key. Of course, there's much more to it than that!

No two days are exactly alike in my line of work. The bulk of my time is spent visiting residents in Skilled Nursing, Assisted Living, Lighthouse Memory Care, and Independent Living. Chaplaincy, if you will. Some visits are planned, while others happen because a resident, family member, or staff member simply needs someone to listen. Whether it's a wellness check, a conversation during a difficult season, or support following the loss of a loved one, I'm here to offer compassionate care and a listening ear.

Coordinating our Circles of Remembrance is another important part of my role.

It is truly an honor to work alongside spouses, partners, and families as we celebrate the lives of our friends and neighbors at Heron's Key who have passed away. But my work doesn't end when the ceremony concludes. Emotional support is often needed long afterward—not only by families and residents but also by staff members as they navigate the loss of residents for whom they have cared, both physically and emotionally, every day.

Community is an important part of wellness, so I facilitate several support groups throughout the month, including groups for caregivers, people living with Parkinson's, men experiencing cognitive decline, and staff members coping with grief. I also serve as the staff liaison for our Cancer Support Group.



Ebb Hagan

Wellness & Spirituality
Coordinator

Monday—Friday
8 am—4:30 pm

253.313.0733
EbbH@heronskey.org



GOLDEN SPOTLIGHT AWARD

Melissa, Certified Nursing Assistant

Melissa is one of our most amazing aides here at Herons Key. She comes to work each day with a positive attitude, a smile on her face, and a willingness to support not just the residents, but her peers and other community staff. Melissa knows and treats each resident as if they are her own family, and they love her! The time she spends with our residents leaves them feeling loved, heard, and well cared for. Family members, residents, and staff alike know they can rely on Melissa for support, and we all know that when she is here, everyone is getting the optimal "Melissa" experience. She is not only well-versed in the residents' needs but also in the building's general flow. If there is a question about who to call for a specific concern or need, Melissa can likely guide you in the right direction. We are so lucky to have her as part of our stellar nursing team. Way to go, Melissa! Thank you for all you do!



NURTURING THE SOUL

Helping Heron's Key residents transition from one area of the community to another is also a significant part of my responsibilities. I work closely with Lisa Meineke, Penrose Harbor leadership, residents, and families to guide people through the various stages of care within our life-care community — Independent Living, Assisted Living, Skilled Nursing, and The Lighthouse. Our biweekly Transitions Team meetings support this work. The Transitions Team is a multidisciplinary, multilevel group that works together to ensure residents who begin to require additional support for a healthy, dignified life don't slip through the cracks, while also planning ahead so that space is available when transitions become necessary. Our goal is to help residents and families navigate life's changes with confidence and compassion, and with as little stress as possible.

Beyond individual support, I enjoy coordinating educational programs and community events throughout the year, from Autumn Reflections and Blue Christmas to presentations on aging, mental health, spirituality, and end-of-life planning. I'm also excited about new initiatives on the horizon, including our Timeless Rhythms Drum Circle and an end-of-year Tree Planting Remembrance Ceremony. Heck, I even taught a Latin class last year and have been leading karaoke every month!

I have been privileged to have many exciting but diverse jobs: fast-food cook, waiter, briefly on a shrimp boat, cement manufacturing, facilities management, the Dead Sea Scrolls Project, archaeology, and pastor, to name a few. With that said, my current job as Spiritual Coordinator at Heron's Key has been my favorite and most fulfilling by far! So, yes, you'll continue to see me walking around campus, visiting Penrose Harbor, or stopping to chat in the hallways! It may seem random or aimless, but it rarely is. Most of the time I spend moving through the community has a purpose. So, if you ever have a question, need someone to talk with, or want to say hello, please don't hesitate to stop me in the hallway or visit my office in the Clinic. My door is always open, and I look forward to getting to know each of you even better in the years ahead.

TWO SALON LOCATIONS TO SERVE YOU

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



Salon staff are not employees of Heron's Key, therefore, gratuities for services are appreciated.

UPCOMING EVENTS



State of the Organization with Chris Lucero and Emerald Communities

Tuesday, August 11, at 10 am (M + HKTV 370) | *Sponsored by Administration*

We invite you to join us for an Emerald Communities State of the Organization meeting. This will be a great opportunity to hear directly from Emerald Communities' senior leadership about organizational updates, where we are today, and how we are planning for the future.

The meeting will conclude with a live Q&A, giving you the chance to ask questions and engage directly with our presenters. We value transparency and look forward to sharing this meaningful conversation with you.

Resident Engagement Survey Results Presentation

Monday, August 24, at 3 pm (M & HKTV 370)

Please join us for a presentation on the results of our Resident Engagement Survey. Executive Director Chris Lucero will share an overview of the survey findings, highlighting key insights and areas of strength.

Following the presentation, department directors will review their respective department's action plans, outlining the specific steps they will take to address opportunities for improvement identified through the survey. This meeting is an important opportunity to understand the feedback we've received and our collective commitment to enhancing the resident experience.



Friday Night Movies



7 pm in the Maritime & HKTV 370

Come to the Maritime Room for popcorn!



Sponsored by Resident Services



Plant Swap

Monday, August 10, at 1 pm (CL Patio) | *Sponsored by Resident Services*

For the third year running, it's time for our annual Plant Swap! Bring propagations, extra flowers or vegetables, plants that aren't happy in your home, seeds, and more! This is an opportunity for plant lovers to get together, talk about what they enjoy growing, and snag a new plant.

Note: You do not have to bring a plant to take a plant, but it is encouraged!

Inside the Cockpit with F/A-18 Fighter Pilot Brenton Harder

Monday, August 17, at 3 pm (M & HKTV 370) | *Sponsored by Resident Services*

Brent Harder has served for 15 years in the Western Pacific and the Middle East as an F/A-18 fighter pilot in the US Marine Corps. Brent will share his journey in the Marines with us during the waning years of the Cold War. He will share pictures and stories like how he survived flight school and his accidental assignment chasing Soviet military airplanes over the Sea of Japan in 1988. This will be a short presentation with plenty of time for questions.

After the service, Brent moved to London as Head of Quality and Information Technology with General Electric. He's also lived and worked in New York for HSBC and Bank of New York Mellon, Boston and Bangalore with Fidelity Investments, Zürich and Hong Kong with Credit Suisse, and in Sydney for The Commonwealth Bank of Australia. He recently decided to settle down and retire with his wife, Juliana, in Ft. Lauderdale, FL. There's no better place for a certified scuba diving instructor and avid boater to call home.



UPCOMING EVENTS



Trivia

Thursday, August 6, at 4 pm (M)

Sponsored by Resident Services

Gospel Karaoke

Monday, August 10, at 4 pm (M)

Sponsored by Resident Services

By resident request, join us for faith-based karaoke.

Wine & Cheese

Thursday, August 13, at 3:30 pm (CL & CL Patio)

Sponsored by Resident Services

Enjoy a glass of wine and a plate of cheese with your neighbors. A non-alcoholic option will be available.

Birthday Party

Wednesday, August 26, at 2 pm (CL & CL Patio)

Sponsored by Resident Services

Karaoke

Friday, August 28, at 4 pm (M)

Sponsored by Resident Services

Come watch, listen, sing, and dance to our monthly karaoke! Beverages provided by Resident Services.

MAH-JONGG

American Mah-Jongg

Mondays at 12 pm (CA)

Traditional Mah-Jongg

Fridays at 2 pm (CR)

Traditional Mah-Jongg

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)

ON-CAMPUS PROVIDERS

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 Health Services Clinic
253.208.3766

Tuesdays: 9 am to 4 pm
Walk-in clinic for established patients

Thursday: 9 am to 3 pm
By appointment; only for established patients

(New patient registration forms are available at the Concierge Desk.)

Physical Therapy and Occupational Therapy Services



Consonus Healthcare
in Penrose Harbor
253.313.0749

Requires a referral from a health care provider.

Mobile Dental Hygienist

Sound Dental Care
206.745.3808

Counseling & Dementia Support

Sandy O'Brien,
MN, RN, CL, CPC, ACM
Available Fridays in the Health Services Clinic

253.442.9242
sandy@harbortransitions.com

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.

Specializations: Caregiver and care partner support, Alzheimer's and other dementias, chronic illness, coping skills, anxiety, depression, life transitions.

Call 253.442.9242 for appointments and rates.

DINING SERVICES

Find the latest menus and hours on the Resident Portal.
For questions, to RSVP, or make reservations, call 253-313-0797.



CHEF'S COOKING CLASS

Chef's Cooking class is canceled this month in light of the themed event, Sushi Making with Chef Chris. Our regular class will resume in September. See page 12 for more details and register soon.

RESIDENT ORIENTATION TO DINING SERVICES

Second Tuesday of every month | Tuesday, August 11, at 11 am (SY)

Open to all residents; no registration is required.

COMMUNITY BBQ

Wednesday, August 12, from 2 pm until 4 pm (M & CL Patio) (Limited menu to-go available at Host Stand)

During this employee and resident event, the restaurant will be closed for in-person dining from 2 pm to 4 pm so that all of our wonderful dining team can attend for a bit. A limited to-go menu will be available between those hours, and we will resume regular dinner service at 4:15 pm. We appreciate your understanding.

STAFF TRAINING | Second Thursday of every month | Thursday, August 13, at 2 pm

To focus on staff development, we close the restaurant for an hour on the second Wednesday of every month. Please plan ahead by dining or placing your pick-up and delivery orders before 2 pm or after 3 pm.

NEW: SUPPER CLUB NIGHTS

Friday, August 21, and Saturday, August 22 (SP) | **Reservations encouraged**

Join us for a new, elevated three-course dining experience designed with both budget and appetite in mind. We'll include the menus with the weekly specials. Pre-orders are not required, but we encourage and welcome them. Resident pricing ranges from \$18 to \$25. Please note that menu modifications are limited.

CHEF DINNERS—SAVOR THE EXPERIENCE:

AN ELEVATED CULINARY EVENING WITH CHEF CHRIS & TEAM

Friday, August 28, and Saturday, August 29 | 5 pm (PDR) | Cost: \$35 to \$55 per resident | **Reservations required**

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, and they are assigned on a first-come, first-served basis. Call 253.313.0797 today.

- Menu and pricing: We'll publish details in the first week of July on the Resident Portal under "Special Events." Reservations will open then.
- Update: If you've attended a Chef Dinner in the past two months, please wait until the second week of the month to register so others get a turn. Honor system applies!

LABOR DAY COOKOUT

Enjoy the Last Cookout of the Season!

Monday, September 7 | 11 am - 3 pm (M and Patio) | **Reservations required**

Look out for the price and menu in the first week of August. We look forward to our last cookout of the season!