

HERON'S FLIGHT

September 2026

Strong, Safe & Steady

Learn simple ways to support
balance, mobility, and
confidence every day.

To-Do:

- ☐ Replace hearing aid batteries
- ☐ Schedule vision exam
- ☐ Review meds with doctor
- ☐ Schedule coffee date

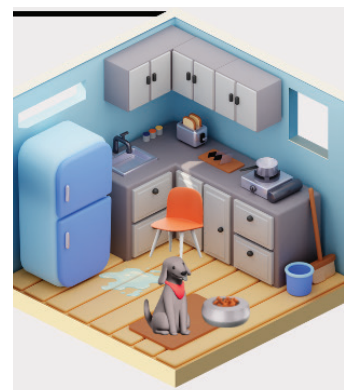


VISION EXAM
Schedule today!



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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

MARITIME ROOM CLOSURE

We're deep-cleaning the Maritime Room on **Wednesday, September 2**, and the space will be closed all day.

2027 LARGE PRINT CALENDARS AVAILABLE FOR ORDER

Sign up now to order a 2027 Large Print Calendar from Maxi-Aids. These easy-to-read calendars are a helpful way to keep track of appointments, activities, and important dates throughout the year. The cost is \$14.95 per calendar, which we will bill directly to your account.

THINK TWICE ABOUT HELPING A NEIGHBOR WHO FELL

When a person falls, it's natural to want to help them back on their feet. Doing this, however, may accidentally cause further injury. The best thing you can do to help someone who has fallen inside a building on campus is push their pendant or your own. The space you are in may also have an emergency pull cord. This will alert staff so they can call the paramedics. (Remember: There is no charge for ambulance rides in Gig Harbor thanks to a levy.) The medical professionals will evaluate the situation and take the safest course of action.



LIBRARY NEWS



The nonfiction labeling project has been completed, and the books are arranged in Dewey Decimal Classification order. We will soon hang a poster that gives general subject headings for each classification (001-900). There is also a Biography (B) and Large Print (LP) collection at the end of the Dewey 900s classification books. Resident Author books are shelved above these collections. We hope this will help our resident library users locate books on a subject they are interested in. The Fiction collection will also be labeled with the first three letters of the author's last name. We intend to help library users locate authors, and our library volunteers will find it much easier to shelve books in order. Soon, the shelves themselves will also be labeled.

If you have any questions about this project or any other ongoing projects, please contact Kathy.

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

Public Facilities

If that heading is a turnoff for you, read no further. If not, read on for some fascinating thoughts and a bit of humor.

The use of a public restroom—often called a washroom, loo, dunny (Australian slang for an outdoor outhouse), bog, jacks, WC (water closet), Bano, or toilette—can come with a challenge. But let us back up a little. Think of all the men, women, and children moving West with a wagon train, through hostile territory, little or no roads—only rude paths, carrying precious belongings, all their food, but no toilet! I doubt the train stopped for a “facilities break” since it didn’t even stop if a woman was giving birth in one of the wagons! So, step aside the wagon train into the bushes where rattlesnakes and other varmints might be hiding, hike up the long dresses and petticoats, squat, and do your best. Then what? Wipe? (Japanese women often carry a small washcloth for hygiene. How smart!)

Not everyone had water and electricity in years past, making personal outhouses a necessity. I recall a ranch’s outhouse, squat toilets in Thailand and Japan with ground-level basins, numerous Sani-cans or porta-potties, and various flush toilets in public places. (Today, there is no way I could use a squat toilet without falling over, and I sure couldn’t get up either! Men were advised to protect their wallets and keys in their pants pockets at squat toilets.)

Consider flushing versus non-flushing toilets. Keep in mind that any toilet in a large outdoor area where they are lined up in a row will make you wish you had a handkerchief soaked in Vicks to hold over your nose. Some that do not flush allow toilet paper placed only in a separate container. Toilets may also have a water trough alongside, from which you are to dip and add to the toilet. (It took me a bit to figure this one out.) In some countries, there may be little or no separation between men and women. Men’s public restroom might be a concrete floor with a ditch—no urinals, no stalls; just the ditch along the wall.

Flushing toilets come in many fashions—smart, automatic, and commercial. Smart toilets use sensors to trigger flushing without physical contact, keeping everything more hygienic. They may include an all-in-one bidet with presence sensors. The toilet senses when you approach or stand up, triggering an automatic flush as you walk away. (Have you ever waited for the toilet to flush? Is there a button to push or will it flush when the door opens? It becomes a guessing game!) Another flushing model has a motion sensor near the base, allowing you to flush with a wave of your foot. Commercial flushers common in public restrooms use an invisible beam of light that is interrupted by the user, cleared, and then the toilet is flushed. And there are those flushers that are confused and flush before you are ready—sort of like an unexpected bidet! Bidet toilet seats come in various options, with warmed water, a gentle air blower, and attachment to or alongside a regular toilet.

Toilet paper might be one-ply (poke your finger through), two-ply, or three-ply. It might have been catalog pages, fabric scraps, a washcloth—or just the air!

I am ever grateful for flushing toilets, bidets, and three-ply paper! And perhaps time to read a bit in private...

—Caroll HKRC Secretary



**Resident
Council Meeting**
Thurs., September 10
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

Sequalitchew Creek Hike in DuPont

Wednesday, September 2, from 9 am-1:30 pm | *Sponsored by Fitness*



The Sequalitchew Creek Trail is a 3.1-mile out-and-back easy hike located in DuPont, Washington. It begins behind the DuPont City Hall parking lot, follows a historic narrow-gauge dynamite train route down a forested canyon, passes through a graffiti-covered train tunnel, and ends at a pebbled Puget Sound beach. See page 18 for more details. **Register on the Resident Portal by 5 pm on Friday, August 28.**

Tour & Lunch at Emerald Heights in Redmond

Thursday, September 3, from 9 am-3 pm | *Sponsored by Resident Services*



We're visiting our sister facility, Emerald Heights, in Redmond. After a private tour, we'll enjoy lunch in their dining room. **Register on the Resident Portal by 5 pm on Friday, August 28.**

Harbor Hope Center Open House in Tacoma

Tuesday, September 8, from 10:45 am-12:30 pm | *Sponsored by Resident Services*



Harbor Hope Center joined us last month for a presentation on their programs and the new facilities that will support young adults in crisis and experiencing homelessness. The organization invited us to the open house for the brand-new home that they worked so hard on to prepare. Join us! **Register on the Resident Portal by 5 pm on Friday, September 4.**

Lakewold Gardens Tour & Sack Lunch in Lakewood

Friday, September 11, from 9:30 am-1 pm | *Sponsored by Resident Services*

Lakewold Gardens is a 10-acre historic estate. We will receive a private tour of the home and grounds, then have lunch on the patio. Please note: Paths may be uneven, and we may need to stroll on grass. **Register on the Resident Portal by 5 pm on Wednesday, September 9.**

Washington State Fair in Puyallup

Monday, September 14, from 10 am-2 pm | *Sponsored by Resident Services*

Register on the Resident Portal by 5 pm on Friday, September 11.

ABBAmania at the Rialto Theater in Tacoma

Thursday, September 17, from 6:15-10 pm | *Sponsored by Resident Services*

ABBAmania is the world's longest-running and most acclaimed ABBA tribute concert, touring since 1999 to recreate the authentic live experience of ABBA's 1970s and 1980s tours. It features ABBA's most iconic hits—including "Waterloo," "Dancing Queen," "Money, Money, Money," "Chiquitita," "Voulez Vous," "Mamma Mia," and "The Winner Takes It All"—performed with live orchestral backing, precise vocal arrangements, and a full stage production. **Register on the Resident Portal by 5 pm on Friday, September 4.**

Tacoma Art Museum's SOLA Exhibit & Lunch in Tacoma

Thursday, September 24, from 9:30 am-1 pm

Sponsored by Visual & Performing Arts



Enjoy a private docent-guided tour of the special exhibit *SOLA* at the Tacoma Art Museum. *SOLA*, or “Senior Old Lady Artists,” recognizes mature female artists whom their peers in Washington select. The 10th-anniversary exhibit celebrates the women who helped shape Washington’s cultural landscape. We’ll view the exhibit for 45 to 60 minutes and then stay another hour or two to tour other museum exhibits or have lunch at the in-house café. **Register on the Resident Portal by 5 pm on Friday, September 11.**

SHOP & DINE

International Tastings: Kamei Sushi in Tacoma

Thursday, September 10, from 11 am-1 pm

Sponsored by the International Tastings Group

The International Tastings Group is headed to Kamei Sushi in Tacoma for Japanese food. We were there a year ago, and the food was so fantastic that we promised ourselves a return visit. Join us for good food, good company, and another memorable culinary adventure, complete with the ambiance and visual presentation. **Register on the Resident Portal by noon on Monday, September 7.**

International Tastings: El Pulgarcito III in Lakewood

Monday, September 21, from 11 am-1 pm

Sponsored by the International Tastings Group

This time, we are returning to El Pulgarcito III for Salvadoran food. This place doesn’t look like much from the outside, but what a surprise. The service was great, and the food was extraordinary. **Register on the Resident Portal by noon on Wednesday, September 16.**

Women’s Breakfast at The Pinecone in Tacoma

Tuesday, September 22, from 9-11 am | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Friday, September 18.

Grocery Shopping & Lunch at Emish Ukrainian Market in Fife

Monday, September 28, from 11 am-2:30 pm | *Sponsored by Resident Services*

A Ukrainian-owned grocery store, bakery, and café, Emish Market is a vibrant destination that blends authentic cuisine with European imports, offering a mix of fresh, house-made foods and imported goods you won’t find in typical grocery stores. We will explore the store and then settle into the café for lunch. **Register on the Resident Portal by 9 am on Friday, September 25.**

CUPS & CONNECTIONS



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

OFF-CAMPUS EVENTS

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.

Mondays

9/7: **No shopping (Labor Day)**

9/14: Target

9/21: Winco Foods

9/28: Trader Joe's, University Place

Wednesdays

9/2: Safeway

9/9: Fred Meyer, Gig Harbor

9/16: Safeway

9/23: Safeway

9/30: Safeway

Fridays

9/4: Trader Joe's, Silverdale

9/11: **No shopping**

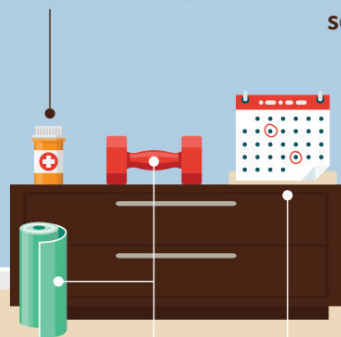
9/18: Trader Joe's, University Place

9/25: **No shopping**

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects



Do strength and balance exercises

Get your vision and hearing checked regularly

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors



Stand up slowly to avoid dizziness

Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



DEI:

Returning to the Fundamentals



This fall, the Heron's Key DEI Committee is returning to the fundamentals of Diversity, Equity, and Inclusion (DEI). Before exploring more complex topics, we want to build a shared understanding of what DEI is, why it matters, and how it helps create a stronger, more welcoming community for everyone. As many of you are aware, in spring 2021, Heron's Key created a Diversity, Equity, and Inclusion (DEI) Committee to help make the community more welcoming, inclusive, and respectful of everyone. The committee, made up of staff and res-

idents, developed a DEI commitment statement and worked to incorporate these values into marketing, recruitment, programs, and community activities. The committee also welcomes feedback from residents and employees and partners with resident groups to provide diverse programs, speakers, performers, and educational opportunities. Its overall goal is to educate the community, remove barriers for underrepresented groups, and celebrate the unique experiences, perspectives, and qualities of everyone who is part of Heron's Key.

In **September**, we will focus on recognizing the value of diverse perspectives and understanding how our own experiences shape how we see the world. To begin this journey, in September, we will watch and discuss an inspiring lecture by Chimamanda Ngozi Adichie. The presentation explores how relying on a single narrative about a person, group, or culture can lead to misunderstanding and stereotypes, while embracing multiple perspectives fosters empathy, respect, and connection.

In **October**, we will welcome retired University of Puget Sound (UPS) professor Lorna Hernandez Jarvis for a presentation on the fundamentals of diversity, equity, and inclusion (DEI) and why embracing these principles is so important to our community. In 2021, Ms. Jarvis was appointed UPS's inaugural Vice President for Institutional Equity and Diversity.

Whether you are new to DEI conversations or have been engaged in this work for years, we invite you to join us as we revisit the basics together. By strengthening our foundation, we can continue building a community where every resident feels seen, valued, included, and like they belong.

CELEBRATING HISPANIC HERITAGE MONTH

The DEI Committee is proud to celebrate Hispanic Heritage Month with a special bulletin board display highlighting the rich histories, cultures, and contributions of Hispanic and Latino communities. National Hispanic Heritage Month takes place each year from September 15 through October 15. It recognizes the many contributions of Americans whose heritage traces back to Spain, Mexico, Central and South America, and the Spanish-speaking nations of the Caribbean. Our display will feature information and stories designed to educate, inspire, and celebrate the diverse cultures and experiences that enrich our community. The display will be available throughout September on the Garden Level, next to the Salon. We invite everyone to stop by, take a look, and learn something new as we celebrate Hispanic Heritage Month together.

EVENT

Thursday, September 24
1 pm (M & HKTV 370)

*Sponsored by the
DEI Committee*

TECH CORNER

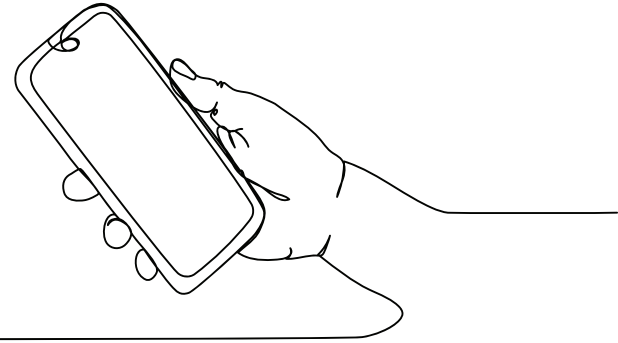
I HATE MY PHONE!!!

By Craig and JT

Several residents who have visited the Wednesday Help Desk over the past months have stated this or similar sentiments. After some discussions, we learned that the basis for this frustration comes down to some basic thoughts:

The phone is too complex or confusing or unreliable

- All they want is a phone to make phone calls
- There is a hearing issue
- The icons are too small



All these issues can be dealt with easily and not just by giving your phone up, throwing it away, or stuffing it into a drawer. A little time and energy will be required to assess the situation; consider the action you want to take and then act.

If you are looking for simplicity, assess just what bothers you. Are there too many icons on the phone? Are the icons too small? A solution is to delete icons for applications you do not need, use, or otherwise feel you can live without. Or just put the handful of icons you use on the first page and move the others to other pages. At the Help Desk, we can assist you by instructing you on how to delete, reorganize, and reduce the clutter. We can also help you enlarge the icons to make them easier to see. If you are looking for a more reliable phone, you need to assess what you are looking for. Keep in mind that “reliability” is sometimes a matter of connectivity, a carrier problem that is not solvable through Help Desk.

There are several excellent non-smartphone options for older adults, falling into three categories: simple cell phones, flip phones, and home phones that work over cellular networks. We are not specifically endorsing any phones but, after a ChatGPT experience, offer these for consideration:

Best Overall: Lively Jitterbug Flip 2

If you do not want a smartphone but want a device with just a home screen, this may be the best choice. The new model is the Flip 3 (costs more), offered primarily through Consumer Cellular.

Pros include:

- Large buttons
- Bright, easy-to-read screen
- Loud speaker
- Simple menu system
- Dedicated Urgent Response button (optional subscription)
- Hearing aid compatible
- Excellent customer support aimed at seniors

Best for: Older adults who want to make calls, send occasional texts, and have emergency assistance.

Best Flip Phone: TCL Flip 4

This is a true flip phone, so it is a little smaller and thicker. It is available from T-Mobile and AT & T, and it seems their models are 4G. Another model is 5G.

Pros include:

- Traditional flip design
- Physical keypad (buttons) versus icons
- Good battery life
- 4G LTE calling
- Can receive photos and texts

The **Nokia 2780 Flip** is another excellent alternative with a very straightforward interface. This is available online from various sources but may not be compatible with major carriers.

Premium Easy-to-Use Phone: RAZ Mobility Memory Cell Phone

This is designed specifically for people with memory loss or cognitive impairment and is often recommended for older adults exhibiting these symptoms.

Pros include:

- No confusing menus
- Make calls by touching photos of contacts
- Family can manage it remotely
- Optional GPS and caregiver features
- RAZ Care App available

Home Cellular Phone (No Smartphone Needed)

If the individual stays home, consider a wireless home phone. The base plugs into a regular cordless phone and uses a cellular network instead of a landline. A user can pair it with an amplified cordless phone, such as those from Panasonic, for features such as:

- Very large buttons
- Extra-loud ringer
- Adjustable call volume
- Answering machine capability
- Multiple handsets

Features to Seek if Hearing is a Concern

- Hearing aid compatibility (M4/T4 rating)
- Adjustable tone control
- Extra-loud volume (40-50 dB amplification)
- Flashing visual ringers

Brands such as Clarify and Panasonic make excellent amplified home phones.



shout-out

We want to thank Brad Beck, Emerald Communities Corporate Technology Officer, for the initial ChatGPT search in response to a Communications Committee question at a recent meeting.

WELLNESS: FALL PREVENTION

STRONG • SAFE • STEADY

September is Fall Prevention Month. We all know that falling is dangerous. But, what can you do to make yourself as safe as possible and lower your risk? Here are some ideas:

- **Strong body, strong security:** Exercise routines may benefit you, from simple strolls and tai chi to chair yoga, band workouts, or flexibility exercises. There is a variety of free fitness options here on campus.
- **Ditch loose-fitting shoes:** Properly fitting, supportive shoes with nonskid soles may reduce your risk of a fall. If you feel even the slightest slip in your favorite pair of shoes, it may be time to look for new ones.
- **Indoor landscaping:** Eliminate tripping hazards, such as loose electrical cords, low-height furniture, and rugs. If you have rugs, consider securing them with slip-resistant backings. The shower is the #1 place where falls occur. Consider using extra nonslip bath mats or installing additional grab bars.
- **Pet peeves:** We love our furry friends, but studies show they can contribute to falls. Be aware of your pet's location and energy, and train it properly to reduce the risk of losing your balance when you react to its activity.
- **Lighten up:** A significant number of falls resulting in injury happen in the dark. Keep lamps near your bed, use nightlights, and keep paths clear to mitigate your risk of falling.
- **Aids that aid:** Mobility devices have been increasingly used since their inception. Walkers, canes, and electric scooters have incredible benefits and can keep you mobile for longer. If your doctor suggests checking them out, give it a shot. (A lack of use of mobility aids is one of the causes of falls and subsequent emergency room visits in Gig Harbor.)

**STRONG
SAFE &
STEADY**

EVENTS

VISION MATTERS

with Nick May

Wednesday, September 16, at 1 pm (M & HKTV 370)

Sponsored by the Vision Support Group



The Heron's Key Vision Support Group invites residents to a special presentation by Vision Matters, featuring vision specialist Nick May.

During the presentation, Nick will demonstrate state-of-the-art vision loss equipment and the latest AI-powered technology designed to help people with low vision maintain greater independence and enhance their daily lives.

Attendees will have the opportunity to learn about innovative assistive devices, see live demonstrations, and ask questions about the newest advancements in vision-support technology.

Everyone is welcome to attend. Whether you live with vision loss, support a loved one, or are simply interested in learning more about today's assistive technologies, this presentation promises to be both informative and inspiring.

BALANCE MATTERS

Preventing Falls &

Recovering with Confidence

with Courtney Soran

Tuesday, September 29

3 pm (M & HKTV 370)

Sponsored by Resident Services

Courtney Soran, Director of Rehabilitation at on-site Consonus, will guide you through the basics of a fall prevention plan. You'll also learn how your rehab team at Consonus can help you feel safe, steady, and confident.



DID YOU KNOW?

Fast Facts About Falls Among Those 65 or Older



In Washington State*



31%
experienced a fall

62%

of those falls
happened at home



57%
of fall-related
injuries accounted
for injury-related
deaths

Among those who visited St. Anthony Emergency Department in Gig Harbor**



TOP 10

Falls are one of the
top 10 reasons for
patient visits

#1

Falls were the #1
trauma visit



#1

The #1 ED visit is for
patients who are 65
or older who fell



Here's The Good News

- There are several steps you can take to prevent falls.
- It is possible to regain flexibility and muscle strength.
- Being active and not limiting your activities can help prevent falls.
- Using walking aids can help prevent falls when used correctly.
- There are programs and assistive devices to help prevent falls among those with low vision.
- Discussing fall prevention with your doctor, friends, and family may reduce your risk of falling.
- Aerobic, strengthening, balance, and flexibility exercises are effective in helping prevent falls. Heron's Key offers classes with these types of exercises throughout the week.

* Washington State Department of Health, "Falls in Washington" (2020). <https://tinyurl.com/54btzyvp>.

** Saint Anthony Emergency Department. Jamie Collings, MD, FACEP. April 2019 presentation at Heron's Key.
Resource available on the Resident Portal.

Fall Prevention at Home

Falls can threaten your independence, safety, and quality of life. But, falling is not inevitable as you age. Here are some strategies to implement in your home to reduce your risk of falls.



Bedroom

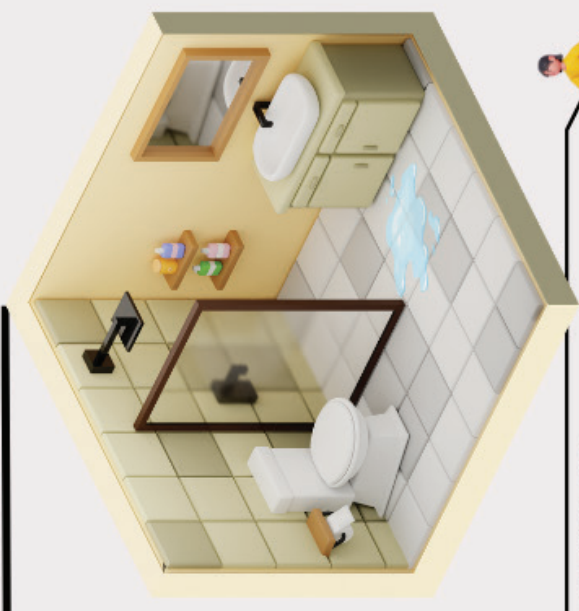


- Place a lamp by your bed in a spot that's easy to reach.
- Use night lights so you can see better when walking in the dark.
- Keep the floors clear of trip hazards, like shoes or clothes.
- Place a chair in your room so you can sit while dressing or putting on shoes.



Bathroom

- Install grab bars next to toilets and inside showers.
- Use non-slip mats in the shower, the #1 place where falls occur.
- Consider using a shower chair.
- Wear your pendant as you bathe. It's waterproof.



- Request a free in-home fall assessment from the Gig Harbor fire department.
- Studies show pets can contribute to falls. Reduce your risk by being aware of your pet's location and energy level and training it well. Consider placing a bell on your pet's collar.





Living Room

- Keep walkways free of electrical cords, clutter, and excessive furniture.
- Remove throw rugs, especially if they have a high pile.
- Using double-sided tape to secure low-pile rugs.
- Illuminate your living spaces well.



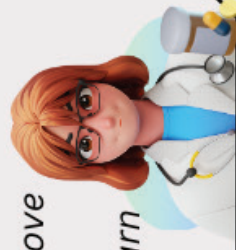
Kitchen

- Store the items you use often in places that are easy and safe to reach.
- Use step stools with bars to hold on to. Do not use chairs as step stools.
- Immediately clean spills and pick up trash that fell on the floor.



Tips

- Visit medical providers annually to check your eyes, hearing, overall health.
- Speak to your medical provider to learn fitness programs they recommend to improve strength, balance, and coordination.
- Regularly review your medications with your medical provider or pharmacist to learn if their side effects may make you feel dizzy or more vulnerable to falls.



WELLNESS: FALL PREVENTION

EVENT



“Preventing and Recovering from Scams”

with Matthew Santelli

Wednesday, September 30

1 pm (M & HKTV 370)

Sponsored by Resident Services

Join Matt Santelli, Outreach Specialist with Pierce County Aging & Disability Resources, for an informative and engaging presentation on protecting yourself from scams and fraud. He will share how to promptly recognize the basic structure of the most common scams, provide insight into why scammers target older adults, and outline steps to take to recover if you become a victim. Bring your questions; Matt will provide the answers!

Matt has worked at Pierce County Aging Disability Resources for 24 years. During this time, he has visited locations throughout Pierce County to warn older and disabled adults about the dangers of scams, fraud, and identity theft.

COMMON SCAMS TARGETING OLDER ADULTS

- Clone websites (fake websites that look like official sites)
- Robocalls
- Phishing emails
- Greeting card scams
- Fake anti-virus notices
- Medicare & insurance scams
- Funeral scams
- Fraudulent anti-aging products
- Telemarketing scams
- Lottery and fake prize scams
- Mortgage scams
- Bogus magazine sales
- Counterfeit apps
- Fake charities
- Romance scams
- Social Security scams (e.g., notices that your Social Security number is going to be canceled)
- Counterfeit drugs sold online
- Grandparent scams (e.g., scammers pretending to be a loved one in trouble)
- IRS impersonation scam
- Tech or computer support scams
- Investment

QUICK TIPS TO HELP PREVENT FRAUD & SCAMS



Keep
antivirus
software
updated.



Don't open
suspicious
texts, pop-
up windows,
or links.



Don't open
email
attachments
you weren't
expecting to
receive.



Only send
money to
people you
know.



Shred
documents
with
personal
information.



When in
doubt, hang
up. It's OK
to be rude to
scammers.



A NOTE FROM EBB

Pull Up a Chair: The Importance of Sharing a Table

There is something special about gathering around a table. At Heron's Key, our tables are much more than places to enjoy a meal. They are places where friendships begin, stories are shared, laughter happens, and our sense of community grows stronger.

Sharing a meal gives us a natural opportunity to connect with one another. Sitting with longtime friends provides familiarity and companionship, while choosing a table with someone new might introduce us to a neighbor we have passed in the hallway many times but never really gotten to know. A simple conversation over breakfast, lunch, or dinner can sometimes be the beginning of a wonderful friendship.

Of course, the importance of the table extends well beyond mealtime. Throughout Heron's Key, tables bring us together for card games, puzzles, crafts, meetings, support groups, celebrations, coffee, and countless conversations. Sometimes the activity itself is almost secondary. What matters most is that we are spending time together.

Living in a community like Heron's Key gives us opportunities for connection that we might not otherwise have. But community does not happen simply because we live under the same roof. It happens when we make the choice to participate, reach out, and make room for one another.

Here in Gig Harbor, where rainy days sometimes encourage us to spend more time indoors, gathering around a table can be an important part of staying socially and emotionally engaged. While not quite here yet, those clouds will be here soon! Sometimes the best remedy for a gray Northwest afternoon is good conversation and a few friendly faces.

So, the next time you head to a meal or activity, consider pulling up a chair beside someone new. Invite another resident to join you. Make room at your table.

After all, an empty chair is more than a place to sit—it is an invitation to belong.



Ebb Hagan
Wellness & Spirituality
Coordinator

Monday—Friday
8 am—4:30 pm

253.313.0733
EbbH@heronskey.org

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.

FITNESS

HIKES

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

Sequalitchew Creek Hike in DuPont

Tuesday, September 2, from 9 am-1:30 pm | *Sponsored by Fitness*

The Sequalitchew Creek Trail is a 3.1-mile out-and-back easy hike located in DuPont, Washington. It begins behind the DuPont City Hall parking lot, follows a historic narrow-gauge dynamite train route down a forested canyon, passes through a graffiti-covered train tunnel, and ends at a pebbled Puget Sound beach. **Register on the Resident Portal by 5 pm on Friday, August 28.**

- Difficulty: Easy (gentle slope with some moderate grades)
- Driving Duration to Trail: 35min
- Trail Type: Out-and-Back
- Duration at Location: 1.5 hrs
- Bathrooms: Yes (Porta Potty at trail head /City Hall building)
- \Wheelchair Accessible: No
- Footwear: Hiking Shoes
- Extra: Walking Sticks, Hat, Water

HOW FITNESS CLASSES AT HERON'S KEY CAN HELP IMPROVE BALANCE



Good balance is critical to fall prevention. It keeps us upright in everyday activities like walking, getting up from a chair, or reaching for an object. To stay balanced, the body needs muscle strength, flexibility, proprioception (awareness of the body's position and movement), and agility, all of which naturally decline with age. But with the proper exercise, you may prevent this decline and even reverse it.

All the fitness classes at Heron's Key are designed to cover at least one essential component of staying balanced and are appropriate for all fitness levels. Here is how our classes help with fall prevention:

- Yoga: Flexibility, strength, and proprioception
- Tai Chi & Qi Gong: Muscle endurance, strength, agility, and proprioception
- Strength Training*: Strength and proprioception
- Stretch and Balance: Muscle endurance, proprioception, and flexibility
- Seated Core Strengthening*: Strength and muscle endurance
- Circuit Training: Proprioception, strength, and cardiovascular
- Interval Training*: Strength

The classes marked with * focus on strength training and should not be done on consecutive days. Your body needs time to rest between this type of workout to rebuild muscle and become stronger. All other classes can be mixed and matched. Refer to the calendar for days and times.

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.

FEATURED EVENTS



BILL PRESENTS: COMMUNISM **Its Origins and History**

Tuesday, September 1, at 1 pm (M & HKTV 370)

The terms “communist” and “communism” are in greater use by the media and politicians. What do these terms mean, what is their history, and how do they apply to the issues of today? Bill will provide an overview of the origin and history of the concept of communism and a perspective on how it applies in the world today.



In addition to his academic and professional accomplishments, Bill was on two Mid-America Conference championship swimming teams in his college days, winning the bronze medal in the 100-yard freestyle.

This April, Bill compared his medal from 60 years ago with the current gold medal and women's conference record holder, Zita Szoke. Zita will be swimming for Serbia in the next Olympics. Bill recounted to the women's swimming team his days before swimming goggles were invented.



**HUMANITIES
WASHINGTON**

“Doomscrolling Detox: Finding Your Balance in the Digital Age” with Andrew Wahl

Tuesday, September 8, at 1 pm (M & HKTV 370)

From the advent of the internet to recent developments in artificial intelligence, the digital revolution continues to remake our world. While many of the changes have been positive, these innovations have also left many of us trapped in filter bubbles, overloaded with information, mistrustful, anxious, and polarized.

Lifelong journalist and media educator T. Andrew Wahl breaks down the key developments that have led to our current information landscape and, more importantly, offers concrete tips to help attendees develop a healthier relationship with their information diet.

Andrew Wahl has worked in journalism and media communication across Washington state, earning awards from the Society of Professional Journalists, National Federation of Press Women, United Nations, and others. Wahl is tenured faculty at Everett Community College, where he teaches journalism, media literacy, and comics studies.

RESIDENT-LED EVENT

Who Am I? “The Writers Next Door” Resident Panel

Wednesday, September 9, at 1 pm (M & HKTV 370)

Kathy moderates a panel of resident writers: Rick, Cathy, Michael, and Michele. Have you ever wondered what it takes to become an author? Come to listen to a few of our resident authors as they share the stories behind their writing journeys. From the spark that inspired their first book to the actual writing and the challenges and triumphs of the publishing process. Each author will discuss how they got started, what motivated them, and the path that brought their books to life.

LIFELONG LEARNING

The James Webb Space Telescope, the most powerful telescope ever launched into space, has made many unexpected and surprising discoveries that are expanding our understanding of the universe. One such discovery is the so-called “little red dots,” small, red-tinted objects from a time just 600 million years after the Big Bang, or about thirteen billion years ago. Astronomers have yet to decipher their true nature, although several hypotheses have been suggested. Frank Petrie and Peter Moseley of the Battle Point Astronomical Association on Bainbridge Island will describe these enigmatic objects, what is known about them, and what they are suspected to be.

Additionally, at the request of your Heron's Key Program Coordinator, Frank and Peter will also discuss the object 3I/Atlas. This recent speedy visitor suddenly appeared and passed through our solar system. Was it a random, natural object ejected from another star system, or an advanced-technology interstellar vehicle sent to reconnoiter our neighborhood?

Finally, our speakers will offer their thoughts on recently released government reports on unidentified aerial phenomena, or UAPs, formerly known as UFOs. Should you be worried?

Little Red Dots and other space mysteries

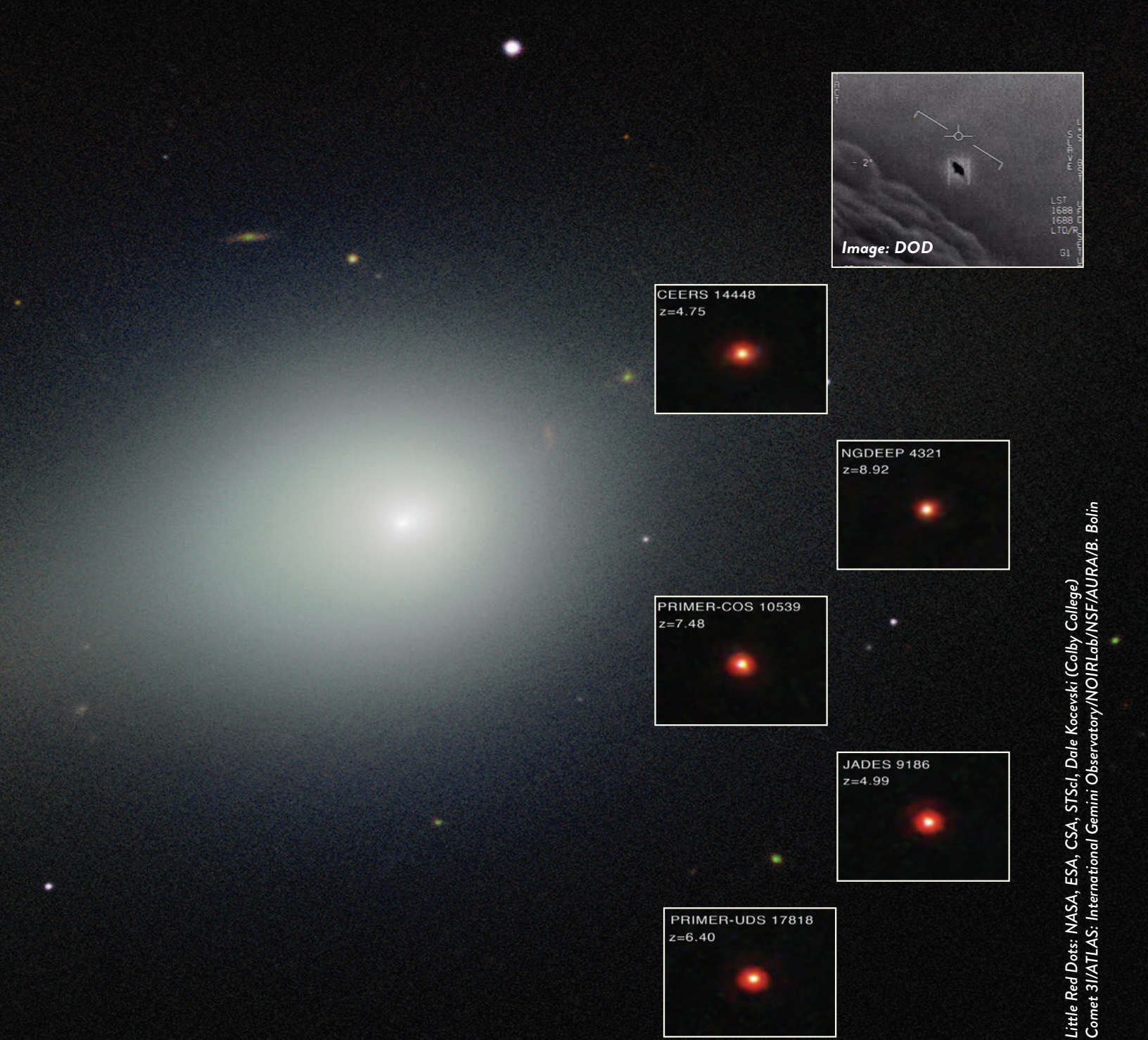
Tuesday, September 15, at 1 pm (M & HKTV 370)

FRANK PETRIE

Frank is the president of the Battle Point Astronomical Association, operators of the Battle Point Observatory on Bainbridge Island. A retired civil engineer, Frank has a lifelong interest in astronomy sparked in 1966 when he first looked through a neighbor's telescope at the Moon and Mars. In 1990, as adults, he and his wife, Tracy, embarked on a five-year mid-career sabbatical cruise aboard their 43-foot sailboat to Mexico and the South Pacific, as far as New Zealand. Returning to the

US, they sailed into Eagle Harbor and immediately fell in love with Bainbridge Island, where they live to this day. In retirement, his primary motivation is to facilitate in others that “first look through a telescope” and spark a lifelong passion for inquiry and exploration. The universe is vast, and learning about it informs our understanding of our place and purpose within it.





Little Red Dots: NASA, ESA, CSA, STScI, Dale Kocevski (Colby College)
Comet 3I/ATLAS: International Gemini Observatory/NOIRLab/NSF/AURA/B. Bolin

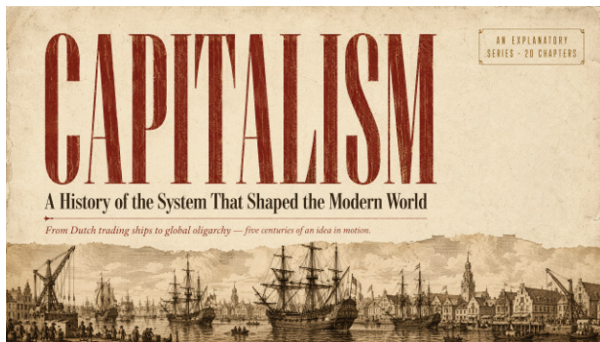
PETER MOSELEY

Peter is a retired mechanical engineer with experience in mechanical design, manufacturing, digital signal processing, and lasers for metrology. He has held various engineering and manufacturing management positions. When he was 10 years old, he had the privilege of meeting the first two graduate students in Astronomy at Caltech, which led to lifelong friendships and an interest in astronomy.

His interests after retirement have included building live steam locomotives in 2.5"/foot

scale in his home workshop and a backyard railroad with his neighbor in Portola Valley, CA. Since moving to Bainbridge Island, he has been involved in teaching and management of the metal Fabrication Studios at BARN, to which he had donated his home workshop, and more recently as the Facilities Manager and Board Member of the Battle Point Observatory on Bainbridge, where he has been involved in the upgrades to the dome and other facilities. Peter likes to fix things.





BILL PRESENTS: CAPITALISM **Its Evolution and Features**

Tuesday, September 29, at 1 pm (M & HKTV 370)

We use the term capitalism to describe the economic theory that controls a major portion of the world around us. Bill will provide a refresher overview on the origin and history of capitalism and how it applies in today's world.

Sixty years ago, Bill was a founding member of the Ohio University Chapter of the fraternity Phi Gamma Delta, the FIJIs. In April, he returned for the 60th anniversary of the founding. Bill is the oldest living member of the chapter, which is currently number one in fraternity grades at Ohio University.



“The Levant Writ Large: **Lebanon, Syria, Israel, Palestine, and Turkey** **with David Fenner**

Tuesday, September 22, at 1 pm (M & HKTV 370)

This presentation will help us take a deeper dive toward fathoming this oft-puzzling, oft-insistent, oft-maddening corner of our world. At the crossroads of three continents, the Middle East has benefitted from – and been bedeviled by – the movement of peoples, armies, empires, ideas and religions for thousands of years.

We'll survey the history and development of five Eastern Mediterranean countries (the Levant) and how each presents both challenges and opportunities for neighboring states and US foreign policy.

With the help of a rigorous Q&A session and an extensive *Resource List* of both print and online sources, our goal will be to develop a fuller understanding of—and perhaps a deeper appreciation for—this critical region. Bring your questions, comments, and curiosity to our conversation!

RESIDENT-LED EVENT

Reading Aloud with Gee & Your Neighbors

Thursday, September 24, 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.

EVENTS

Composting Forum with Zero Waste Bainbridge's Diane Landry and Barbara Ochota

Monday, September 14, at 3 pm (M & HKTV 370)

Sponsored by the Green Interest Group



Join us for a Green Group-sponsored forum on recycling and composting, featuring guest speakers Diane Landry, Director and Founder of Zero Waste Bainbridge Island, and Barbara Ochota, Zero Waste's education outreach director. They will address a range of local and statewide topics, including bills passed by the Washington State legislature and the many challenges remaining for future sessions. They will also discuss the successes and challenges for local organizations, such as Bainbridge Island's Zero Waste group, as well as those in Gig Harbor and other Pierce County municipalities.

Diane Landry, Program Manager of Zero Waste Bainbridge

Diane has been leading Sustainable Bainbridge's Zero Waste program since its inception in 2010. Before moving to Bainbridge Island, Diane served for 20 years on the Falls Church, VA, education task force of the city's Environmental Services Council. Under its stewardship, she created Operation EarthWatch, an environmental action program for elementary school students that is still going strong after 25 years.



Barbara Ochota is a long-time Steering Committee Member of Zero Waste Bainbridge. She initiated and runs the joint Zero Waste-Senior and Community Center's household metal recycling project.

Fish Food Drive

September 18 to 25 | *Sponsored by the Volunteer Group*

Fish Food Bank is a local organization that believes in the principle of neighbors helping neighbors. Support your community by donating non-perishable food items. All non-perishable items are gratefully accepted.

The most needed items:

- Canned vegetables
- Mac and cheese
- Canned soup
- Cereal
- Canned chili and beef stew



There will be a box in the Clubhouse Lobby for your donations. To donate money, please make a check payable to Gig Harbor Peninsula Fish and place it in the Resident Council blue box in the mailroom. Thank you for your generosity!

Interest Group Fair

Wednesday, September 23

1-2:30 pm (M)

Sponsored by Resident Services

Learn about the many Interest Groups at Heron's Key in a casual drop-in setting. Whether you're just curious or looking to join, each participating group will have a table with a group representative and information.



UPCOMING EVENTS

IN CONVERSATION

LET'S TALK.



Join your neighbors in the Maritime for an opportunity to have a discussion with Executive Director Chris Lucero.



THURSDAY,
SEPTEMBER

17

Maritime Room

10 am • Floor 4

11 am • Floor 2

1 pm • Floors 1 & 6

2 pm • Floor 5

FRIDAY,
SEPTEMBER

18

Maritime Room

1 pm • Floors 3

2 pm • Cottages



We look forward to
seeing you there

Friday Night Movies



7 pm in the Maritime & HKTV 370

Come to the Maritime Room for popcorn!



Sponsored by Resident Services

UPCOMING EVENTS



“Globus Sensation: What is Stuck in My Throat?”

with Katherine Kurtz, PA-C

Friday, September 4, at 1 pm (M & HKTV 370)

Sponsored by Resident Services

Physician assistant Katherine Kurtz will present on globus sensation—the feeling of having something stuck in the throat. The sensation is frequently related to acid reflux and postnasal drip, but can have other less common causes, as well. Many older adults experience globus sensation, and Katherine’s goal is to demystify and educate us on the condition.

Katherine is an ear, nose, and throat physician assistant practicing at St. Anthony outpatient medical pavilion here in Gig Harbor. Common conditions she treats include hearing loss, chronic ear infections, vertigo, sinusitis, voice changes, and throat pain.

Wildlife Interaction with Old-School Exotics & Reptiles

Monday, September 21, at 3 pm (M)

Sponsored by Resident Services

Old-School Exotics & Reptiles (OSER) provides structured educational wildlife programs designed around education and engagement. Participants learn about each ambassador animal through observation, discussion, questions, and guided interaction opportunities. When appropriate, you will be invited to engage in supervised touch interactions, which are always structured, controlled, and adjusted according to the individual animal’s comfort level and welfare indicators.

OSER’s programs focus on animal biology, behavior, habitat adaptation, conservation concepts, and environmental awareness. Rather than being performance-based, presentations are designed to be calm, interactive, and educational.



GOLDEN SPOTLIGHT AWARD

Sarah Herron, Community Associate Coordinator

Thank you for all you do!



UPCOMING EVENTS



Wine & Cheese

Friday, September 18, at 3:30 pm (CL)

Sponsored by Resident Services

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



Karaoke

Friday, September 25, at 4 pm (M)

Sponsored by Resident Services

Sing, dance, or just watch!



Trivia

Monday, September 28, at 4 pm (M)

Sponsored by Resident Services

Show us what you've got at our monthly trivia night! Open to all!



Birthday Party

Tuesday, September 29, at 2 pm (CL)

Sponsored 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

FLU AND COVID VACCINE CLINIC



Completed registration forms are due to the Concierge Desk by Friday, October 9.



Thursday, October 15 | 12-3 pm (SP)

Step 1: Pick up a registration form at the Concierge Desk starting Monday, September 28.

Step 2: Return your form to the Concierge by Friday, October 9.

Step 3: Get your vaccine appointment time.

You will receive a phone call from Heron's Key regarding your vaccine appointment time. (Please do not come early to your appointment as it creates crowding in our waiting areas.)

DINING SERVICES

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

LABOR DAY COOKOUT

Enjoy the Last Cookout of the Season!

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

Residents \$17, Guests \$20, Kids 6- 12 \$10, Kids 5 and under free

Join us for our last cookout of the season. Our menu is available on the Resident Portal under "Holidays" or at the host stand. **RSVPs are required by September 2.** Please call 253.313.0797 or stop by the host stand to make yours. A limited menu for take-out and delivery will be available.

RESIDENT ORIENTATION TO DINING SERVICES

Second Tuesday of every month | Tuesday, September 8, at 11 am (SY)

Open to all residents; no registration is required.

STAFF TRAINING | Second Thursday of every month | Thursday, September 10, at 2 pm

To focus on staff development, we close the restaurant for an hour on the second Thursday of every month. Please dine in the restaurant or place your pick-up or delivery order before 2 pm or after 3 pm.

CHEF'S COOKING CLASS | Second Monday of every month | **Reservations required**

Monday, September 14, at 11 am (SP)

Join us for an Oktoberfest-inspired demo! Chef and his culinary team will show you how to make sauerkraut and share tips for creating this classic German favorite at home. The demo is \$6 and comes with a bite and sauerkraut to take home. Please RSVP at the host stand or by calling 253.313.0797 by **September 11.**

OKTOBERFEST WEEK | September 21 through 27 (SY & SP)

Get ready for a taste of Oktoberfest! Our featured specials for the week will showcase a variety of German-inspired dishes, bringing traditional Oktoberfest flavors and seasonal favorites to the menu. From hearty comfort foods to classic specialties, there will be something for everyone to enjoy. We'll include additional details and highlights in the September 21 KeyNotes.

We look forward to sharing these festive selections with you and celebrating the season through great food!

UPDATE: SUPPER CLUB NIGHTS

We are postponing Supper Club for the rest of the year. We look forward to its return in the new year!

UPDATE: CHEF DINNERS

Friday, September 18, and Saturday, September 19, at 5 pm (SY)

To focus on training new staff and preparing for the holiday season, we have decided to pause Chef's Dinners after September and resume them in the new year. Residents who registered for the canceled August dinner will receive priority for September's Chef Dinner. We thank you for your understanding and look forward to sharing exciting new ideas with you in the new year!