

HERON'S FLIGHT

Life, Learning, and Connection at Heron's Key

October 2026

READY WHEN IT MATTERS

Emergency preparedness
begins at home

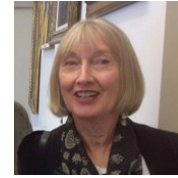
Your fitness snapshot

Assess your strength,
balance, mobility & more



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Ron Schaefer
CEO & President

Denise Cooksey
Director of Human Resources

Ray Austin
Facilities Operations
Supervisor

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Michelle Wood
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Environmental Services
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Kristina Christenson
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Courtney Soran
Consonus,

Director of Rehabilitation

Karen Rose
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Wellness Program Manager

Sandra Cook
Vice President of Marketing

Pam Carlson
Director of Nursing Service

George Smith
Director of Facilities

McKenna Leehan
Director, Sales & Marketing



Concierge/Security:
253.313.0700

Audio KeyNotes:
253.313.0790

Billing:
253.313.0703

Consonus (Therapy):
253.313.0749

Housekeeping:
253.313.0795
(EVS@HeronsKey.org)

Facilities:
253.313.0798
(Facilities@HeronsKey.org)

Penrose Harbor:
253.313.0800

Fitness:
253.313.0781

Resident Services:
253.313.0793

Restaurant:
253.313.0797

Spiritual Care:
253.313.0733

Transportation:
253.313.0792

ARE YOU READY?



While Heron's Key takes numerous ongoing steps to prepare the campus and its staff members for a disaster, it's vital that you take action to prepare as the unthinkable can happen at any time. Being ready can help reduce the impact of a disaster and speed up recovery efforts. We encourage you and your neighbors to follow the preparedness-related tips offered in this newsletter and participate in upcoming events. **The better prepared we are as a community, the more resilient we'll be when the unexpected occurs.**

PLEASE HELP US MAINTAIN OUR ILLNESS PREVENTION STRATEGIES

If you are diagnosed with COVID-19 or have any illness symptoms—even the mildest of symptoms—please call the Concierge Desk (253.313.0700) so we can ensure all housekeeping and maintenance visits are postponed. By reporting your illness, you enable the management team to take all the necessary precautions for keeping staff and other residents safe, and your call is kept confidential.

AWAY NOTICES

When you submit an "Away Notice" form before going on vacation or spending the night elsewhere, it lets Concierge and Security know you will not be home on the respective mornings to press the red button in your bathroom or garage. We kindly ask that when you submit an "Away Notice," you list the return date as the first day you'll be at Heron's Key before 10 am. This will prevent the need for staff to unnecessarily enter your apartment to check on your well-being while you are still away. If you have any questions or would like assistance with your "Away Notice" form, please contact the Concierge.



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**

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY “The Times They Are A-Changin’”

Those words are from a Bob Dylan song. Prior to 1972, girls could not wear pants or jeans in public schools, except perhaps on Fridays. I walked to school (no buses)—sometimes in snow—in skirts and put a hex on the houses where their walks were never scooped. In college, I trekked across a wide open area to classes—sometimes in below-freezing weather—in skirts and with mascara freezing on my eyelashes. Boys had it a little easier, but there were grooming codes, like no long hair. My high school basketball team paid dearly when all five players on the first string got mohawk haircuts.

BAM! The coach ruled they would play in no games until their hair grew to crew-cut length. Both sexes suffered when hair and clothing restrictions went against their culture or heritage. The passage of Title IX education amendments, the Federal non-discrimination rules, prevented public schools from such discrimination and ended such issues.

Times they are a changin’.

In advanced business administration classes in college, I was often the only woman. I began reading about the difficulties women faced in the business world. One book, *The Women’s Dress for Success* (1977), by John T. Molloy, described multiple experiments in which people shared their perceptions of the impact of clothes. Men clearly had a head start with a “uniform” standard: long-sleeved shirts, ties, dress slacks, suits, or sports coats. Women had no such uniform and often dressed as though they were going out for dinner.

BAM! That attire immediately placed them second to any encounter where men were present. They were seen as a girlfriend, mother, sister—not as a colleague on equal footing.

Women began to understand they could be feminine AND maintain a conservative appearance. Items like women’s suits, blouses, blazers, flats or comfortable shoes, and conservative jewelry became the norm. It was okay for women to have long hair, but not so much for the men. Also, beards were frowned upon in the business world.

Case in point: In college health care programs, the standard for students in their practicum was “full uniform, hair off the color, only ear posts, no beards, light makeup, cover any tattoos, only clear nail polish.” I placed a student in a community health clinic knowing she would receive excellent opportunities to hone her skills. However, the clinic staff believed “the uniform restrictions will be a problem. We dress casually here to identify with our clients.” The clinic agreed, and the student appeared in full uniform every day. After four weeks, the student said, “I need help. The clients think I am the doctor.” We discussed ways for her to respond.

BAM! We want professionals caring for us to look the part.

Times they are a changin’.

Today tattoos, beards, multiple body piercings, long hair, and casual dress are commonplace. White uniforms in health care have been replaced by colorful scrubs—maybe with a white lab coat. Many companies require employees to wear a name tag or badge, some even sewn into a uniform. I find name visibility helpful. It allows me to identify the person on a more equal footing and be able to show them respect for their knowledge and expertise.

Times they are a changin’.

My hope is that I can look beyond what a person wears to recognize every person as a unique and special human being worthy of my attention. My fear, however, is I sometimes drag my feet.

—Carol, HKRC Secretary

**Resident
Council Meeting**
Thurs., October 8
10 am (M & HKTV 370)

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



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 AREA

Harbor History Museum in Gig Harbor

Wednesday, October 7, from 12:45-3 pm | Sponsored by Performing & Visual Arts

Join us for a fun, informative visit to the local Harbor History Museum. You will explore the different kinds of people who have made Gig Harbor what it is today and connect with artifacts that hold memories. The tour will include a visit to the Midway School House, built in 1893, and a guided tour of the historic Shenandoah, a 1925 fishing boat and its beautiful restoration. The tour will last about an hour. Wheelchair and walker accessibility and seating are provided. **Please bring \$15 for your ticket. Register on the Resident Portal by noon on Monday, October 5.**

Oktoberfest at the Puyallup Fairgrounds

Friday, October 9, from 11:30 am-3 pm | Sponsored by Resident Services

Join the always-entertaining Austrian host Manuela Horn for an Oktoberfest celebration filled with authentic German food, ice-cold beer served in traditional steins, lively oompah music and dancing, and plenty of festive fun. The festivities include the ceremonial keg tapping and a lively atmosphere throughout the event. Please note: This trip will require moving around a large warehouse-like space. **Register on the Resident Portal by noon on Wednesday, October 7.**

Meeker Mansion Tour in Puyallup

Friday, October 16, from 9:30 am-12:30 pm | Sponsored by Resident Services

Ezra and Eliza Jane Meeker built Meeker Mansion in 1890, and it has been restored and preserved for public tours. This Italianate-style Victorian home features six original fireplaces, tiles, mantles, ornate ceiling paintings and friezes, beautiful stained-glass windows, and functioning speaking tubes with nickel-plated mouthpieces. We will receive a private docent-led tour of this fabulous historical landmark. Please note: Meeker Mansion is not fully ADA accessible and requires climbing stairs to access the upper levels of the home. **Register on the Resident Portal by noon on Monday, October 12.**

Squaxin Museum & Lunch at Little Creek Casino in Shelton

Wednesday, October 21, from 9:15 am-3 pm | Sponsored by Resident Services

The Squaxin Island Museum Library and Research Center (MLRC) tells the story of the *People of the Water* through a series of exhibits and displays depicting the relationship between Squaxin Island Tribal members and the seven inlets of South Puget Sound.

The tribe has a unique relationship with natural resources and a deep understanding of the sciences, including precise knowledge of ocean currents and tides, weather patterns and changes, natural medicines, marine biology, and even engineering, as shown by complex fishing structures and equipment. Many tribal members continue to make their livelihood through salmon, geoduck, and clam fisheries. The strong connection between the seven inlets of South Puget Sound and the Squaxin Island Tribe – *People of the Water* – is the core theme presented in all exhibits and galleries throughout the MLRC.

OFF-CAMPUS EVENTS

After our tour, we will stop at Little Creek Casino, which offers a variety of lunch choices. We will then hit the road and head home at around 2 pm.
Register on the Resident Portal by noon on Friday, October 16.

Explore the Ballard Locks & Sack Lunch in Seattle

Wednesday, October 28, from 9:30 am-2:30 pm

Sponsored by Resident Services

The Hiram M. Chittenden "Ballard" Locks are a feat of engineering built in 1917 that dramatically transformed Ballard's southern waterfront. The Locks boast the title of the busiest locking system in the United States, as leisure boats and commercial vessels continue to travel between the fresh waters of Lake Union and the salty Puget Sound. Opportunities at the Locks include visiting the Visitors Center, checking out the botanical garden next door, and catching a glimpse of the salmon running. Note: This trip requires moving independently. Please bring a sack lunch. **Register on the Resident Portal by noon on Wednesday, October 21.**

Harbor Hill Halloween Decoration Tour

Thursday, October 29, at 6:45 pm | *Sponsored by Resident Services*

Join us for a quick drive around our Harbor Hill neighborhood to check out Halloween lights and decorations. **Register on the Resident Portal by noon on Wednesday, October 28.**

SHOP & DINE

Hoppy Hour at 7 Seas Brewing in Gig Harbor

Thursday, October 1, from 2-4 pm | *Sponsored by Resident Services*

Registration closed.

Co-Ed Lunch at The Garage in Bremerton

Monday, October 19, from 11 am-2 pm | *Sponsored by Resident Services*

We're heading back to a resident favorite, The Garage. Known for their outrageous Bloody Marys (try The Ultimate Mary served with a hamburger slider and shrimp on top) and their delicious breakfast food. **Register on the Resident Portal by noon on Wednesday, October 14.**

Women's Breakfast at Sunset Grill in Gig Harbor

Thursday, October 29, from 10 am-12 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Monday, October 26.

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

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

10/5: No shopping

10/12: Walmart

10/19: Winco

10/26: Trader Joe's,
University Place

Wednesdays

10/7: Safeway

10/14: Safeway

10/21: Safeway

10/28: Safeway

Friday Night Movies



7 pm in the Maritime & HKTV 370

Come to the Maritime Room for popcorn!



Sponsored by Resident Services

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 know, in spring 2021, Heron's Key created a Diversity, Equity, and Inclusion (DEI) Committee to help make the community more welcoming, inclusive, and respectful for everyone. Made up of staff and residents, the committee 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 at Heron's Key.

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.

EVENT

"Building a More Inclusive Community" with Lorna Hernandez Jarvis

Friday, October 9, at 3 pm (M & HKTV 370) | *Sponsored by the DEI Committee*

We are pleased to welcome Lorna Hernandez Jarvis, retired University of Puget Sound professor and former Vice President for Institutional Equity and Diversity, for an engaging presentation on the fundamentals of diversity, equity, and inclusion (DEI). During this informative session, Lorna will explore the core principles of DEI, discuss why these concepts matter, and share how fostering an inclusive culture strengthens communities by promoting understanding, respect, and a sense of belonging for all.

A highly respected educator and leader, Lorna was appointed the University of Puget Sound's inaugural Vice President for Institutional Equity and Diversity in 2021, following a distinguished career dedicated to advancing inclusive excellence in higher education. Her wealth of experience and thoughtful perspective promise to make this a meaningful and thought-provoking program.





WHAT ARE ALL THESE CHARGES ON MY INTERNET BILL?!

By Resident Computer Helpers

While it is impossible to address individual Xfinity billing issues in general terms, we want to highlight two critical Xfinity billing areas in this month's column. If you have questions, we encourage you to visit our Wednesday Computer Help Desk from 10 am to 12 pm in the Clubhouse Lobby so we can review your specific charges with you.

First, Heron's Key has a business agreement (referred to as 'bulk service') with Xfinity that provides

Popular TV (125+ Channels, 20 Hours DVR Service, and two free cable boxes)

to all residents who sign up for Xfinity services. The entry on your bill should list a \$0.00 charge and also state that the TV service is included. Bottom line: If you have not signed up for any additional TV services, there should be no TV-related charges on your monthly bill.

Second, internet services are often up-sold as "more is always better" when it comes to Internet speed.

For a typical household of two, it is more than sufficient to have internet speeds between 100-300Mbps. Streaming will require 25Mbps, email about 5Mbps, and a video call uses about 10Mbps. These are average numbers per device/user, and you can see that even with two people online at the same time, you are well covered with about 100Mbps in most cases. Downloading large files is the one area where more bandwidth will give you faster download times, but the benefits are just incremental.

So, take a close look at what Internet speed you are signed up for, as you may be using only a fraction of what you are paying for on a monthly basis.

Finally, check your invoice for expiring promotions showing as "Includes a \$50 discount through November 2026," for example. In addition, make sure you are not being charged for equipment you returned or never received. At Heron's Key, two cable boxes are included at no charge, so they should never show up on your monthly bill.

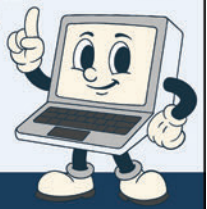
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NEED TECH HELP?

Visit the Clubhouse Lobby
for assistance from a
Resident Computer Helper.

- * Wednesdays
- * 10 am - 12 pm
- * Clubhouse Lobby

....



EVENTS

Fleece Hat Making

Monday, October 26, from 3-5 pm (M) | *Sponsored by the Volunteer Group*

Together, we will make fleece hats for individuals experiencing homelessness whom the Tacoma Rescue Mission and FISH serve. Please bring scissors and pins. If you are bringing your sewing machine, please call resident Anne DeLaney at 253-884-6469. Enjoy food and fun while helping others.

Candidate Panel

Thursday, October 29, from 1-3 pm (M & HKTV 370) | *Sponsored by the Community Engagement Committee*

You will have the opportunity to meet, listen to, and have one-on-one conversations with the **six candidates** vying for the 26th District State House of Representatives (Positions 1 and 2) and State Senate.

Major decisions face the Washington State Legislature as it sets the 2027-29 Biennial Budget, as Washington faces a projected shortfall. How will that shortfall be resolved, as the State Constitution requires a balanced budget: Raise taxes and/or fees? Reduce support for current programs, including education? A combination of new revenue and cuts?

This is your opportunity to hear what the candidates propose as well as to express your own thoughts. You may also have a specific issue that you would like to discuss with the candidates.

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.



Personal preparedness matters. When a disaster strikes, you must help yourself before helping loved ones or neighbors, since emergency services and relief organizations may not reach you quickly. Incidentally, it's crucial to prepare today for tomorrow's unknown. Being prepared involves creating an emergency kit, making an emergency plan, being informed, and getting involved. The more people who prepare, the quicker the community can recover. At Heron's Key, we offer a few resources to help you prepare better and contribute to the community's overall readiness.

FAMILIARIZE YOURSELF WITH HERON'S KEY RESPONSE PROTOCOLS

Watch the Emergency Preparedness Seminar on HKTV 370

Tuesday, October 6, at 6 pm (HKTV ONLY)

Join us for the Heron's Key Emergency Preparedness Seminar to become familiar with our emergency protocols. If you didn't previously attend or would like a refresher, tune in for a review of:

- Emergency response for IL residents
- Earthquake preparedness
- Fire evacuations
- Power outages
- Hygiene

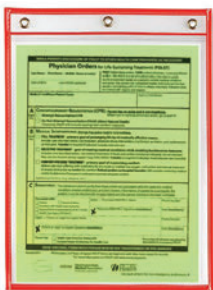
Pick Up Your Door Hanger at the Concierge Desk



After a disaster (e.g., earthquake), one of the simplest, quickest ways to let us know if you are safe or require assistance is by placing the "I'm Okay / Need Help" door hanger on your front doorknob. If you do not already have the door hanger (placed inside the front flap of your Resident Handbook binder upon move-in), we encourage you to pick one up at the Concierge Desk and keep it easily accessible near your door.

Prepare Your POLST Freezer Pouch

Every resident receives a plastic sleeve referred to as a "freezer pouch." Gig Harbor first responders have been advised to look in the freezer for your critical medical information and other details.



Suggested Critical Documents For Your Freezer Pouch

- Advanced health care directive (preferred) or Physician Order for Life-Sustaining Treatment (POLST) form (optional); see Appendix A in the Resident Handbook for more information
- Updated list of medications, known allergies, and health conditions
- Emergency contacts
- The location of your important original documents (e.g., will, POA)
- Your "Friend Tree" (see next page for details)

Who's Your Buddy? Create a Friend Tree

My Emergency Friend Tree
Updated On: / / ☐ Copy Stems to Me ☐ Copy Stems to Friends

My Name
Residence #

Buddy #1 (Person's Key Friend)
Name: _____ Age: _____
Phone # _____
☐ Permission to receive calls regarding emergency health calls
☐ Permission to allow access to my apartment
☐ Permission to care for my pet(s) in an emergency situation

Buddy #2 (Person's Key Friend)
Name: _____ Age: _____
Phone # _____
☐ Permission to receive calls regarding emergency health calls
☐ Permission to allow access to my apartment
☐ Permission to care for my pet(s) in an emergency situation

Allowed to be contacted about my location

Buddy #1
Name: _____ Age: _____
Phone # _____
☐ Allowed to be contacted about my location

Buddy #2
Name: _____ Age: _____
Phone # _____
☐ Allowed to be contacted about my location

A visit to the emergency room may seem overwhelming and confusing. Many find it beneficial to have someone who can bring their essential belongings (e.g., wallet, eyeglasses), take notes, ask questions, and ensure an emergency contact is being notified. To help you identify your support network, Resident Services created the “Emergency Friend Tree” form. Once completed, place a copy in your Freezer Pouch, give one to each friend you listed, and **provide a copy to the Concierge Desk** so we know who will support you during a health emergency.

PARTICIPATE IN THE EARTHQUAKE DRILL Do Your Part in the Great ShakeOut Earthquake Drill

Thursday, October 15, at 10:15 am
(Practice wherever you are)

This earthquake drill allows residents and staff to practice our earthquake response. Whether you are in your residence, a fitness class, or in common areas at 10:29am, **practice your earthquake response within that particular space.**

If you are in your residence, help us practice by placing your “I’m Okay / Need Help” door hanger on your door. Our Independent Living emergency preparedness volunteers will practice checking on neighbors and radioing that information back to the Incident Command Center.

Join Us in the World's largest Earthquake Drill.

**Shake
Out™**

10/15 at 10:15 am

If You Feel Shaking or Get an Alert:

If Possible



Using
Cane



Using
Walker



Using
Wheelchair



Tip for Pet Owners

Your pets will count on you during a disaster. When building your emergency kit, include supplies for your pets (e.g., pet food, food and water bowls, leash, blanket, treats, cleaning wipes, collar, veterinarian's phone number, reflective collar, medications, waste bags, etc.).

FITNESS EXPO

Monday, October 12, from 12-2 pm (M)

Floor 1 & Cottages: 12:00 pm

Floor 2: 12:20 pm

Floor 3: 12:40 pm

Floor 4: 1:00 pm

Floor 5 & 6: 1:20 pm

"Research shows that through an improved understanding of the risks and by carrying out preventative measures, at least 25% to 30% of falls can be prevented."

—Jon Pynoos, Ph.D., Co-Director of the
Fall Prevention Center of Excellence (FPCE)

The Fitness Expo is an opportunity for you to take an assessment of your fitness level based off national standards. If you have participated before, dig out your old records so that you can make helpful comparisons. If this is your first year, come try it out! Completing the assessment this year will provide you with good direction for accomplishing fitness goals in 2027.

Five exercise stations will be available throughout the Maritime. Most tests take less than 1 minute to complete. We compare these tests to a national standard for your sex and age range. The tests selected for this expo address flexibility, mobility, endurance, strength, cardiovascular fitness, balance, and core stability.

THE FIVE EXERCISE STATIONS

- 1 **8-Foot Up and Go:** Balance, Mobility, Core Stability
- 2 **30-Second Sit to Stand:** Strength, Endurance
- 3 **Chair Sit and Reach:** Flexibility (Lower Extremity)
- 4 **Back Scratch Test:** Flexibility (Upper Extremity)
- 5 **2-Minute Step Test:** Cardiovascular, Endurance, Core Stability, Balance

A tester will write down your score on the tracking sheet provided, and a fitness specialist will help you with any questions concerning your results. With scores in hand, you'll be able to select a fitness activity or approach that has the most potential for improving your score the next time around. Year after year, you'll be able to track your progress and see improvement.

Please join us during your floor's time slot if possible to avoid congestion. If you can't make that time slot, you can join in anytime.

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.

Women in Art

A Series Presented by
Alison Kettering



Alison Kettering presents a three-part mini-course on Women in Art: a study of women artists in Europe, the US, and Mexico; the conditions under which they worked; and the ideologies and institutions that shaped their art. In the process, she will discuss the erasure and recovery of women artists, including a critique of how art history has positioned women.



Artemisia Gentileschi,
Self-Portrait, c.1630



Judith Leyster,
Self-Portrait, 1630-33

PART 1

The Exceptions to the Rule

Tuesday, October 6
1 pm (M & HKTV 370)

This lecture provides an introduction to the study of women's art, followed by a close look at the Italian artist Artemisia Gentileschi and the Dutch painters Judith Leyster and Rachel Ruysch; these 17th-century artists successfully navigated the social, psychological, and institutional barriers of their time.

PART 2

Modernity and the Domestic Sphere

Tuesday, October 20
1 pm (M & HKTV 370)

This lecture focuses on the accomplishments and challenges for amateur watercolorists, followed by a focus on the lesbian artist Rosa Bonheur, the Impressionist Berthe Morisot, and the American expat Mary Cassatt, all of whom found success in the 19th-century French art world.



Degas,
Portrait of Mary Cassatt, 1880-84



Berthe Morisot,
Self-Portrait, c.1885

FEATURED EVENTS

"Spooky, Scary Skeletons" with Rachel Easton of Harbor Wild Watch

Tuesday, October 13, at 1 pm (M & HKTV 370) | *Sponsored by Lifelong Learning*

Vampires, zombies, skeletons: the Salish Sea has them all. Join Harbor WildWatch's Education Director Rachel Easton for this frightening and fascinating look at some of the most unique animals that inhabit our shallow local waters and the deepest ocean depths.



Rachel's career in environmental education began as an education specialist and aquarist at the Point Defiance Zoo & Aquarium, where she led youth and adult education programs with live animals and cared for tropical fish, corals, and sharks. She has been a member of the Harbor WildWatch team since 2017, working her way from Lead Naturalist to Program Coordinator to Education Director. In her current role, Rachel develops, coordinates, evaluates, and delivers environmental education curricula to youth and the general public, and trains and evaluates new staff, interns, and volunteers.

Rachel also curates and maintains the 1,000+ gallons of marine aquaria at the Marine Life Center. She lives out the Harbor WildWatch motto of "Learn. Have Fun" in all aspects of her job.

Facing Turmoil with Integrity: What Gandhi and MLK Learned from an Ancient Masterpiece with Thomas Hitoshi Pruiksmā

Tuesday, October 27, at 1 pm (M & HKTV 370) | *Sponsored by Lifelong Learning*

Although many know how Gandhi inspired Martin Luther King, Jr.'s vision of nonviolence, fewer know how the *Kural*, a two-thousand-year-old Tamil book of wisdom, inspired Gandhi. A hidden thread thus joins this South Indian classic, Gandhi, and Dr. King.

In this talk, explore these connections across languages and lands, and the ways that these visionaries—and the *Kural* itself—can inspire clarity and courageous action in our own time and place.

Thomas Hitoshi Pruiksmā is an author, translator, teacher, and performer. His translation of the *Kural* was awarded the Ancient Tamil Literature Promotion Award by the government of Tamil Nadu, India. Other books include *The Safety of Edges* and *Give, Eat, and Live: Poems of Avvaiyar*. He speaks and performs internationally and mentors writers and creatives. Thomas lives on Vashon Island.



HUMANITIES
WASHINGTON

RESIDENT-LED EVENTS

Who Am I? Staff Edition: Heron's Key's Physical Therapists

Wednesday, October 14, at 1 pm (M & HKTV 370) | *Sponsored by Lifelong Learning*



Our upcoming Who Am I presentation will feature three of our physical therapy staff members sharing a look at their lives outside the clinic. They will give an exciting talk about how they stay active, healthy, and happy when they are not helping patients. Each speaker will share a different personal passion, showing how they practice the wellness habits they teach every day. It promises to be an inspiring event that connects our team and patients through a shared love for healthy living.

Reading Aloud with Gee & Your Neighbors

Thursday, October 22, at 7 pm (A) | *Sponsored by Lifelong Learning*

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.



THIS MONTH,
PLEASE SUPPORT

THE HERON'S KEY VISUAL AND PERFORMING ARTS FUND



HERE ON CAMPUS

Please help us continue to bring excellent performances and programs to Heron's Key.

NEARBY LOCATIONS

Help us offer great bus trips to venues and experiences we all enjoy.



**Your voluntary tax deductible contributions pay for
all these performances in whole or in part.**

To contribute, write your check to Heron's Key. On the memo line, write Arts Fund. Place the check in an envelope and deposit it in the mail room's wall mounted white box. Accounting will provide you with a tax receipt.

*Thank
You!*



Performing & Visual Arts

Your generous, tax-deductible contributions made this year's memorable music and arts programs possible. With your financial support this month, Heron's Key will be able to continue offering engaging performances and inspiring speakers such as those we enjoyed this year:



David Joyner



Peninsula Men's Gospel Singers



Mardie Rees



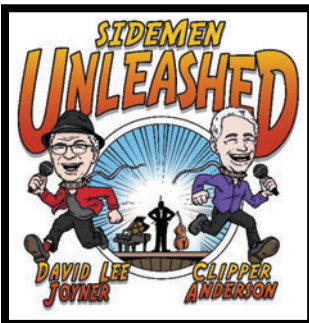
Dinner Theater



Rosana Eckert
Jazz Vox



Drum Circle



Sidemen Unleashed
Joyner & Anderson



John Proulx
Jazz Vox



Ken Burns Jazz Series

Please make your check payable to Heron's Key, write "Arts Fund" on the memo line, and place it in a sealed envelope in the wall-mounted **white box** in the mailroom. The fund is a non-profit 501(c)3, and you will receive a receipt for your tax-deductible contribution. Consult your financial advisor about the advantage of donating directly from your IRA, which will count as part of your annual RMD.

A recent survey showed residents' number-one request was for Performing and Visual Arts to bring more quality performances and speakers to Heron's Key. Your donations to the Performing and Visual Arts Fund this October will help the leadership below deliver the engaging, high-quality programs residents requested. Contributions also support dinner theaters and presentations by local artists working in sculpture, woodworking, fused glass, painting, needlepoint, and other media. Thank you for your generosity.



PACIFICATO TRIO CONCERT

Sunday, October 18, at 3 pm (M & HKTV 370)

Sponsored by Performing & Visual Arts

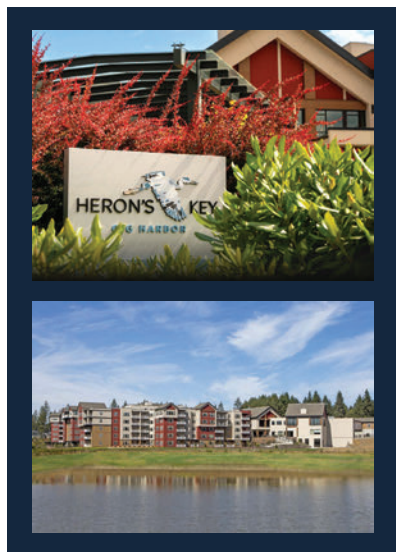
Pacificato Trio is a professional ensemble based in the Tacoma / Gig Harbor area. Acclaimed for their elegance and professionalism, they bring energizing performances to various weddings, corporate events, and parties around the Pacific Northwest. Part of a larger musician organization, hiNote, each member of the trio is trained at the collegiate level or higher and grew up playing classical music together. Through this performance, we will share some of our favorite classical string trio pieces from composers who stand as titans of the Baroque, Classical, and Romantic periods, including Bach, Vivaldi, Haydn, Mozart, and Beethoven.

Nicolas Roberts (Cello) - Musician and founder of the hiNote musician organization, Nicolas has studied and performed classical music for the last 14 years. Under the instruction of cellists Jared Ballance and later Professor MacRae at the University of Puget Sound, Nicolas honed his individual performance, ensemble, and orchestral skills and enjoys participating in music at his home church in Tacoma.

David Forman (Viola/Violin) - David Forman has won concerto competitions to perform with the Bremerton Symphony Orchestra twice, the Seattle Youth Symphony, and the Hillsdale College Symphony Orchestra twice. He was a finalist in the 2017 Seattle Young Artists Music Festival and won silver in the 2020 Michigan ASTA strings competition.

Anne Rendle (Viola/Violin) - Anne is a certified Suzuki Method violin and viola teacher, runs a travel advising business, and enjoys performing gigs! When she's not making music, she's planning her next Disney Park trip, completing further cruise line specialization certifications, or working on cozy craft projects.

UPCOMING EVENTS



Phase 2 Update with GLY Construction

Friday, October 2, at 1 pm (M & HKTV 370)

Sponsored by Administration

GLY Construction will provide a status update on our Phase 2 construction. Come with your questions!

Floor Meetings with Executive Director Chris Lucero

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

Wednesday, October 7

- 1 pm: 4th floor
- 2 pm: 2nd floor
- 3 pm: 1st and 6th floors

Thursday, October 8

- 1 pm: 3rd floor
- 2 pm: 5th floor
- 3 pm: Cottages

JOIN US THIS MISCHIEF EVE

Halloween Costume Parade

Friday, October 30, at 11 am (Begin in CL) | *Sponsored by Administration*

Get ready for the highly anticipated annual Heron's Key Halloween costume parade! It begins in the Clubhouse Lobby at 11 am, and we'll parade throughout campus and conclude in Penrose Harbor. Celebrate with us and admire the incredible creativity of our resident neighbors and staff departments!

If you plan to wear a costume, please arrive at the Clubhouse Lobby by 10:30 am. Arriving early gives us time to take care of department, group, and individual photos, and gives everyone time to line up!

Hallo-Wine & Cheese Social

Friday, October 30, at 3 pm (CL) | *Sponsored by Resident Services*

Join your neighbors for a festive Halloween celebration where your creativity can shine through your costumes—an invitation for your imagination. In addition to Halloween treats, a refreshing non-alcoholic beverage will be available. (*Costumes are not required but are encouraged.*)



UPCOMING EVENTS

Documentary Screening and Q&A

Monday, October 5, from 3-5 pm (M & HKTV 370) | *Sponsored by Resident Services*

The creators of a documentary about the Columbia River will present the program and answer your questions at the end.

The movie is a living tribute to the Columbia River Jetty System and the history it shaped. From its inception in 1880, through decades of construction, perilous maintenance, and a legacy of nearly 2,000 shipwrecks, the film explores how this narrow 2-mile gateway became both a graveyard and a lifeline. Today, it remains vital to \$24 billion in regional commerce and stands as one of the Pacific Northwest's greatest engineering feats. Where the mighty Columbia meets the Pacific, every ship's passage is a test of human ingenuity against the relentless power of the sea. Watch the remarkable story of how generations fought to tame the mouth of the Columbia River—preserving lives, forging trade, and shaping the identity of an entire region.

Self-Defense with Bob

Monday, October 19, at 3 pm (M & HKTV 370) | *Sponsored by Resident Services*

Join Bob Sailer for another refresher course on protecting yourself. This one-hour program builds on what we learned by demonstrating specific, practical, and simple self-defense techniques you can use in daily life. If you haven't been to a class before, it's OK! This program is for everyone. The emphasis is on spirit and technique rather than strength. Attendees can practice the techniques from their chair or standing.

Bob is a long-time martial arts student and instructor with a background in Seido Karate, Judo, and Tai Kwan Do. He holds a 4th-degree black belt in Japanese Seido Karate, was awarded at the international Seido Karate dojo in New York, and has taught all ages at the Northshore and Seattle YMCA locations for over 30 years.

St. Anthony Hospital Update with Interim President Keith Sprague and Chief Nursing Director Sunny Lay

Friday, October 23, at 1 pm (M & HKTV 370) | *Sponsored by Resident Services*

It's time for our annual informational update with St. Anthony Hospital. Take this opportunity to meet Interim President Keith Sprague and Chief Nursing Director Sunny Lay as they share the latest happenings. Come with your questions.

GOLDEN SPOTLIGHT AWARD

Adrien Warren, Transportation



Adrien has been a driver at Heron's Key for two years. He is the consummate professional and goes above and beyond to make every ride a positive experience. He treats our residents with genuine respect and care, makes sure they are safely buckled in, helps carry their groceries, plays great music, and keeps them entertained with his wonderful stories. Adrien, thank you for everything you do to make our residents feel special and cared for. Your kindness, professionalism, and positive spirit make a difference every day.



UPCOMING EVENTS



Heron's Key Hallway Art Walk: 2nd Floor

Saturday, October 17, at 2 pm (Meet at Elevator 4 on the 4th Floor)

Join resident artist Joyce for a fun, relaxed walking tour of the artwork around Heron's Key! This month, Joyce will take us through the 2nd floor. This floor has a variety of animals and birds from the Pacific Northwest and different art methods. For newcomers, this is an opportunity for you to find out what they all have in common.

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



Wine & Cheese

Friday, October 30, at 3 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, October 23, at 4 pm (M)

Sponsored by Resident Services

Sing, dance, or just watch!



Birthday Party

Wednesday, October 28, 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



AgeRight Therapy*
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



* Please note that Consonus Rehabilitation is now operating as AgeRight Therapy. Our team and services remain the same, and we are dedicated to providing outstanding therapy care and outcomes. [Learn about the AgeRight team on Wednesday, October 14 in the Maritime Room \(see page 16 for details\).](#)

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.

FOOD SERVICE WORKER APPRECIATION WEEK | October 5 through October 9

Show your appreciation for our hardworking team with a note of thanks. Notes are available at the host stand, or bring your own, and we'll share the messages with the team. During this week-long celebration, we recognize the dedicated professionals who are the key ingredient in delivering excellent service to our residents.

ACTIVE AGING WEEK | Monday- Friday, October 5 through October 10

Eat Well. Move More. Live Fully. During Active Aging Week, enjoy our special Food & Beverage promotion highlighting menu items that support healthy aging, featuring a pop-up protein shake menu and healthy-inspired Chef's specials that energize the body and delight the palate... because every great adventure starts with great nutrition! We'll publish more details in KeyNotes.

NEW PROGRAMMING: RESIDENT LISTENING SESSION

First Tuesday of every month | Tuesday, October 6, at 10 am (SY)

Your Voice Matters! Join us for a Resident Dining Listening Session where your feedback helps shape the dining experience. This is an opportunity to share your thoughts, ideas, and preferences about our food, beverages, menus, and dining services. We want to hear what's working well and where we can improve. Together, we can create a dining program that reflects your tastes, preferences, and expectations. We look forward to listening, learning, and making your dining experience even better! Open to all residents; no registration is required.

STAFF TRAINING | Second Thursday of every month | Thursday, October 8, 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: COCKTAIL DEMO

Second Monday of every month | Monday, October 12, at 2 pm (SP)

Join us this month for a cocktail-inspired demo with mixologist Devynee O'Neal! Celebrate the flavors of the season at our Fall-Inspired Cocktail Demo! Join us as we shake, stir, and sip our way through a selection of autumn-inspired beverages featuring seasonal ingredients like apple, cinnamon, maple, and warm spices. Discover creative cocktail recipes, learn expert mixology tips, and enjoy delicious fall flavors in a fun, interactive setting. Whether you're a cocktail enthusiast or simply looking for a festive seasonal experience, this demonstration is the perfect way to raise a glass to fall. **Please RSVP to the host stand or call 253.313.0797 by October 9.**

RESIDENT ORIENTATION TO DINING SERVICES

Second Tuesday of every month | Tuesday, October 13, at 11 am (SY)

Open to all residents; no registration is required.

RETURN OF GAME DAY SNACK PACKS

With the return of football season comes the return of your game-day snack needs. Snack packs are only \$12 each and include half-dozen mini corn dogs with dipping sauce; half-dozen wings (buffalo, salt and pepper, salt and vinegar, or BBQ) with ranch and bleu cheese; veggie stalks with ranch and bleu cheese; two Italian grinder sliders; and cream-cheese-filled churros. Packs are available on any day of the week during our operating hours. **Please place your order at least 48 hours in advance.**