HERON'S FLIGHT

Life, Learning, and Connection at Heron's Key November 2026



A Season of Gratitude

Honoring the people who care for us, the traditions we share, and the connections that make our community special.

HERON'S KEY
GIG HARBOR
A MEMBER OF EMERALD COMMUNITIES

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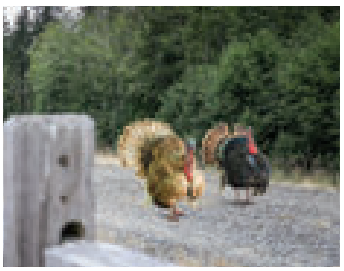












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General Manager of Dining

Courtney Soran
AgeRight Therapy, Director of Rehabilitation

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

Clubhouse Events Calendar Has a New Look

The Resident Services department has adopted new platforms to create many of its publications, and you may have already noticed changes to the newsletter and weekly KeyNotes. This month, the Clubhouse calendar features a refreshed aesthetic. We love hearing your ideas, so if you have suggestions for future updates to the calendar, please reach out to Katie Anagnost, Trips & Events Lead, at KatieA@HeronsKey.org or 253.313.0793.

Holiday Considerations

Many departments will have limited staff or be closed on the following days:

- Wednesday, November 25: Day before Thanksgiving
- Thursday, November 26: Thanksgiving Day

- Thursday, December 24: Christmas Eve
- Friday, December 25: Christmas

- Thursday, December 31: New Year's Eve
- Friday, January 1: New Year's Day

Concierge and Security will be on-site on the respective days.

KeyNotes Deadlines:

- Monday, November 30 KeyNotes: Wednesday, November 25
- Monday, December 28 KeyNotes: Wednesday, December 23
- Monday, January 4 KeyNotes: Wednesday, December 30

HIPAA and Your Neighbor's Health

Due to the requirements of the Health Insurance Portability and Accountability Act (HIPAA) and to honor every resident's right to privacy, Heron's Key staff is unable to share any specific medical information, diagnoses, or details regarding another resident's health, hospitalizations, or treatment. We appreciate and understand your concern for your neighbors and commit to supporting all our residents while strictly maintaining confidentiality.

Sign Up for Text Message Alerts

Text **XXX.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

Did You Know?

- Identical twins do not share the same fingerprints.
- A day gets longer by 1.8 seconds per century.
- Heated day-old pasta is better because it becomes more resistant to starch, thus improving blood sugar control.
- Earlobes have no biological purpose—how would you wear earrings?
- A team that hasn't won any games this season broke the Seahawks' record of 12 consecutive wins.
- All the bacteria in the world, stacked on each other, reach 10 billion light-years.
- One light-year = nearly 6 trillion miles. How many zeros are there in 6 trillion?
- Men, if you resist wearing a tie, it might be because it can reduce blood flow to your brain by 7.5%, making you feel dizzy or even cause a headache.
- Long ago, it was common to sprinkle clothes with water, roll them up, and iron them two to three hours later.
- The appliance industry estimates that about 90/% of today's households own an iron, even if it is rarely used. (*That fits me perfectly.*)
- Detailed maps of the Moon are available, but we've only explored about 0.001% of the ocean floor. How come?
- Finding a paper map of anything these days is nearly impossible.
- Ever find yourself at the end of a road when following Siri, your car's GPS, or Alexa? "Yup, right in the middle of rush-hour traffic somewhere in Los Angeles."
- In a 16-hour day, you blink about 11,520 times. Ophthalmologists tell us that is not enough. One ophthalmologist's license plate is BLINK.
- Bubblegum was invented in 1928 by a Philadelphia accountant.

  In a recent trip to Fife for car service, I helped myself to a bowl of free Double Bubble gum at the counter. I was hooked. By the time we started into Tacoma, I'd chewed the sugar out of the gum. Along the Tacoma waterfront, I tried blowing a bubble. No luck. The wad was likely too large, so I spit half out. That helped, but crossing the Narrows Bridge, I still could blow anything better than a bubble the size of a wilted grape. Long gone are the days I could cover my nose with a big bubble!

- You can die from laughing so intensely that it triggers a heart attack.
- Being bored is really a "high arousal state" because your heart rate increases.

Now, whether you are laughing or really bored, be cautious. Have your system alert handy!

—Carol Tamparo, HKRC Secretary

Residents' Association Meeting
Thurs., November 12
10 am (M & HKTV 370)

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

CUPS & CONNECTIONS



Benevolent Brew at Syren's Grille

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

Wed., Fri. & Sat.
8—10 am

Coffee Connections at Syren's Grille

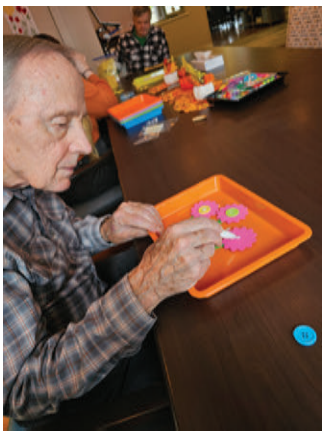
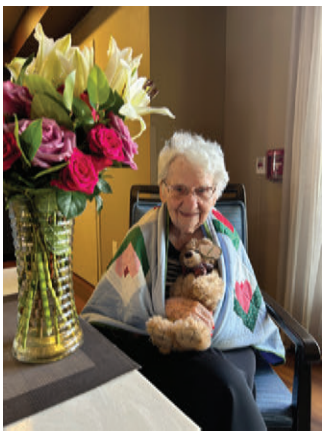
Complimentary Self-Serve Coffee & Tea

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

Afternoon Coffee in the Clubhouse Lobby

Complimentary Self-Serve Coffee

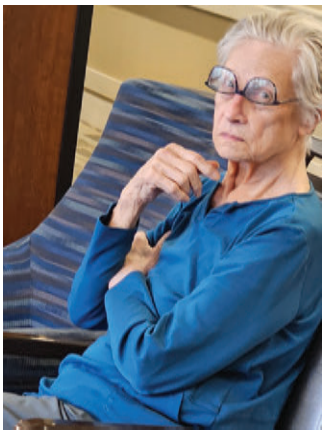
Mon.—Fri.
2-4 pm











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

Library at Noon Concert at the University of Puget Sound & Lunch at Cactus in Tacoma

Monday, November 2, from 11:15 am-3 pm | *Sponsored by Resident Services*



Library at Noon is a free concert series featuring performances by University of Puget Sound School of Music students and faculty. Afterward, we will stop at Cactus Southwest Kitchen for lunch. **Register on the Resident Portal by noon on Wednesday, October 28.**

Museum of Glass Hot Shop, Featuring Artist Josefina Muñoz Torres in Tacoma

Thursday, November 5, from 10 am-1 pm | *Sponsored by Performing & Visual Arts*



We will visit the Museum of Glass's hot shop to watch Chilean artist Josefina Muñoz Torres work on a piece. **Register on the Resident Portal by noon on Thursday, October 29.**

Marine Life Center at Harbor WildWatch & Lunch at El Pueblito in Gig Harbor



Friday, November 6, from 10 am-1:30 pm | *Sponsored by Harbor Wild Watch Interest Group*

Join us for a tour of Harbor WildWatch's Marine Life Center in downtown Gig Harbor, followed by lunch at El Pueblito. **Register on the Resident Portal by noon on Friday, October 30.**

24th National Fine Art Show at the Gig Harbor Aero Museum

Wednesday, November 18, from 1-3 pm | *Sponsored by Performing & Visual Arts*



The National Fine Art Show (NFAS) is the Peninsula Art League's annual juried exhibition, celebrating excellence in fine art from artists nationwide. The judges are the head curators from the Tacoma Art Museum and Bainbridge Museum of Art. Come see some wonderful art! All exhibited artwork is available for purchase. **Register on the Resident Portal by 9 am on Monday, November 9.**

Cat on a Hot Tin Roof at the Jewel Box Theater in Poulsbo

Friday, November 20, from 6:15-10 pm | *Sponsored by Performing & Visual Arts*



Cat on a Hot Tin Roof unfolds over one tense evening at the Mississippi Delta estate of Big Daddy Pollitt, as his family gathers for his birthday. Behind the celebration simmers a struggle over his fortune, with Maggie's restless drive colliding against Brick's withdrawal and old wounds. **Register on the Resident Portal by 9 am on Friday, November 6.**

Seattle Symphony: Mozart's Requiem with Xian in Seattle

Sunday, November 22, from 11:30 am-5 pm | *Sponsored by Resident Services*

We will attend the pre-performance lecture, and the show begins at 2 pm. **Register on the Resident Portal by noon on Wednesday, November 18.**

Please note: This trip is unique in that we are only shuttling participants to the Symphony. **Participants must purchase their own theater tickets in advance** so they can pick their preferred seat. Resident Services is not purchasing tickets in advance.

Shop & Dine

Co-Ed Lunch at Dry Fly Café in Port Orchard

Monday, November 9, from 11 am-2 pm | *Sponsored by Resident Services*
Register on the Resident Portal by noon on Wednesday, November 4.

Veterans Day Brunch at the Gig Harbor Aero Museum

Wednesday, November 11, from 10:30 am-2 pm | *Sponsored by Resident Services*

This event is free to veterans and their spouses. The event includes brunch served by young, hopeful members of the armed forces, followed by live music and a presentation honoring our veterans. Thank you for your service! **Register on the Resident Portal by noon on Wednesday, November 4.**

Tacoma Mall & Lunch in Tacoma

Monday, November 16, from 10 am-1 pm | *Sponsored by Resident Services*
Register on the Resident Portal by noon on Thursday, November 12.

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

11/2: Walmart

11/9: Winco Foods

11/16: Trader Joe's, University Place

11/23: **No Shopping**

11/30: Trader Joe's, Silverdale

Wednesdays

11/4: Safeway

11/11: Safeway

11/18: Safeway

11/25: Safeway

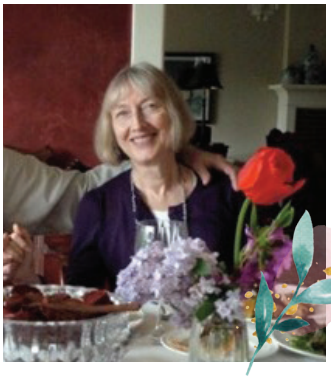
Women in Art

A Series Presented by Alison Kettering



Alfred Stieglitz,
Photo of Georgia O'Keeffe, 1918

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.



PART 3

The Body as Battleground

Tuesday, November 3
1 pm (M & HKTV 370)

Featuring the 20th-century artists Georgia O'Keeffe and Frida Kahlo, this lecture continues the theme of art and biography in the context of the prevailing patriarchal value system, with an emphasis on O'Keeffe's personal style of abstraction and Kahlo's emphasis on the personal as political.



Veterans Day Sing-a-Long with David Fenner

Tuesday, November 10, from 1-3 pm (M & HKTV 370)

David Fenner developed this program to honor his parents' military service AND to give other vets and those whose husband, brother, father, wife, daughter, etc. served in the military a chance to stand to publicly remember (briefly!) and honor our veterans. We'll do each of the five service songs (like *Anchors Aweigh*!) and then invite folks with a connection to that particular branch to stand and deliver a word or two. Of course, we'll sing *America the Beautiful* for a finale. (And perhaps a surprise encore… or two)!

Join us for this special tribute to our men and women in uniform.





Classic Radio Programs from the 1940's and 50's with the Heron's Key Radio Players

Wednesday, November 4
1 pm (M & HKTV 370)

The Heron's Key Radio Players are back and will present two radio programs from the 1940s and '50s. We open with George Burns and Gracie Allen (and 19 turkeys!) in "Gracie's Baby Turkey Swallows a Wedding Ring." This is followed by an episode of *You Bet Your Life* with Groucho Marx and an assemblage of quiz contestants. Please join us for our re-creation of these classic comedies.

"Being Human in the Age of AI" with Dr. Chirag Shah

Tuesday, November 17, at 1 pm (M & HKTV 370)

In just a few short years, machines can now do meaningful things we thought were uniquely human, like write poetry, create art, or engage in thoughtful conversation. Does anything remain distinctly human in this new world of artificial intelligence?

In this talk, discover how AI is reshaping our understanding of human identity and purpose, and gain insights into how to navigate our complex relationship with AI.

HUMANITIES WASHINGTON



Chirag Shah is an AI expert and professor at the University of Washington, specializing in the intersection of AI and human experience. He has published nearly 200 peer-reviewed articles, authored eight books, and given numerous presentations, including a TEDx talk exploring humanity's evolving relationship with AI. He is the founding director of InfoSeeking Lab and founding co-director of the Center for Responsibility in AI Systems & Experiences (RAISE).



A Great Holiday Gift Idea from Benevolent Brew

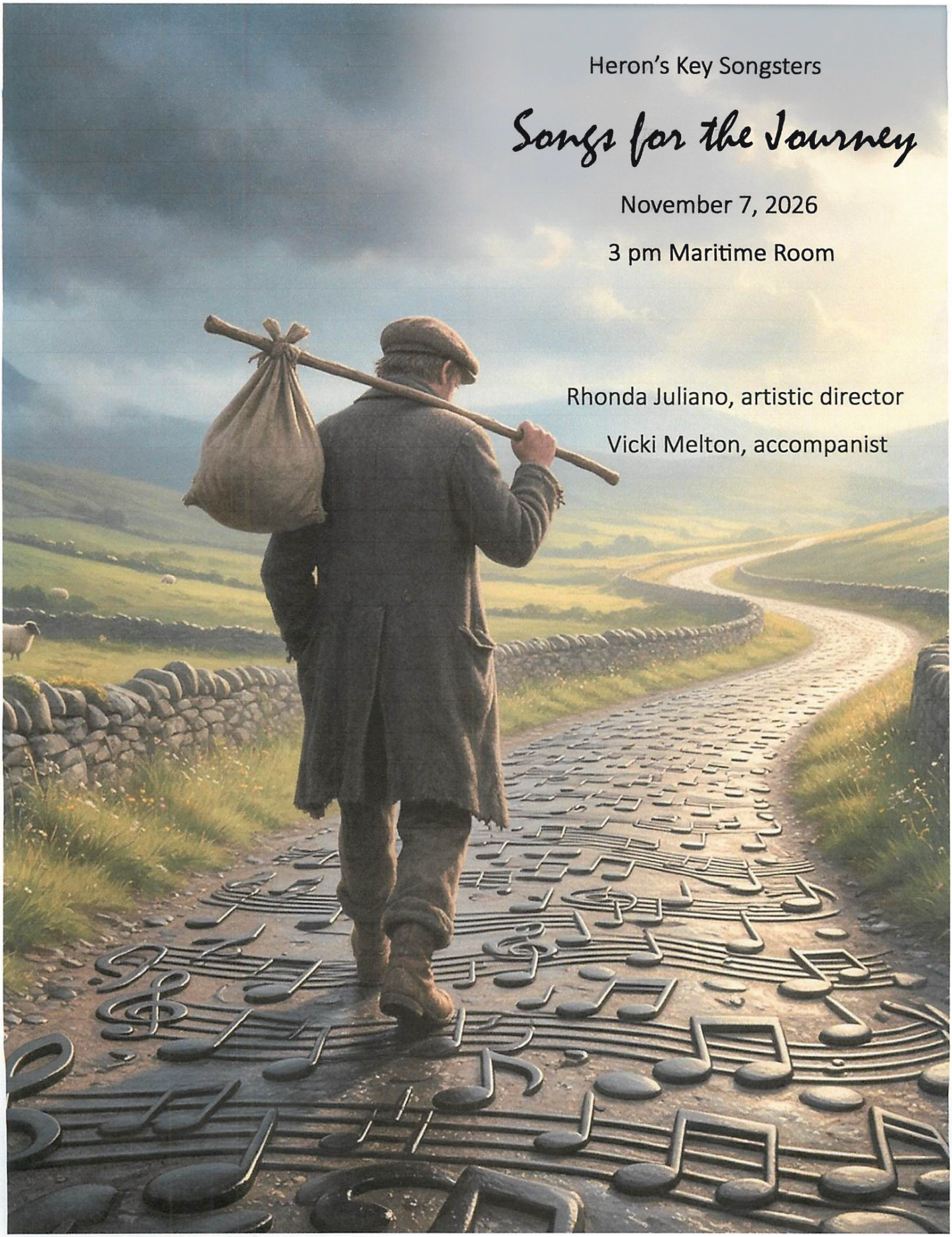
Looking for a unique holiday gift or stocking stuffer? How about a Benevolent Brew Gift Certificate for wonderfully delicious and warm beverages to warm your friends on cold winter days? Two styles of holiday gift certificates are available.

Gift Certificates are available in any amount from the Benevolent Brew cashier from 8–10 am on Wednesdays, Fridays, and Saturdays.





HERON'S KEY
GIG HARBOR


Heron's Key Songsters
Songs for the Journey
November 7, 2026
3 pm Maritime Room
Rhonda Juliano, artistic director
Vicki Melton, accompanist

A Note from Pet Partners

Hello Heron's Key Pet Owners,
Do you have a pet buddy?

A pet buddy is someone who cares for your pets when you're away from Heron's Key, whether the absence is planned, like a vacation, or unplanned, like a car accident that lands you in the hospital.

A pet buddy is convenient for a planned absence, but crucial for an unplanned one. Before a vacation, you can arrange your pets' care in advance. From a hospital bed, you may not be able to do so.

Getting Started

- **Make introductions early.** Your pets and your pet buddy should be well acquainted, and preferably friends, before their help is needed. You don't want your pets hiding from your buddy or refusing to be handled, especially in an urgent medical situation.
- **Name a backup.** A backup pet buddy can step in when your primary buddy is away or sick.

Give your pet buddy a written information sheet. It should include:

- Special dietary requirements
- How much to feed and when
- Where the pet food is kept
- Medical conditions
- Medications, including dosage and schedule
- Your veterinarian's name and contact information, and where to go for urgent care
- For dogs: how often they need to go outside, and whether they need walks (and for how long)
- For cats: where the litter and litter boxes are, and how often the boxes should be cleaned
- How much companionship and attention your pets need
- Favorite toys and activities



Depending on your pets and your situation, you may need to add more details.

Plan for the Unexpected

If you pass away unexpectedly, your pet buddy can care for your pets for a few days until the person, trustee, or fiduciary you've designated to handle your estate arrives and takes possession of them.

In short, we urge every pet owner to arrange for their pets' care now, before an emergency leaves you unable to care for your pets.

Sincerely,
Pet Partners





A Season of Gratitude

Gather. Remember. Give.

AUTUMN REFLECTIONS

Monday, November 9, at 3 pm (M) | *Sponsored by The Spiritual Wellness Division of Resident Services*

The autumn season invites us to pause, reflect, and recognize the many beautiful and amazing wonders in our lives. Even amid life's challenges, transitions, and worries, connecting with gratitude can transform how we see ourselves and the world around us. This gathering is a special opportunity to do just that—set aside time to celebrate, practice thankfulness in community, and share the small and grand ways gratitude shows up in our lives. **Soup and bread will be served to nourish both body and soul. Register on the Resident Portal by noon on Tuesday, November 3.**

HONORING OUR VETERANS

Veterans Day Sing-a-Long with David Fenner

Tuesday, November 10
1-3 pm (M & HKTV 370)
Sponsored by Lifelong Learning
(See details on page 8)

Veterans Day Brunch at the Gig Harbor Aero Museum

Wednesday, November 11
10:30 am-2 pm
Registration required.
(See details on page 7.)

Veterans Day Special

Wednesday, November 11
ALL DAY (SY)
The restaurant is treating all veterans to a patriotic cupcake.
(See details on page 24.)



THANKFUL TREE

Donate a Gift

November 16-24 (CL)
Once again, Heron's Key residents are finding thoughtful ways to improve the lives of students in need. From November 16 to 24, select a paper Gift Leaf off the Thankful Tree in the Clubhouse Lobby. Each leaf contains a request from a student in need from the Peninsula School District. Simply purchase the gift item and place it under the tree **(unwrapped) with the Gift Leaf attached**.

Wrapping Party

We will hold a **Wrapping Party** for these gifts on **Monday, December 7, from 3-5 pm (M)**. Thank you for your generosity!

Practicing Gratitude
Ways to Improve Positivity

Article and graphic courtesy of NIH News in Health

How often do you feel thankful for the good things in your life? Studies suggest that making a habit of noticing what's going well in your life could have health benefits.

Taking the time to feel gratitude may improve your emotional well-being by helping you cope with stress. Early research suggests that a daily practice of gratitude could affect the body, too. For example, one study found that gratitude was linked to fewer signs of heart disease.

The first step in any gratitude practice is to reflect on the good things that have happened in your life. These can be big or little things. It can be as simple as scoring a good parking space that day or enjoying a hot mug of coffee. Or, perhaps you feel grateful for a close friend's compassionate support.

Next, allow yourself a moment to enjoy that you had the positive experience, no matter what negatives may exist in your life. Let positive feelings of gratitude bubble up.

"We encourage people to try practicing gratitude daily," advises Dr. Judith T. Moskowitz, a psychologist at Northwestern University. "You can try first thing in the morning or right before you fall asleep, whatever is best for you."

Moskowitz has been studying the impact of keeping a daily gratitude journal on stress relief and health. Practicing gratitude is part of a set of skills that her research team encourages people to practice. These skills have been shown to help some people increase their positive emotions.

Her team is trying to better understand how a daily boost in positive emotions can help people cope with stress and improve their mental and physical health.

"By practicing these skills, it will help you cope better with whatever you have to cope with," Moskowitz explains. "You don't have to be experiencing major life stress. It also works with the daily stress that we all deal with. Ultimately, it can help you be not just happier but also healthier."

While practicing gratitude seems to work for some people, it doesn't for everyone. That's why Moskowitz's research team teaches other skills, too. These include meditating and doing small acts of kindness.

Her team has been developing and testing these skills with people who have illnesses like advanced cancer, diabetes, HIV infection, and depression. She's also worked with people who care for others with serious illness.

When you make gratitude a regular habit, it can help you learn to recognize good things in your life despite the bad things that might be happening. Moskowitz says that when you're under stress, you might not notice all the moments of positive emotion that you experience. With her research program, she's trying to help people become more aware of those moments of positive feelings.

"Put some effort into experiencing gratitude on a daily basis and see how it goes," Moskowitz advises. "It might just surprise you that—despite how bad things are—there are things you feel grateful for alongside it." And feeling grateful may help improve both your mind and your body.



Wise Choices
Gratitude Tips

Create positive emotions by being thankful every day:

- **Take a moment.** Think about the positive things that happened during the day.
- **Journal.** Make a habit of writing down things you're grateful for. Try listing several things.
- **Savor your experiences.** Try to notice positive moments as they are happening.
- **Relive the good times.** Relive positive moments later by thinking about them or sharing them with others.
- **Write to someone.** Write a letter to someone you feel thankful toward. You don't have to send it.
- **Make a visit.** Tell someone you're grateful for them in person.

Employee Appreciation



DONATE TO THE EMPLOYEE APPRECIATION FUND

Employee Appreciation is our annual drive to raise funds to thank our employees for the service and care they provided us this past year. We conduct the drive throughout November.

FREQUENTLY ASKED QUESTIONS

Why Should I Donate Funds for Employee Appreciation?
We are not permitted to tip or give gifts of any kind to employees for their services during the year, and Employee Appreciation is our one opportunity during the year to express our gratitude for all the service and care we receive from Heron's Key staff.

How Many Employees Will Receive Employee Appreciation Gifts This Year?
As our community has grown, so has the number of employees. This year, we will thank 187 employees, 12 more than last year.

Who is Eligible to Receive an Employee Appreciation Payment?
All employees, other than directors, are eligible to receive a thank-you gift for their efforts in caring for you over the past year, including the many employees we see often and those working behind the scenes who bring comfort and contentment to our daily lives. We are blessed in both Independent Living and at Penrose Harbor to have such dedicated staff.

How Are Funds Divided Among Eligible Employees?
All monies donated to the Employee Appreciation Fund will be divided among eligible employees in December, offering our heartfelt thanks for jobs well done. Gifts are based on the number of hours worked during the year. Last year, in 2025, we gave $266,000 to almost 175 employees. The largest employee check was $2,838, and the average employee check was $1,531.

How Much Should I Give?
The Resident Council's suggested guideline for donations is a minimum of $3 per day per resident, but any amount is appreciated. Please be generous as you reflect on the excellent level of care and scope of support and services we all receive daily at Heron's Key.

Where Can I Get More Information About Employee Appreciation?
More information about this fund is available in a brochure in the Clubhouse Lobby (and a copy will be in your mailroom cubby), or you can talk with any member of this year's Employee Appreciation Committee.



How Do I Participate?

Write a check for the amount you wish to donate, payable to "Heron's Key Residents Association," and note "EA Fund" on the memo line. Please put the check in an envelope addressed to "Treasurer, Heron's Key Residents' Association" and place it in the Blue Box in the mailroom. You may also set up a periodic donation with Emerald Communities; amounts donated will appear on your monthly statement. The Employee Appreciation Brochure, available in the Clubhouse Lobby, includes a form to set up (or change the amount of) periodic contributions.

What is the Deadline for Donating?



The deadline for contributing to this year's fund is November 30.

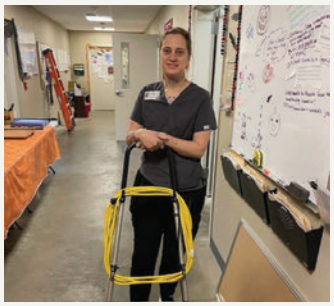
Thank you!

A gift that says thank you

Your generosity recognizes the many employees whose care makes Heron's Key a special place to call home.

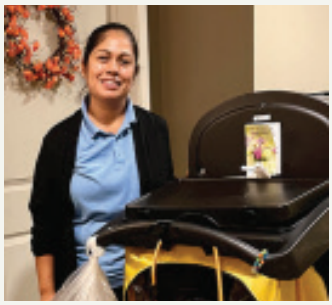






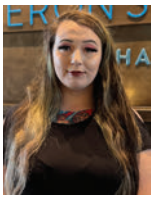




MAKE YOUR GIFT BY NOVEMBER 30 | They give their best. Let's give back.

GOLDEN SPOTLIGHT AWARD

Sarah Craft, Dietary Aide



Sarah was nominated for her outstanding dedication, teamwork, and commitment to residents. She consistently goes beyond expectations to support residents and her team, demonstrating exceptional reliability. What truly set Sarah apart are her positive attitude and strong work ethic. Whether facing a difficult task or a busy shift, she approaches challenges with focus and professionalism. Her compassion and unwavering commitment make a meaningful difference in our residents' lives and in our workplace culture.

Herons Key Employee Appreciation Fund

November is the month we honor Herons Key's employees and show them how much they mean to us.

The Employee Appreciation Fund is a way to acknowledge the superb service and caring our staff offers residents every day.

Because no tipping or gifts to staff are allowed, each November we raise funds for Employee Appreciation to show the staff who serve us how much we value what they do for us.

Show your thanks to every department and staff member

- Dining
- Facilities
- Resident Services
- Housekeeping
- Transportation
- Medical & Caregiving
- Fitness
- Marketing
- Administration
- Health & Wellness
- Safety & Security
- Concierge

How to give

1. Make your check payable to **HeronsKey Residents Association**
2. Write **EA FUND** on the memo line
3. Place it in the **BLUE BOX** in the mailroom

Give whatever amount your gratitude suggests. The Resident Council guideline suggests

$3 per day per resident

LAST DAY TO DONATE

November 30

A MESSAGE FROM EBB







What's in a Name [Tag]?

Name tags may seem like a small detail in the larger scope of life, but in communities such as ours they can be an important tool for accessibility, communication, and connection. I recently had surgery for a detached retina and asked Janel Berosh if I could get a Vision Impaired name tag. It has a blue stripe that runs down the right side. I was surprised that most here had no clue what the stripe represented. The overwhelming guess was that it was a political statement. It has been a great opportunity to speak with both residents and staff about the options we have here at Heron's Key. Currently, we have specialized tags for Vision Impairment, Hearing Impairment, and for Cottages residents. I have included pictures of all three with this article.

I believe that these name tags promote dignity and independence. They can remove some of the guesswork from social situations and signal to others that you, a friend and/or neighbor, or a staff member may be living with an invisible medical issue, such as vision or hearing impairment. It helps create a more connected community without having to explain to others that you are living with an undetectable medical condition.



Ebb Hagan
Wellness & Spirituality Coordinator

Monday—Friday
8 am—4:30 pm

253.313.0733
EbbH@heronskey.org

As stated above, we also have at least one group with a name tag to signal to others that they live outside the main building. Residents who live in the cottages have a small red dot on the top right corner of their tags. After I found out they had one, it has been very helpful in identifying individuals I do not see regularly.

I recently spoke with the local company that produces our name tags, and they told me they can make specialized name tags for any other groups that could benefit from an easily recognizable tag.

If your group is interested in developing your own, please feel free to reach out to me at ebbh@heronskey.org to design one for your support group or medical condition. Or, if you would like one that is already available, please see the Concierge. They only cost $10 each.

I look forward to seeing more of these incredible options around our community!

ON-SITE COUNSELING & DEMENTIA SUPPORT



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

For more information, visit her website at www.HarborTransitions.com.

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

Call 253.442.9242 for appointments and rates.

Tech Corner

A New Scam Related to Verifying You Are Not a Robot

By Heron's Key Resident Computer Helpers



We have all been asked at times to prove we are human, not a robot, and have had to identify the cars in the various photos provided. BUT there is a new SCAM out there that you need to watch out for.

What is it?

Scammers show you a fake "Verify you are human" or "Fix this error" box on a website. It looks like the CAPTCHA (**C**ompletely **A**utomated **P**ublic **T**uring test to tell **C**omputers and **H**umans **A**part) checks you see everywhere. But instead of asking you to click pictures or type letters, it tells you to **copy and paste something into your computer**. Doing so installs malware that can steal your passwords, bank logins, and personal files.

The golden rule

A real CAPTCHA never asks you to leave your web browser. If a "verification" asks you to open a program, press keyboard shortcuts, or paste anything, it is a scam.

Real vs. Fake CAPTCHAs

Real CAPTCHA

- Click a checkbox, click pictures, type letters, or drag a slider
- Everything happens inside the web page
- Takes a few seconds

Fake CAPTCHA (scam)

- Tells you to press **Windows key + R** or open **Terminal**
- Tells you to press **Ctrl + V** (paste) and then **Enter**
- Has a "Fix It" or "Copy" button, or a very long code

Red flags: STOP if you see any of these

- Instructions to press **Win + R**, open **PowerShell**, or open **Terminal**
- Instructions to **paste** something and press **Enter**
- A "Fix it" or "Copy" button on a verification page
- A "security check" on a site you use often that never showed one before
- Pop-ups on free movie, game, or cracked-software sites telling you to "verify" or "update"

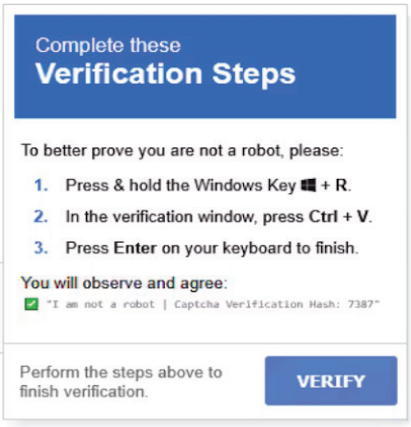


Image: Lawrence Berkeley National Laboratory

What to do if you see one

1. **Do not follow the steps.** Do not paste anything.
2. **Close the browser tab** (or the whole browser).
3. If something may have been copied, clear your clipboard by copying a random word.

Just seeing the page is not harmful. The danger starts only when you paste and run the command.



If you already pasted and ran it

1. **Disconnect from the internet** (turn off Wi-Fi or unplug the cable).
2. **Run a full antivirus scan** or ask a member of the Computer Help Desk to check the device.
3. From a **different, trusted device**, change passwords for email, banking, and other important accounts.
4. Turn on **two-factor authentication** wherever possible.
5. **Watch your bank and credit card statements** for unfamiliar activity, and consider a fraud alert or credit freeze if financial details may be exposed.

Remember

If a website asks you to paste something into your computer, it is NOT a CAPTCHA. Close the tab.

tip *Phones and tablets are much less exposed to this particular trick, but the same rule applies: never follow "verification" steps that take you outside the page.*

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.

Save the Date

The Holidays at Heron's Key

- **Wednesday, December 2, at 6:30 pm:** Traditions of Christmas Concert in Maritime
- **Saturday, December 5, at 1 pm:** Con Brio Youth Piano Concert
- **Sunday, December 6, from 10 am-3 pm:** Santa Brunch in Spinnakers
- **Sunday, December 6, from 1-3 pm:** Photos with Santa in Lobby
- **Tuesday, December 8:** Employee Holiday Party
- **Monday, December 14, at 3 pm:** Blue Christmas
- **Tuesday, December 15, at 5 pm:** Cocktails and Candy Canes in Spinnakers
- **Thursday, December 17, from 2-4 pm:** Resident Holiday Decorations Tour
- **Monday, December 21, at 6:30 pm:** Solstice Event in Maritime

Friday Night Movies



7 pm in the Maritime & HKTV 370



Come to the Maritime Room for popcorn!

Sponsored by Resident Services

Medicare Updates with Amber Valdovinos (WMCP)



Monday, November 2, at 3 pm (M & HKTV 370) | *Sponsored by Resident Services*
Amber Valdovinos from the Medicare Exchange will be joining us in place of Susan Bergstrom, who has retired. Amber will walk us through updates to Medicare plans, what may be the best fit for you, and answer any questions you may have. She will also schedule one-on-one on-site appointments for extra help; space is limited. Gain knowledge and bring your questions!

Alzheimer's Walk

Thursday, November 12, at 1 pm (Meet in CL) | *Sponsored by Resident Services*



November is Alzheimer's Awareness Month and Family Caregivers Month. Heron's Key wants to bring our community together to support families affected by Alzheimer's disease and honor those living with dementia. We welcome you to invite your families to walk with us. We will meet in the Clubhouse Lobby and make our way down to the pond for a lap. We encourage you to wear purple to raise awareness.

An Update with Gig Harbor Fire's Division Chief Patrick Phillips

Monday, November 16, at 3 pm (M & HKTV 370) | *Sponsored by Resident Services*
Division Chief Patrick Phillips will join us to share updates on Gig Harbor Fire & Medic One. Come with your questions and learn about the progress they're making on the new fire station.

Taming the Mouth Screening and Q&A

Thursday, November 19, from 10 am-12 pm (M & HKTV 370) | *Sponsored by Resident Services*



Taming the Mouth is more than a documentary. It's 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. *Taming the Mouth* is 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.



Turkey Trot

Thursday, November 19, at 2 pm (Meet in CL) | *Sponsored by Resident Services*
Like last year, we're bundling up for a trot around the pond (weather permitting)!



Emerald Communities Budget Presentation with Denisa Fedderson

Friday, November 20, at 10 am (M & HKTV 370) | *Sponsored by Administration*
It's time for our annual budget presentation. Director Chris Lucero will accompany Chief Financial Officer Denisa Fedderson to speak on 2026's budget and goals for the new year.

Upcoming Events



Heron's Key Event Billing Essentials

Friday, November 6, at 2 pm (M & HKTV 370)

Ever wonder how to sign up for a Heron's Key off-campus trip or what goes into the cost of one? In this presentation, we will:

- Show you how to use the Resident Portal step by step, including how to find outings and learn about associated costs.
- Break down how we calculate event fees, including mileage, tolls, admission fees, meals, and other trip-related expenses.
- Compare Heron's Key's fees with those at Emerald Heights and other senior living communities.

Learn the essentials and get the most out of our community outings!



Trivia

Thursday, November 5, at 4 pm (M)

Another month of trivia! Do you have what it takes to win?



Karaoke

Friday, November 13, at 4 pm (M)

Sing, dance, or just watch!



Birthday Party

Friday, November 20, at 2 pm (CL)

Celebrate November birthdays with a slice of cake or two.



Wine & Cheese

Monday, November 23, at 3 pm (CL)

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

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)

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.)

Mobile Dental Hygienist

Sound Dental Care
206.745.3808

Physical Therapy and Occupational Therapy Services

AgeRight Therapy*
in Penrose Harbor
253.313.0749

Requires a referral from a health care provider.

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.*

Mobility Cares is Coming to Heron's Key

We're pleased to share that Heron's Key has contracted with Mobility Cares to provide eye exams right here in our community—no travel necessary. The doctor can screen for and treat a variety of eye conditions, including glaucoma, cataracts, diabetic eye disease, macular degeneration, red eyes, and dry eyes. Mobility Cares accepts Medicare, Medicaid, and nearly all insurance plans; Kaiser is the only exception. They bill your insurance directly, and residents will not be responsible for copays or deductibles for covered services.

Mobility Cares will have affordable glasses available to order during the visit, or they can provide you with a prescription so you can purchase glasses from any provider you choose.

If you are interested in signing up for services, please stop by the Heron's Key Front Desk and pick up a New Patient consent form. **The first visit is scheduled for Tuesday, December 1.**

Dining Services

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

New Programming: Resident Listening Session

First Tuesday of every month | Tuesday, November 3, 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.**

Chef's Cooking Class: Miso-Caramel Apple Turnovers

Second Monday of every month | Monday, November 9, at 2 pm (SP)

Celebrate fall flavors with a fresh twist on a classic favorite! Join us for a live cooking demonstration featuring Miso-Caramel Apple Turnovers, where crisp, flaky store-bought puff pastry meets tender, cinnamon-spiced apples and a rich caramel infused with savory miso. This unique combination highlights how a touch of umami can elevate traditional sweet treats, creating a perfectly balanced bite that's both familiar and exciting. **Please RSVP to the host stand or call 253.313.0797 by Friday, November 6.**

Resident Orientation to Dining Services

Second Tuesday of every month | Tuesday, November 10, at 11 am (SY)

Open to all residents; no registration is required.

Veterans Day Special

Wednesday, November 11, ALL DAY (SY)

We're treating all Veterans to a complimentary patriotic cupcake. Please see a team member at Syren's Grille to claim your dessert.

Staff Training

Second Thursday of every month | Thursday, November 12, 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.

Thanksgiving Day Buffet

Thursday, November 26, from 11 am until 3 pm (SY & SP) **Reservations are required.**

Celebrate Thanksgiving with family and friends while enjoying all your holiday favorites! **Reservations are required and open the first week of November.** We will publish the menu at the end of October in **KeyNotes** and on the resident portal under **"Holiday."** To reserve, call **253-313-0797** or visit **Syren's Grille** during operating hours.

- **Seating Times:** 11 am, 12 pm, 1 pm, and 2 pm
- **Pricing:** Residents $18 | Guests $21 | Kids (6-12) $11 | Kids 5 & Under Free

Take-out and delivery from a limited menu will be available between 11 am and 3 pm.