

April 2021

# Heron's Flight

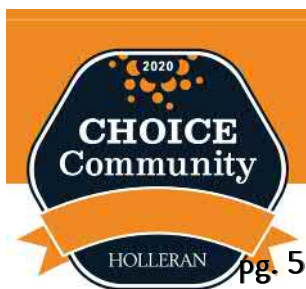
Taking Community News to New Heights



## Laughter Month

*Crack a smile;  
it's good for the soul.*

# INSIDE THIS MONTH'S ISSUE



## 3. CONCIERGE NEWS

Get details about visitors on campus and vehicle safety.

## 4. RESIDENT COUNCIL CONNECTION

Engage with your community as we enter Phase 3.

## 5. ANNOUNCEMENTS

Heron's Key is honored by Holleran. Find out why a Friend Tree is important and learn how to make yours.

## 6. LIFE ENRICHMENT

Activities are bustling as we enjoy time together.

## 8. HERON'S KEY LIFE

Social opportunities abound and shopping trips expand. Check out the results of our recent food drive.

## 10. WELLNESS: LAUGHTER MONTH

Magician Jeff Evans returns for a gut-busting live show. Add laughter to your day throughout April.

## 12. LIFELONG LEARNING

Enrich your life with engaging events.

## 15. WELLNESS

Learn about the different types of laughter and the support groups available.

## 16. HERON'S KEY FAMILY FEUD

Our very own Family Feud is coming your way! Create a team or sign up to be in the audience. You won't want to miss this event.

## 17. MOVIE NIGHT

Movie Night returns and features funny films.

## 18. NEW ON CAMPUS

We have new neighbors, a new Benevolence Fund program, and a new Resident Handbook. If you're a newer resident, don't miss the events listed here.

## 20. FITNESS

Sign up for the Fitness Expo and see how we're supporting your health goals.

## 24. DINING SERVICES

Get the latest on what's happening in the restaurant.





## CONCIERGE / SECURITY 253.313.0700

Billing: 253.313.0703

Housekeeping: 253.313.0795

Facilities: 253.313.0798

Resident Services: 253.313.0793

Restaurant: 253.313.0797

Spiritual Care: 253.313.0733

## PENROSE HARBOR FRONT DESK: 253.313.0800

Transportation: 253.313.0792

Fitness: 253.313.0781

RehabCare: 253.313.0749

## VISITORS ON CAMPUS

On March 22, 2021, our local area entered Phase 3 of the Safe Start Plan for Washington State. Visitors are now permitted to visit within residences, but are still limited from common areas on campus. Registration and screening at the front desk is still required.

## VEHICLE SAFETY

As the nicer weather gets us out and about, don't forget to lock your cars. This is a good practice even if there is nothing of value visible in it. Locking your car is a standard preventive measure for your protection.



New high-definition security cameras will be installed at the Borgen and Athena entrances to the campus. These cameras are designed to detect and store license plate information that will enable our security team to provide these important details in a police report.

## SIGN UP FOR TEXT REMINDERS

- To receive an alert when the mail is here:  
Text the word "HKMail" to the number ###.###.####.
- To receive event reminders: Text the word "HeronsKey" to the number ###.###.####.



Signing up for text alerts is really this simple. If you ever want the messages to stop, respond to a text message with the word "Stop."

## COMPUTER HELP DESK

### Wednesdays, 10am-12pm (Clubhouse Lobby)

The Heron's Key computer helpers are available every Wednesday to assist you with tech-related questions. Bring your laptop, tablet, or smart phone, and they will troubleshoot, train, and support your technology needs. From Zoom to the Resident Portal, they've got you covered. Need a house call? They do those, too!

One-on-one training is available from Karen Coles for iPhones and iPads. .

Amy Webb  
Executive Director

Tristan Lester  
Health Services Administrator

Edie Morrison  
Director of Nursing

Dave Charbonneau  
Director, Facilities

Stacy Edwards  
Director, Sales & Marketing

Matthew LeCours  
Director, Food & Beverage

Sarah Whitmarsh  
Director, Resident Services

Theresa Broxton  
Manager, Life Enrichment

Kristina Christenson  
Dining Room Manager

Taran Morrow  
Penrose Social Services Coordinator

Gayle Robinson  
Penrose Resident Care Manager

George Smith  
Manager, Environmental Services

Tarah Threde  
Penrose Assisted Living Manager

Kathy West  
Penrose Admissions Manager

Paul Velasquez  
Rehab Therapy Director

# RESIDENT COUNCIL CONNECTION

## A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

After a dark viral year, the sun is rising. Yippee! Now, we can meet with friends in our apartments, and without masks if everyone is vaccinated. In limited numbers, we can have coffee in Syren's. Thanks to Phase 3 guidelines that took effect at the end of March, we can now enjoy dining in Spinnakers (with reservations), workout in the Conditioning Zone with friends, and participate in conditioning and educational events in the common areas with some limitations on group size and face coverings still in place. Even more exciting is the return of visitors to our campus.

Other good news: The Landscaping Interest Group has done a remarkable job cleaning up the Borgen berm and planting native plants. They have also started a Heron's Key Landscape Enhancement Fund to receive tax-deductible donations for landscape improvements. The fund is anchored by an anonymous gift of \$5,000 to match individual donations of \$100 or more if received prior to April 22, 2021.

Speaking of interest groups, we have nearly 40 groups inspired by a variety of topics with a lot of activity on campus. Check out the "Resident Engagement" tab on the Portal and look at the interest groups. If you find one or more that match your interests, get involved. These groups provide a fun way to join other residents in accomplishing something beneficial and personally satisfying.

—Roger Williams, Resident Council Secretary

## Employee of the Month:

### Kimberly Moorman, Concierge

Kimberly was nominated this month by two staff members for her contribution to the Concierge department. Kimberly's passion is organization, and that strength has been pivotal these last few months as she has simplified protocols and streamlined for efficiency. Always on the go with a new idea, Kimberly is also the department cheerleader, always encouraging her fellow team members and watching out for residents who need a helping hand. We're so happy to have Kimberly as part of the Heron's Key team. Be sure to congratulate her on this well-deserved honor.



## Resident Council Meeting

April 8 at 10am  
(Zoom ID removed  
for privacy)

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



## WEEKLY UPDATES FROM EXECUTIVE DIRECTOR AMY WEBB

New updates:  
Wednesdays by 5pm

Call  
###.###.####  
at any time for the  
message of the week.





In recognition of the  
exemplary culture of  
**RESIDENT  
ENGAGEMENT**

## CONGRATULATIONS

Heron's Key has been awarded the  
**Community Choice Award** from Holleran,  
the nation's leading research firm  
specializing in senior living.

*Holleran's Choice Community Award recognizes organizations with strong cultures of engagement. These providers have cultivated an environment where resident voices are heard, connections are rich, well-being is enhanced and personal fulfillment can be realized. Employees are highly engaged, with large numbers of catalysts on campus who embrace culture change, plan to stay with the organization long term and are passionate about the organizational mission and vision.*

**Residents scored Heron's Key  
in the 96TH PERCENTILE for  
"Engagement with the Community"  
on the 2020 Resident Engagement Survey**

*Heron's Key and Penrose Harbor staff members are honored to serve this engaged and vibrant community!*

## WHO'S YOUR BUDDY? CREATE A FRIEND TREE



A visit to the emergency room may seem overwhelming and confusing. Many find it is beneficial to have someone who can bring your important belongings (e.g., wallet, eyeglasses), take notes, ask questions, and ensure an emergency contact is being notified. Others take comfort in knowing they have pre-arranged with a certain neighbor to watch their pet at a moment's notice. To help you identify your support network in a manner that enables Resident Services to share personal information with those you have selected, we have created a new form called "Emergency Friend Tree." Once completed, put a copy in your Freezer Pouch, give one to each friend you listed, and provide a copy to the Concierge Desk so we know whose support you want during an unexpected crisis.

If you missed the March presentation "I'm in the Hospital, Now What?" where this form was discussed, please check out the slideshow on the Portal under "Events" and then select "Resources, Videos, and Presentations" from the drop-down menu.

# LIFE ENRICHMENT



With April approaching, we are excited to work on our seed starters in preparation for our spring planting. To celebrate Easter, we'll get creative with egg art and enjoy jelly bean carrot treats. We are hoping to spend as much time outside as possible to enjoy afternoon patio games, social hours in the courtyard, and walks around campus to see the blooming trees and plants. We will also continue with our weekly scenic drives to explore the local area.

Our new treat for the month of April is a spa day that includes a spa treatment of relaxing music, soaking our feet, and having our nails done. We are also excited about the butterfly garden we will create so we can set them free when they are ready to fly.

In March, Penrose residents welcomed back our wonderful volunteers. The photos shared here reflect some of our March activities. We played a "Spot Your Neighbor Game" and had a little fun trying to identify everyone with a mask on. With piano playing by residents and staff, golf, courtyard planting, online concerts and presentations, and artwork displays, and of course, birthday parties, there was no shortage of things to do together.





# PENROSE HARBOR NEWS

## VISITING WITH FAMILY & FRIENDS IN PENROSE

On March 22, 2021, our local area entered Phase 3 of the Safe Start Plan for Washington State. Visitors are soon permitted to visit Penrose Harbor, but the complexities of regulations surrounding this process will take some time to operationalize. As information about visitor policies becomes available, news from the Administrative team will be shared with residents and family members.



## RESIDENT & FAMILY MEETING

April 29 at 4pm

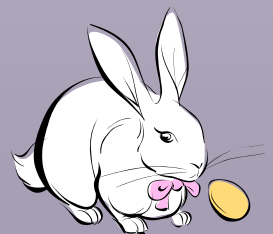
(Zoom ID removed for privacy)

## SAVE THE DATE

April 1st  
Easter Social

11am:  
Skilled Nursing

2pm:  
Assisted Living





# HERON'S KEY LIFE



## TWO SALON LOCATIONS TO SERVE YOU

### **Penrose Harbor**

Call 253.313.0788 or fill out  
Salon Appointment Request  
form

### **Clubhouse Ground Floor**

9am—3pm

Tuesday through Friday  
Call 253.313.0789

- ♥ Haircuts and Styling
- ♥ Coloring & Highlights
- ♥ Perms
- ♥ Nail Care, Manicures,  
Pedicures
- ♥ Massage with Franetta  
(253.230.1138)

Please  
remember to  
wear a face  
covering. The  
face covering  
must remain on  
throughout the entirety of your  
visit. Your cooperation with this  
will help protect your health and  
your stylist's health.



## CONVERSATION STARTERS: AVAILABLE TO ALL ON CAMPUS

*Sponsored by Neighbors Care, Health & Wellness Committee, and Appetizers for Six*



Conversation Starters is a great way to expand your friendship circles and discover something new about your neighbors. Each month, groups receive a small container that holds Conversation Starter questions to be answered. Questions may be funny, light-hearted, biographical, or thought-provoking, and are designed to jumpstart meaningful conversations for building relationships.

Residents of Penrose Harbor will enjoy Conversation Starters as part of weekly activities, and IL volunteers are welcome to join in the fun.

IL Residents who choose to participate will be placed into a different group each month, and will be asked to meet two times before being re-assigned to another group in the following month. If you have not yet signed up and would like to participate for **May's round**, please notify the Concierge Desk at 253.313.0700.

## MUSIC ENJOYMENT & APPRECIATION

As our resident and staff musicians feel inspired, they may provide us with opportunities to enjoy their musical gifts. On any given day, between 4-5pm, musicians are invited to use the piano or play their stringed instruments outside of Syren's Grille (please, no wind instruments, horns or singing at this time).



### **Musicians in Penrose Harbor**

If you are a musician in IL who would like to share your talents with the residents living in Penrose Harbor, please call Life Enrichment at 253.313.0756 to discuss options for piano playing and non-wind instruments in the spring.

## WEEKEND GAMES AVAILABLE IN THE MARITIME



Life-size games include Farkle, Yahtzee, Connect 4, and Checkers. There's also putt-putt golf and a ping pong table (resident set up required). The pool table in the Anchor Room may be enjoyed by **4 individuals** at a time during the evening and on the weekends.

PH volunteers are welcome to coordinate in advance with Life Enrichment to invite a few friends from Penrose to join in the fun.

## 3<sup>RD</sup>-ANNUAL FOOD DRIVE



- ✓ \$4,857 in financial donations
- ✓ 438 boxes of oatmeal packets
- ✓ 407 boxes of macaroni and cheese
- ✓ 319 packs of fruit cups
- ✓ 101 cans of vegetables
- ✓ 97 bags of pinto beans
- ✓ 46 cans of soup
- ✓ 15 boxes of muffin mix

Food Backpacks 4 Kids exists to meet the nutritional needs of hungry and food-insecure children and their families living on the Key Peninsula and in Gig Harbor. Thanks to your generous donations, Food Backpacks 4 Kids is continuing to feed 200 families with 560 children each week. Thanks so much to all of you for donating to such a wonderful cause, and congratulations to the fifth floor for winning with the most donations.



## PHOTOS OF “HOME” DISPLAY

This year, IL residents were invited to create a representation of what Heron's Key meant to them. Residents responded by creating pieces that symbolize the sense of home and capture the essence of our community. Thank you to those who shared your inspirations. From dioramas to paints, poems to song lyrics, we enjoyed the collective creativity.

Residents within Assisted Living, Skilled Nursing, and The Light-house will have an opportunity to create artwork reflecting their experience of Penrose Harbor during April.



## GROCERY SHOPPING—DELIVERY

- Place your order with the Concierge or via the Portal by 8am on Monday (\$30 minimum, per Albertsons).
- A staff member will do curbside pickup at Albertsons.
- Delivery times to your door vary between 1pm and 5pm.
- Prices may be higher through this online method.

## SHOPPING—IN PERSON

Escape the stress of driving in rainy weather and busy roundabouts and trade it for the friendly, relaxing atmosphere of the Heron's Key bus!

*If you reside within AL or SNF:*

Speak with a Life Enrichment team member to arrange a personal shopping trip to meet your needs.

*If you reside within IL:*

**Wednesdays, 10am—12pm:**  
Port Orchard Fred Meyer

**Fridays, 10am—12pm:**  
Silverdale Trader Joe's  
1st & 3rd: also Marshalls, Home Goods & Total Wine  
2nd & 4th: also TJ Maxx, Michaels & Dollar Tree

Sign up in advance on the Portal. Trips are limited to 9 people and masks and physical distancing will be required on the bus.





# Amazing **MAGIC** Show with Jeff Evans

**Enjoy in-person, socially-distanced,  
live entertainment that is pand-epic!  
Jeff Evans brings his magic to Heron's Key  
Thursday, April 29 with magic shows  
beginning at 4:00, 5:00, and 6:00 pm**

**RSVP Required—Sign Up on the Portal by April 28 at 3pm**



# WELLNESS: LAUGHTER MONTH

## EGG DROP EXPERIMENT

Thursday, April 15 at 11am

In 1994, David Donoghue threw an egg out of a helicopter onto a golf course in the UK from a height of 700 feet. He holds the world record for the longest egg drop without breaking, and he didn't even use an outside structure to protect the egg.



Science teachers have often used this challenge to encourage analytical thinking, and sometimes refer to the similar challenge that NASA scientists had in building a landing system for Mars. The beauty of this strategic challenge was just how fun it could be for inventors and also for all the onlookers who celebrated the ingenuity and determination. How many of you built an egg contraption years ago? Do you remember the excitement of a successful landing, or have you always wanted to give it another try?

This month, we're giving residents and staff a chance to take on this entertaining challenge and hope you join us for some good-humored fun.

The basics of the egg drop experiment are simple: construct some sort of protective container that will keep your raw egg from cracking when it is dropped approximately 20 feet from a second-story balcony.

According to scienceworld.ca, there are three tips for successfully dropping an egg that doesn't crack upon landing:

- ✓ Slow down the descent speed.
- ✓ Cushion the egg so something other than the egg itself absorbs the impact of landing.
- ✓ Orient the egg so it lands on the strongest part of the shell.

Working solo or as team, you may use any supplies you desire. Common materials include cardboard, string, tape, balloons, straws—no limitations! You are welcome to partner with family members too; some of your grandkids are experts at this.

To participate, **sign up by 5pm on Monday, April 12 on the Portal** (or see the Concierge).

The event will take place from a second-story balcony facing the ponds. Onlookers can enjoy the fun by watching from their nearby balconies or joining us outside. Questions? Call Abby.

*Benevolent  
Brew*



**BENEVOLENT BREW  
IS OPEN**

**Sit and enjoy a morning  
drink in and around  
Syren's Grille.**

**Open:  
Wednesdays,  
Fridays, and Saturdays**

**Hours:  
8–10am**

**Seating is limited to coincide  
with current Washington  
State Safe Start guidelines.**

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



# LIFELONG LEARNING



## Character Development with David Smith

Thursday, April 8 at 1pm  
(Returns weekly through May 20)

Character development is an approach to ethics that focuses on the characteristics of noble people. While most moral theories focus on what it means to do good, theories of virtue focus on what it means to be good. What are the characteristics of good people? Reflections on this question are ancient, with thinkers like Aristotle and Jesus in the West and the Buddha and Confucius in the East addressing it. Courage, self-control, compassion, and generosity are among the many virtues that are universally valued. In this course we look at the virtues, their value, their connection to behavior, what ancient and contemporary sources say about them, and the processes by which we humans can develop them.

**Registration fee is \$35 per person at the Concierge Desk by April 6, please.** Make the check out to “Heron’s Key Residents’ Association” and put “LL-CharDev” on the memo line.

## Lifelong Learning Programming Group Monday, April 5 at 3pm

### Roy Meals, MD – “Bones: Inside and Out”

Tuesday, April 6 at 1pm (Zoom ID removed for privacy)



As the *Wall Street Journal* wrote in October 2020, “Meals is in love with bone, insofar as a man can be infatuated with calcified connective tissue.” His new book, *Bones: Inside and Out*, is a valentine to what Dr. Meals calls “the world’s best building material,” taking us on a lively, lucid and entertaining tour of bone in health and disease, and its strange afterlife in human culture.” His blog, AboutBone.com, contains a wealth of humor and knowledge.

### Who Am I?: Great Boating Tales

Wednesday, April 7 at 2pm

(Zoom ID removed for privacy)

What’s it like navigating our country’s western rivers, dodging working tugs, and dangerous drift?

New residents, Lenny and Louise Anderson, will share stories drawn from 16 months aboard their 31’ tug, *Then Again*, navigating much of America’s Great Loop. Theirs is a series of grand boating stories, captivating tales of people met along the way, and rich cultural history the rivers reveal.



### Dr. Richard Gelinas – “A Chat About the Coronavirus Pandemic”

Tuesday, April 13 at 1pm

(Zoom ID removed for privacy)



Dr. Gelinas has studied human viruses since 1975. He will chat about the origin and the future of the pandemic, his opinions about what our leaders did right (and wrong), how the vaccines work, and some emerging silver linings in spite of the terrible mortality numbers. He will suggest that what we’ve experienced over the past year was probably unavoidable with so many people on the planet, but we now have the tools we can use to make the next professional-grade virus to emerge from the belly of a bat much less lethal. Dr. Gelinas has written in the voice of COVID for the *Key Peninsula News*.

## Heron's Key Nature Hour

Tuesday, April 14 at 2pm

(Zoom ID removed for privacy)



Join Andy for the April Nature Hour as we offer up “An Ode to Spring.” Nature is afresh with emerging buds, new leaves, flowering shrubs, and birdsong. We will also give you a sneak peek at the exciting new interpretative signs being created for the Pond Sanctuary. It is a glorious time! *Sponsored jointly by Nature & Ecology.*

## Music of the World with UPS Prof. Matt DelCiampo

Monday, April 19 at 7pm

(Zoom ID removed for privacy)

This is the fourth and final monthly session on Music of the World. Musical traditions of South Asia are numerous, varied, and complex. Our class will detail the melodic, rhythmic, and performative conventions of one specific type: Hindustani Classical Music. Join Matt DelCiampo in this interactive presentation, complete with an instrument demonstration. *Sponsored jointly by Performing Arts.*



## Ron Magid Presents “Match Wits with Will Shortz (Again!)”

Wednesday, April 28 at 2pm

(Zoom ID removed for privacy)

Will Shortz is the crossword puzzle editor of *The New York Times*. He is also host to an on-air word quiz on NPR's “Weekend Edition Sunday.” We will use some of his quizzes for an audience-participation event on Zoom. Be ready to volunteer to match your wits with the estimable Mr. Shortz.

*Check out the events coming in May on the next page.*



Photo: WA DNR

**Hilary Franz,**  
**WA State Commissioner of**  
**Public Lands: Aspects of Forest**  
**Management by the Department**  
**of Natural Resources**  
Tuesday, April 27 at 1pm  
(Zoom ID removed for privacy)

Commissioner of Public Lands  
Hilary Franz will discuss her agency's work to restore Washington's forests back to health, from her bold 20-year Forest Health Strategic Plan that outlines 1.25 million acres in central and eastern Washington to be restored back to health to DNR's collaborative Forest Action Plan released last year that includes restoration work in forests west of the Cascades. Healthy forests are a cornerstone to clean air and water and healthy ecosystems and communities.





# LIFELONG LEARNING

## LIFELONG LEARNING:

### COMING IN MAY

- **May 5 at 2pm:** Who Am I?: What are Two Four-Letter Words that Start with J and End in Friendship? (Can you guess the words?)
- **May 11 at 1pm:** Author JA Jance
- **May 21 at 11am:** Who Am I? /Staff Interview with Dave Molenda, Facilities Operations Supervisor
- **May 24 at 7pm:** Tafelmusik: "House of Dreams" with hosts Linda Helmer and Ron Magid
- **May 25 at 1pm:** Judge Robert Bryan, retired, presents "All You Ever Wanted to Know About Federal Courts"
- **May 28 at 2pm:** Match Wits with Will Shortz



2021  
May

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## On-Site Counseling Available on the Heron's Key Campus

As we look ahead to 2021, we recognize that resiliency and strength spring out of a solid foundation of support given to us from friends, neighbors, family, and trusted providers. Jenifer Nazarowski, Mental Health Counselor, provides an open and trusting forum to listen, guide, and affirm as you navigate life's hardships and joys.

Jenifer is accepting appointments for two Wednesdays per month (April 14 and 28) within a private office in the ground floor Health Services Clinic.

Jenifer is a Social Worker and Professional Geriatric Care Manager serving as the Counseling Supervisor at Sound Options.



Call 253.756.5007 to schedule an appointment.



**SOUND OPTIONS**<sup>®</sup>  
A VILLAGEPLAN COMPANY

## THEY'RE NOT WRINKLES... THEY'RE LAUGH LINES

Suzi Entwistle, Spiritual Wellness Coordinator, MA

*"Laugh at yourself and don't be so pompous and serious. If you start looking for the humor in life, you will find it. You will stop asking, Why me? and start recognizing that life happens to all of us."*

Dalai Lama XIV, *The Book of Joy: Lasting Happiness in a Changing World*



Many times when we talk about spirituality, we think of being serious, reflective, quiet, or reverent. Although these things are a part of our spirituality, our spiritual lives are as broad as we are. Humor and laughter lift our spirits and help us hold loosely the things of this life.

As we explored seven different types of love in February based on Greek vernacular, there are also different ways we may be able to experience laughter or humor. According to the Buddhist tradition, the "attempt at resolving the apparent contradiction between laughter and enlightened state began by distinguishing between six types of laughter":

- **Atihasta:** Uproarious laughter accompanied by doubling over.
- **Apahasita:** Loud laughter that brings tears to the eyes.
- **Upahasita:** A more pronounced laughter associated with some body movement.
- **Vihasita:** A broader smile accompanied by modest laughter.
- **Hasita:** A smile which lightly reveals the tips of the teeth.
- **Sita:** A faint smile. This one is also known as the Buddha smile, denoting an inner attitude of detachment "in the world, but not of the world."

(source: [www.laughteronlineuniversity.com](http://www.laughteronlineuniversity.com))

How might you be changed if you included one of these forms of laughter in your daily life? Perhaps just paying attention to when you experience one of these, and who or what makes you laugh. Did your cat do something that makes you chuckle? Did a neighbor make a funny side comment? Or, perhaps you had a moment where you laughed at yourself.

Psychology Today states that the average four-year-old laughs an average of 300 times a day. The average 40 year old? Only four times a day! Laughter is not only telling jokes, it is looking at the lighter side of life. What might bring a little more laughter to your life today? Can you invite a friend and share it?

*Suzi*

## Cancer Support Group

Has your life been impacted by cancer? Sometimes it helps to talk about this challenge with other experienced friends and neighbors. If you are a survivor, currently dealing with cancer, or are perhaps supporting a loved one on the journey, please consider joining our group to share or even just to be present and listen.

Interested individuals can join us in the Maritime on **April 17 and 27 at 3pm**. Call facilitator Lois Wilson for more information.

## Grief Support Group

Would you like to journey with others who may identify with your experience of grief and loss? A Grief and Loss Support Group will meet on **April 13 and 27 at 1pm** in the Maritime. This in-person group will begin under the guidance of Sound Options Counselor Jenifer Nazarowski, and continues under the leadership of HK Spiritual Wellness Coordinator, Suzi. We will provide space for individuals to share their story and come together for support and encouragement. Group size is limited. Please RSVP.



### ROUND ONE

Wednesday, April 21, 7PM

### ROUND TWO

Thursday, April 22, 7PM

### FINALS

Friday, April 23, 7PM

## Ready to play “Family Feud”?

**IF THE SURVEY SAYS “YES,”** *gather a group of friends and put your skills to the test in our very own Heron's Key edition of the game.*

Two nights of friendly competition will be followed by a Finals night, where the two winning teams will battle for the title of “ultimate champion.”

To join the competition, create your own “family” of 4–6 members and sign up!  
(Minimum of four teams needed.)

**CALL ABBY AT 253.313.0708 TO REGISTER.**

Deadline to register a team to play: Friday, April 16 at noon

**THIS WILL BE AN IN-PERSON EVENT ONLY IN OUR MARITIME,  
WITH A 20-PERSON AUDIENCE EACH NIGHT.**

If you'd like a chance to attend, sign up on the Resident Portal and we'll add your name to the lottery.  
If you need help using the Portal, please stop by the Concierge Desk.





## Friday Movies 7pm in the Maritime

*Sponsored by the Health & Wellness Committee*

**April 2: *Thelma & Louise*** (*R for strong language, and for some violence and sensuality; 1991*)

Fed up with her boyfriend, live-wire Arkansas waitress Louise persuades her friend Thelma, a naïve housewife burdened with a negligent, sexist husband, to hit the road with her for a simple weekend of freedom. But after accidentally killing a man, the two friends wind up outlaws blazing a cathartic trail across America.

**April 9: *Grumpy Old Men*** (*PG-13 for some sexual references; 1993*)

For decades, next-door neighbors and former friends John and Max have feuded, trading insults and wicked pranks. When an attractive widow moves in nearby, their bad blood erupts into a high-stakes rivalry full of naughty jokes and adolescent hijinks. Will this love triangle destroy the two old grumps?

**April 16: Movie Appreciation Night: *Same Kind of Different As Me***

(*PG-13 for thematic elements including some violence and language; 2017*)

*Sponsored by Movie Appreciation* | In a bid to save his marriage, successful art dealer Ron Hall extends a helping hand to Denver Moore, an eccentric homeless man Hall meets through his wife. As the relationship between the men evolves into a bond, it opens new perspectives for both.

**April 30: *The Intern*** (*PG-13 for some suggestive content and brief strong language; 2015*)

Agreeing to participate in a community outreach program, entrepreneur Jules Ostin hires a 70-year-old intern who ends up bringing his special brand of business savvy to her fashion enterprise.

## Fridays in Assisted Living at 4:30pm

April 2

*What About Bob?*

April 9

*Evan Almighty*

April 16

*Father of the Bride*

April 23

*Father of the Bride 2*

April 30

*City Slickers*

## Mondays in Skilled Nursing at 4:30pm

April 5

*What About Bob?*

April 12

*Evan Almighty*

April 19

*Father of the Bride*

April 26

*Father of the Bride 2*



# NEW ON CAMPUS

## Lenny & Louise Anderson

Lenny and Louise moved from New York to California in the early 1970s. Louise was a project manager for a large technology company. Lenny enjoyed a variety of careers, including civil engineering. Just prior to retirement, he served as a hospice chaplain. Upon retirement, they moved to Vancouver, WA, and for the last seven years, they have thoroughly enjoyed cooking, traveling, and boating—so much that they lived and traveled the waterways on their recreational tug boat for 16 months. You can hear all about their adventure in their April “Who Am I?” Lifelong Learning event (see page 12). Louise has enjoyed working as a volunteer naturalist at the Mount St. Helens Institute. She misses the interaction and enthusiasm of the grade school children and hopes to return to this work soon.



Lenny and Louise were initially drawn to Heron's Key for the Continuing Care aspect and the close proximity to the coast. After visiting, they decided to make it home. They were impressed with all Heron's Key has to offer, and especially the friendly, welcoming atmosphere they experienced. We are happy Lenny, Louise, and their dogs Chip and Dayle decided to make Heron's Key home.

## Need Tech Help?

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



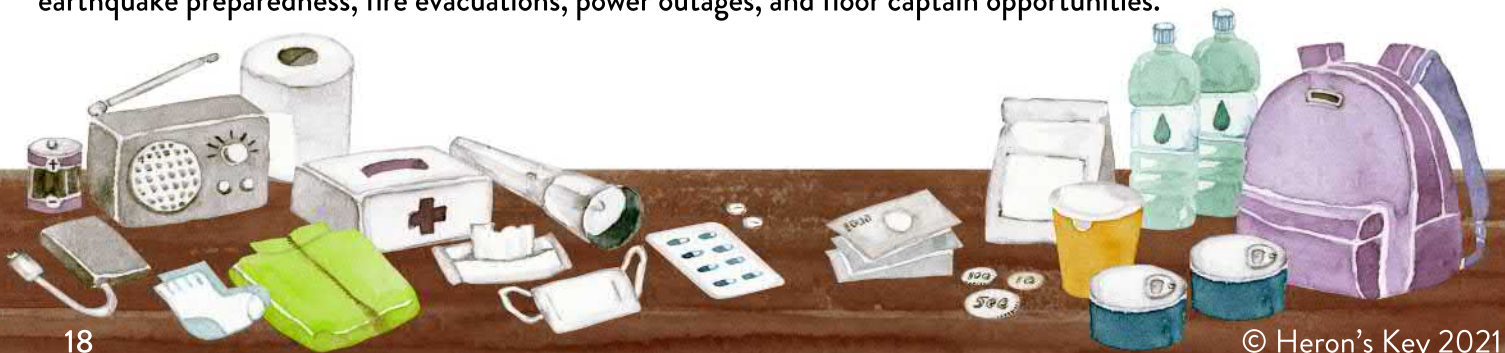
## EMERGENCY PREPAREDNESS REVIEW

### Emergency Preparedness Seminar for Individuals Residing within Assisted Living, and Skilled Nursing (Zoom ID removed for privacy)

Join Executive Director Amy Webb, Health Services Administrator Tristan Lester, and Facilities Director Dave Charbonneau as they provide a summary of Penrose Harbor's specialized, detailed disaster plan to ensure the utmost amount of safety in any given disaster.

### Emergency Preparedness Seminar for Residents within Independent Living (Zoom ID removed for privacy)

To ensure every IL resident has an opportunity to review and understand emergency protocols, the Heron's Key Emergency Preparedness Seminar is presented several times a year. If you haven't previously joined us or would like a refresher, watch Executive Director Amy Webb and Director of Facilities Dave Charbonneau provide a review of earthquake preparedness, fire evacuations, power outages, and floor captain opportunities.







### BENEVOLENT BUYS PROGRAM COMING IN MAY

Benevolent Buys is a new Heron's Key resident enterprise whose proceeds will be donated to help grow the Heron's Key Benevolence Fund. The Heron's Key Benevolence Fund has been established to confidentially support Heron's Key residents who in the future, for reasons beyond their control, are not able pay their monthly service fees. This fund provides support and assistance to all life care and modified life care contracted residents. The Benevolence Buys program is one more tangible expression of our community's culture of caring for others.

The Benevolence Buy's program is an exciting method of providing residents with a convenient method of downsizing furniture, small appliances, and household goods. The items are then sold within the community, and the proceeds are contributed to the Benevolence Fund. Please watch for details in mid-April as we roll out this exciting new program. If you are interested in volunteering to help, please contact residents Barbara Casey or Sue Engen.

### NEW RESIDENT HANDBOOK NOW AVAILABLE

To access the 2021 Resident Handbook via the Portal, go to "Resources" on the top menu bar. From the drop-down menu, select "Resident Handbook" to see all the options below. Under the first category, you will find a spreadsheet that summarizes all of the changes in the 2021 handbook.

This captures the recommendations of the 2020 and 2021 Resident Council Handbook Committees.

If you would like a hard copy of the Resident Handbook, please sign up at the Concierge Desk and turn in your old white binder so we may replace the contents with the new version.



## SIGN UP FOR APRIL'S FITNESS EXPO

Chuck Abbey, Fitness Specialist, BS, NASM-CPT & CNC

*"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).<sup>1</sup>

The Fitness Expo is an opportunity to take an assessment of your fitness level based off national standards. If you have participated before, dig out your old records so you can make helpful comparisons. Completing the assessment this year will provide you with good direction for accomplishing your fitness goals in 2021.



There will be five exercise stations throughout the Maritime. Most tests take less than 1 minute to complete; expect to complete the entire process within 15-20 minutes. These tests are compared to a national standard of your sex and age range, and focus on several key indicators of fitness:

- ✓ **8-Foot Up and Go:** Balance, Mobility, Core Stability
- ✓ **30-Second Sit to Stand:** Strength, Endurance
- ✓ **Chair Sit and Reach:** Flexibility (Lower Extremity)
- ✓ **Back Scratch Test:** Flexibility (Upper Extremity)
- ✓ **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.

Tests such as "Get Up and Go" are selected with a purpose in mind as they measure various aspects of your flexibility, core strength, and balance. Laurence Rubenstein, MD, MPH, is the co-director of FPCE. His research focuses on geriatric fall prevention, and he often uses the "Get Up and Go" test to analyze those who have fallen in the past. If this exercise test takes longer than 16 seconds, the individual is at a higher risk of falling again.<sup>1</sup>

Join us at the Fitness Expo to assess your current fitness level, set goals for improving your health, and target areas of development that will contribute to fall prevention in 2021.

To maintain physical distancing for safety, the Fitness Expo will take place in the afternoon over the course of 5 days in April (6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>) from 2:30-4:30pm (M). **Sign up for your Expo appointment today.**

<sup>1</sup> Winter 2008; Successful Strategies for Fall Prevention, By Athan G. Bezaitis, *Aging Well*, Vol. 1 No. 1 P. 28



## REWARDS PROGRAM FOR THE CONDITIONING ZONE

As a reward for your commitment to self-care and following sanitation guidelines, every 12<sup>th</sup> workout in the gym will merit you a free beverage from Benevolence Brew courtesy of the Fitness department. In order to track your visits for this reward program, please use the sign-in sheet upon your arrival, located right next to the door.



## GYM USE IN PHASE 3 (EFFECTIVE MARCH 26)

- State regulations now allow all fitness facilities to operate at 50% capacity.
- To accommodate the re-opening of our community and allow sufficient access for all who desire, the schedule will include time slots during which up to four users can be present in the Conditioning Zone.
- There will be a reduced number of one-household sessions available on the schedule as we return to more typical operations that align with Department of Health parameters for increased occupancy.
- You may view the available capacity on the schedule and sign up for the open time slot you desire.
  - Sign-ups are not required during the weekend; feel free to drop-in during open hours. (Note: A maximum of four individuals may be in the gym at a time.)
- Physical therapy and personal training appointments are given priority, but users may join the gym during these private sessions in accordance with the capacity shown on the schedule.
- Masks and 6-foot distancing are required in all fitness facilities in our state.
- Sign-ins are required upon entry; temperature screenings are not.
- In May, the schedule will reflect open gym hours for drop-ins, and there will no longer be a need to sign up in advance as we take yet another step toward fully opening fitness facilities in accordance with state guidelines.

## DROP-IN FOR FITNESS CLASSES IN THE MARITIME

- **Stretch & Balance:** Mon., Tues., Wed., and Fri. at 10am; limited to 15 people.
- **Morning Moves:** Mon. and Wed. at 9am; limited to 15 people.

## WEIGHT LOSS GROUP WITH BECCI CRECELIUS

If you missed out on the first Weigh to Go group, a second group will be starting in May. This is a five-week fitness and nutrition program designed to jumpstart lifestyle changes that may contribute to the accomplishment of healthy weight goals. This is not a program that guarantees a certain amount of weight loss or inches off, but rather is one that will give you the tools to make long-term healthy lifestyle changes. To join, please reach out to Becci.

## RECOVERING FROM A FALL: WHAT TO DO WHEN PREVENTION DOESN'T WORK



**Many falls do not result in injuries, yet 47% of non-injured fallers cannot get up without assistance.**

**Join RehabCare therapist Marie as she demonstrates techniques for practicing the art of getting back up after a fall.**

**This event will be held in person so that you can see Marie's tips firsthand. RSVP on the Portal.**

**April 1, 2021  
2pm (M)**



## 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.  
253.313.0781.

## ONLINE CARE LIBRARY NOW AVAILABLE

Heron's Key and Sound Options have partnered to enhance your independent lifestyle on the Heron's Key campus. As a feature of our partnership, Sound Options is now offering all Heron's Key and Penrose Harbor residents access to their new online Care Library.



The Care Library educational resource provides you with wellness information that has the potential to increase quality of life and satisfaction. These wellness solutions are provided to you at no cost due to your residency at Heron's Key and Penrose Harbor.

Here are a few of the educational benefits you and your Heron's Key friends will enjoy:

- ✓ **Quick Care Tips:** no-cost / low-cost practical solutions for active living
- ✓ **Careguide Library:** self-assessments & relevant professional articles
- ✓ **Age-In-Place Guides:** care planning and preventive action steps
- ✓ **Senior Health Newsletter:** community-based articles for older adults
- ✓ **Caregiver Newsletter:** family caregivers learn to reduce stress & build support teams
- ✓ **Experts-on-Call:** complimentary specialists who can help with questions and resources

### Introduction & Tutorial hosted by Sound Options

Friday, April 9 at 11am

(Zoom ID removed for privacy)

If you would like to watch this presentation but do not have access to Zoom, please call Abby in Resident Services.



## NEED TO BORROW MEDICAL ASSISTIVE EQUIPMENT?

The storage area nearest Borgen on the fourth floor has assistive equipment available for borrowing. These devices were generously donated by fellow Heron's Key residents and include canes, walkers, long-handled grabbers, and more. Feel free to donate and borrow as your needs change. Please note: This donate/borrow initiative is completely a function of residents helping each other and is not a program overseen by Heron's Key.



# ON-CAMPUS PROVIDERS

## HEALTH SERVICE CLINIC PROVIDERS

During the pandemic, health officials encourage you to continue to receive the services you need to stay healthy. The providers listed below are handling on-campus appointments on a case-by-case basis. Please reach out to the providers directly to schedule an appointment. They will discuss options with you.

### Sound Clinical Medicine

Dr. Wingren:

Tues 2-5pm

PA-C Julia Cathcart-Chang:

April 20: 8am-1pm

253.857.6166

Dr. Nellermoe, Podiatrist

253.627.4181

Alan Anderson, D.P.D., Denturist

253.588.2721

Sound Dental Care

Mobile Dental Hygienist

206.745.3808

Harbor Audiology & Hearing Services

253.851.3932

In Penrose Harbor on April 21 (9-11am)

*Please call to schedule an appointment.*

### Three Services from Sound Options

253.756.5007

#### *Home Care*

Extra help to manage daily activities within your IL residence.

#### *Licensed Counseling with*

*Jenifer Nazarowski*

On-campus support for maintaining mental wellness and independence.

Call to schedule an in-person appointment for

April 14 or 28 in Jenifer's office in the Health Services Clinic.

#### *Care Management*

Expert guidance to simplify, coordinate, and proactively manage the complexities of aging and health decisions.



Heron's Key has partnered with Sound Options to serve you in maintaining the best quality of life in the comfort of your own home. Sound Options will support you with some of the small tasks of daily living, so that you may continue to enjoy your apartment and amenities within Independent Living at Heron's Key.

- Affordable in-home care tailored to your desires, such as laundry, medication reminders, and personal care assistance
- From 1 hour to 24/7 overnight care
- Companionship and Respite Services



**CALL 253.756.5007 TODAY TO ANSWER YOUR QUESTIONS ABOUT HOW WE MAY SERVE YOU**

Find the latest menus on the Resident Portal.

## A CHEF'S DEMO INSPIRED BY SPRING: TUESDAY, APRIL 20 AT 1PM

(Zoom ID removed for privacy)

Join Chef Jason as he embraces the freshness of spring and shares how to make a complete vegetarian meal using seasonal vegetables and healthy grains. Kits are available for sale. Sign up for a kit by calling 253.313.0797 by Friday, April 16.

## SYREN'S CAFÉ CART RETURNS

Listen for the sounds of our treat cart at around 3pm as we visit a floor near you, bringing you delicious sweet treats for purchase. We will visit each floor and cottages one day out of the month during the second week of the month.

- April 12—Cottages
- April 13—First and Sixth Floors
- April 14—Second Floor
- April 15—Third Floor
- April 16—Fourth Floor
- April 17—Fifth Floor

## RESTAURANT DETAILS

During April, the host stand is open from 9am to 7pm, Monday through Saturday, and between 9am and 3pm on Sunday. Restaurant operations are as follows:

### *Dinner*

- We will continue to operate under Phase 2 guidelines until further notice.
- We will continue to be open for in-person dining for DINNER only.
- Dinner reservations are **required**; maximum party size is 6 individuals. The Roadmap to Recovery for Phase 2 limits capacity to 25%, which impacts our ability to accommodate walk-ins at this time.
- Reservations must be made in person at the Host Desk or by speaking to a team member via the Hotline (253.313.0797). Please do not leave a voicemail message. Reservations are on a first come, first serve basis.
- Reservations are available between 4:45pm and 6:30pm. Due to our seating limitations, we are requesting you limit your dining experience to **one** hour.
- Masks will be required when entering and exiting the restaurant AND while not actively eating or drinking.
- All dining hours, availability, and menus are subject to change.

### *Breakfast & Lunch*

- We are open for brunch on Sundays, from 9am until 3pm. Reservations are required for this service.
- The date for providing dine-in services for lunch will be announced at a later date.
- Grab-and-go for quick options: 9am—4:30pm (Monday through Saturday); 9am until 3pm on Sunday.
- Pick-up and delivery: 9am—6:30pm (Monday through Saturday); 9am until 3pm on Sunday.

### *Ordering for Pick Up or Delivery*

- Please call 253.313.0797 to place your order.
- Delivery fees will be waived until further notice.