

June 2021

Heron's Flight

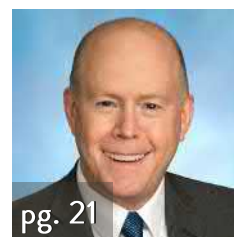
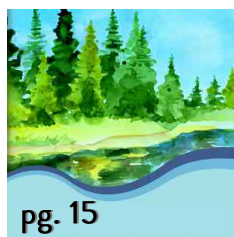
Taking Community News to New Heights

Outdoor Fun Month

*Explore the harbor, get creative,
and sign up for a summer hike*

Photo: Chuck Abbey

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Sign up for the live Chef's Demo and join us for the first cookout of the year.

Cover photo by Chuck Abbey, Fitness Specialist

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

GET REMINDERS ABOUT MAJOR EVENTS AT HERON'S KEY

Heron's Key offers a text messaging service that will remind you about major events on campus that do not require registration.

When You Will Receive the Reminders

If an event is before 12pm, you will receive a text message reminder the evening before the event. If an event is after 12pm, you will receive a text message reminder the morning of the event.

What Text Reminders Include

The text reminders include the name of the event, as well as the date, time, and location or Zoom information. If an event occurs over Zoom, you will also receive the Zoom link in the text message.

How to Sign Up to Receive Event Reminders on Your Cell Phone

To sign up to receive text message reminders, text the word "Heron'sKey" to the number ###.###.#### (number removed for privacy). If you'd like assistance signing up, please stop by the Concierge Desk.

Want to Know When the Mail is Here?

If you'd like to receive notifications via text message about mail deliveries, text the word "HKMail" to the number ###.###.####. You will receive a notification Monday through Saturday.

There is no charge from Heron's Key to receive text reminders or notifications. However, data and messaging rates from your cellular provider may apply. If you ever want the messages to stop, respond to a text message with the word "Stop."



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

General Manager of Dining

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

CONCIERGE NEWS

NEW SPECIAL DIGEST AVAILABLE

Check out the latest operational updates in the special digest released on May 21, 2021. The publication is available on the Resident Portal, in the mailroom's brochure rack, and at the Concierge Desk.

CHANGES TO MONDAY GROCERY SHOPPING

With the easing of COVID-19-related restrictions, we will no longer offer limited grocery shopping services on Mondays.

Grocery shopping trips on most Wednesdays and Fridays will still occur (Portal registration required):

- **Wednesdays, 10am—12pm:** Port Orchard Fred Meyer
- **Fridays, 10am—12pm:** Silverdale Trader Joe's
 - 1st & 3rd Fridays: Also Marshalls, Home Goods & Total Wine, Sprouts
 - 2nd & 4th Fridays: Also TJ Maxx, Michaels & Dollar Tree

If you'd like assistance registering for a grocery shopping trip, stop by the Concierge Desk.

If you reside within AL or SNF:

Speak with a Life Enrichment team member to arrange a personal shopping trip to meet your needs (253.313.0756).



Resident Council Meeting

Thursday, June 10
at 10am

(Zoom ID
removed for privacy)
Minutes are kept in the
binder in the Library for
reference.

EMPLOYEE OF THE MONTH:

Ashlee Jones, Penrose Harbor Dining

Ashlee truly exemplifies what it means to put residents first. At the end of her shift, she noticed a resident who needed help with wayfinding. Thanks to Ashlee's quick thinking, the resident received critical help in returning safely to their residence.

Ashlee did not have to stop, she did not have to pay attention. Our residents are safer and well cared for because Ashlee is a member of the team. She saved the day in very important and real ways. When you see Ashlee, take a moment to congratulate her on this well-deserved honor.

IN THIS TOGETHER

Building the Benevolence Fund

From the Benevolence Fund Campaign Committee



In the early weeks of the COVID-19 lockdown, people across the globe began to share the insight that, literally, we are all in this together. My actions affect your health and safety, and your actions affect my loved ones and me.

This message expresses the heart and soul of the Heron's Key Benevolence Fund. When each of us decided to move into this community and were financially vetted, we stepped through a threshold of extraordinary care. Not only do our staff members provide kind attention to our special needs as elders living together, we are also given a guarantee of financial safety for the rest of our lives.

In the CCRC world, legally we are designated as a Type A facility, and the state of Washington provides individuals no support if our funds run dry. So, Heron's Key and our parent corporation, Emerald Communities, have committed to support us in this eventuality. None of us will need to move from Heron's Key even if, through no fault of our own, we can no longer financially support ourselves.

While this could seem like a potential burden on the community, instead we are building our Benevolence Fund, through donations and investment, just for this purpose. In the almost 30-year history of our older sibling, Emerald Heights, no one has had to leave because of a lack of financial resources, and there is an abundant fund to care for anyone who may need help.

The Heron's Key Benevolence Fund is currently supported through the Benevolent Brew Cafe, a variety of one-time sales, and through our new Benevolent Buys program. Recently, the BBC donated \$3,941.00 to the fund, and the estate sale of the Benevolent Buys in April generated \$ 3,969.00. Some residents are already giving monthly to the fund, and others have included it in their wills or trusts.

Estate Planning

June is Benevolence Fund Awareness month, offering opportunities for long-term giving via ongoing donations and estate planning. You will learn more as you walk through the lobby and see our table display, as you attend your floor meeting and hear our presentation, and as you read through our new brochure.

We ask that you take a few minutes to consider what the safety and care of this community mean to you and how you might want to support its health and vibrancy into the future. Thank you for being part of the Heron's Key community.



LIFE ENRICHMENT IN PENROSE HARBOR



EMBRACING THE PAST

Penrose Harbor will be a blast from the past throughout June as we look back at the 1950s. We're featuring events that cool cats are sure to dig, including classic trivia, music that was the living end, and popular games. To top it off, Fridays will be '50s Fashion Day. We'll finish the month with an old-fashioned sock hop and dinner experience complete with hamburgers and milkshakes.

CAR SHOW WITH CLASSIC FAVORITES

Wednesday, June 23

In honor of Alzheimer's & Brain Awareness Month, Penrose Harbor is hosting an afternoon car show with vehicles from a local automotive club. Refreshments will be provided. Any donations given during this event will benefit the Alzheimer's Association.



FACE COVERINGS IN PENROSE HARBOR

Thanks to the latest guidance issued by the Washington State Department of Health and the Centers for Disease Control and Prevention, vaccinated residents may choose to remove their masks at their discretion. To promote the health of the community, staff members will continue to wear face coverings.



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

Services

- ◆ Haircuts and Styling for Men & Women
- ◆ Coloring & Highlights
- ◆ Perms
- ◆ Nail Care, Manicures, Pedicures
- ◆ Massage with Franetta (253.230.1138)

LIFE ENRICHMENT IN PENROSE HARBOR

TEA PARTIES & BUTTERFLIES BRING JOY AND SMILES

In May, volunteers treated Penrose Harbor residents like royalty during the Mother's Day tea party they organized. Everyone loved the frilly fascinators, fancy teacups, and springtime tablescapes. Later in the month, we released Painted Lady butterflies into the wild during a highly anticipated event. Residents and staff named each butterfly, and we enjoyed watching their transformation in mesh enclosures.



INTEREST GROUPS

Need Tech Help?

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



WEEKLY UPDATES FROM EXECUTIVE DIRECTOR AMY WEBB

New updates:
Wednesdays by 5pm

Call
at any time for the
message of the week.

OFF-CAMPUS EVENT



Image: Wikipedia

Klondike Gold Rush Museum & Lunch at Moonlight Café

Friday, June 18 (9am to 2:30pm)

Sponsored by Performing Arts

The Klondike Gold Rush National Historical Park in Seattle is an urban park located in the city's original downtown Pioneer Square Preservation District. The park is entirely located within the historic Cadillac Hotel. This operates as a visitor center, museum, and ranger activity area. Through the visitor center, you can learn the story of the Klondike Gold Rush and its role in Seattle's history, discover other Seattle-area parks, see the park film, and join a summer ranger program. After visiting the museum, we'll have lunch at Moonlight Café.

Register for this trip on the Resident Portal by Wednesday, June 9 at 3pm.

ON-CAMPUS EVENT



Game Day

Sunday, June 27, from 3-5pm (M)

Sponsored by the Activities Standing Committee

Game Day celebrates neighbors who come to the table in contest or cooperation. It's a time when friends are tasked with war, and strangers create bonds as they work to survive through their next turns. Game Day is a time to play, find a new passion, or connect with those with common interests. Come with a winning spirit and sportsmanship as you play classic games or learn new ones.

FRIDAY MOVIES 7pm in the Maritime

June 4: *Chicago* (PG-13 for sexual content and dialogue, violence, and thematic elements; 2002)

Roxie hungers for stardom but ends up in the slammer, where superstar Velma is doing time for shooting her cheating husband. When Velma's lawyer makes Roxie a tabloid sensation, he sets up a musical catfight between the all-too-willing rivals.

June 11: *Forrest Gump* (PG-13 for drug content, some sensuality, and war violence; 1994)

Forrest Gump, a simple-minded man, finds himself in the middle of nearly every major event of the 1960s and '70s. Along the way, he makes friends, changes lives, and yearns for his childhood sweetheart, Jenny.

June 18: Movie Appreciation Night: *The Scarlet and The Black* (Not Rated; 1983)

Sponsored by Movie Appreciation

This riveting drama is based on the true-life story of Vatican priest Monsignor Hugh O'Flaherty, who helped allied P.O.W.s escape from Nazi-occupied Rome. O'Flaherty challenged Nazi officers and his Vatican superiors to save the lives of Jews during World War II. With German soldiers controlling Rome, O'Flaherty made a determined effort to hide and shuttle to safety as many Jews from the city as possible.

June 25: *Silver Linings Playbook* (R for language and some sexual content/nudity; 2012)

After a stint in a psychiatric hospital, Pat, who has bipolar disorder, has no choice but to move back in with his football-obsessed parents. While he tries in vain to reconcile with his wife, Pat meets a woman who's as unstable as he is—and she changes his life.



GIG HARBOR TROLLEY

RIDE THE GIG HARBOR TROLLEY

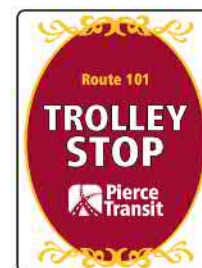
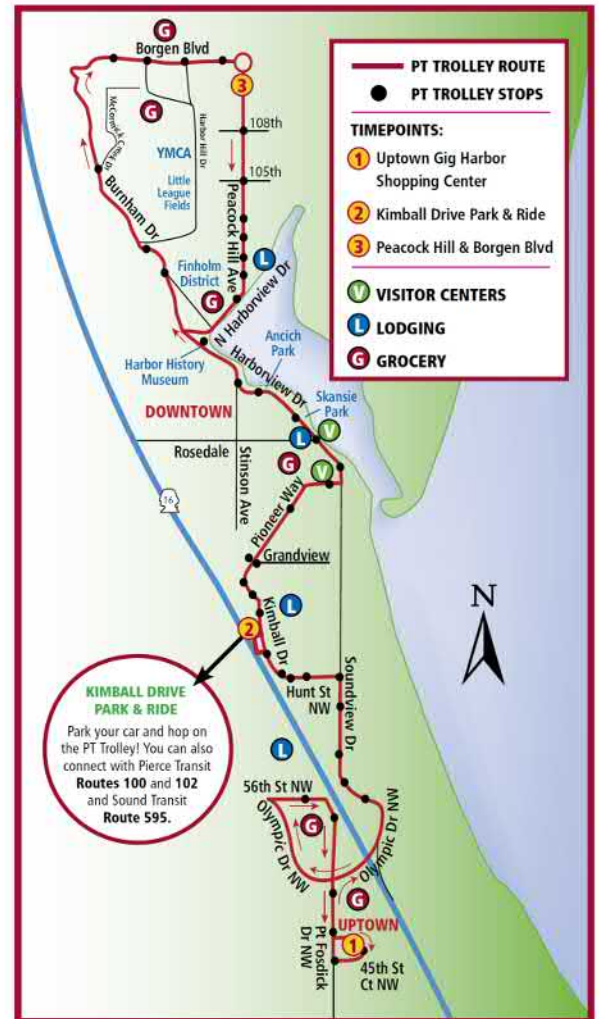
Pierce Transit offers a convenient trolley service throughout Gig Harbor, including Borgen Blvd., Kimball Drive, Peacock Hill, Uptown, and Downtown (see map on right). This is a great, low-cost way to enjoy events around town without worrying about traffic or parking. The trolley runs every 30 minutes, and drivers are happy to help you find a stop near your destination.

Riding the trolley is simple:

1. Get on the trolley and insert exact cash into the farebox:
 - **50¢:** One-way pass
 - **\$1:** All-day pass
 - **Free*** if you have a valid Regional Reduced Fare ORCA card: Simply tap your card on the card reader near the farebox
2. If you are not sure what stop is best for your destination, ask your driver. (They may announce your stop upon request.)
3. Take a seat and enjoy the ride.
4. When your stop is announced on the electronic reader at the front of the bus, pull the cord to trigger the bus stop request. (You do not need to pull the cord if your driver agreed to announce your stop.)

In 2021, the trolley runs through September 2. Schedules with estimated stop times are available online at [PierceTransit.org/route-101-GH-trolley/](https://www.piercetransit.org/route-101-GH-trolley/).

**Only the trolley is free with a Regional Reduced Fare ORCA card. The reduced fare for the Route 100 bus is \$1.*



Trolley Stops Near Heron's Key

- Borgen Blvd. and Athena Ave. (Near Cottages)
- Borgen Blvd. and Shaw Park (Near Building A)



LIFELONG LEARNING

Exploring Our Sense of Smell and Fragrance with Reitha Weeks, Ph.D.

Tuesday, June 8 and Thursday, June 10 at 1pm (M)

Come explore your amazing sense of smell. Smells are an under-appreciated part of our daily lives, whether they are from nature or the products we buy. Smells create memories and moods and are important in health and disease. In these interactive classes, we will investigate the biology that makes smell possible, the chemistry behind fragrances and essential oils, and the regulations and labeling of fragrances in the products we buy.



In the first class, we will investigate the molecular path from nose to brain to memories, discuss odor molecules and their receptors, and compare smell abilities between humans and other animals.

In the second class, we will discuss the components and uses of essential oils, investigate product labels and regulations, and evaluate aromatherapy claims. You will leave with a greater appreciation of your sense of smell.

Dr. Weeks received a BS from Oregon State University and a Ph.D. in genetics from the University of Washington. Her interest in the sense of smell comes from the intersection of biology and chemistry and its under-appreciated influence in our daily lives. She worked for 13 years in the biotech industry at multiple large and small drug development companies in Seattle. Her career took her from bench scientist to company director. Currently, she is the Program Coordinator for Shoreline Community College's biotech summer camps for high school students. She also teaches classes at Edmonds Community College's Creative Retirement Institute.

Registration on the Resident Portal is required for both events. Those registered for the June 8 event are automatically registered for the June 10 event. **Please register by Monday, June 7 at 3pm.**

Stories Matter with Dr. John "Push" Gaines

Tuesday, June 22 at 1pm (Zoom ID removed for privacy)

This presentation was created and crafted to help and teach people the importance of relationships and how they help bridge the gap between different cultures and groups of people. This speech was originally written for the annual Tacoma MLK event, so the tone will be similar.



Dr. John "Push" Gaines is a former at-risk kid turned mentorship advocate. His message is all about pushing through adversity and defying the odds. John's childhood was one of extreme adversity. Growing up surrounded by drugs and violence, and facing personal struggles, he had every reason to give up, but he pushed through. Now, as a professional speaker and author, he is driven to give hope to others because his own story grew from hopelessness. John earned the nickname "Push" because he believes in the power of perseverance and teaches others to *keep pushing* through life's obstacles to become the best version of themselves.

John has proudly appeared as a guest speaker at universities, corporations, nonprofit events, NBA skill camps, school assemblies, and youth camps across the country. As a graduate of East Central University, where he was named Outstanding Student in Business and won a football championship as captain of the football team, he is the picture of success. With a master's degree in Business Leadership and a Doctorate in Business Administration, he demonstrates great dedication and personal achievement.



A FREE PUBLIC TALK WITH COMMUNITY ACTIVIST CLARENCE MORIWAKI

Let It Not Happen Again: Lessons of the Japanese American Exclusion

Thursday, June 17 at 1pm
(Zoom ID removed for privacy)

In March of 1942, 227 Japanese Americans were forcibly removed from their homes on Bainbridge Island by the US Army. Starting with this small community, a national strategy began, with more than 120,000 Japanese American men, women, and children forcibly removed and incarcerated during World War II.

Clarence Moriwaki shares the story of Bainbridge Island—the origin point of the Japanese American exclusion—to provide a human, historical account of this national tragedy and to ask the question: Are there parallels to what's happening in America now? Moriwaki uses historical images, including historical and current propaganda, to explore the fear, racism, and failure of political leadership that led to these unconstitutional actions during World War II, and why we must not let it happen again.



Image: Paul Dunn

Moriwaki is the president of the Bainbridge Island Japanese American Community and a founder and former president of the Bainbridge Island Japanese American Exclusion Memorial Association. He has written guest editorials on the subject that have been published nationwide. Moriwaki has served as a spokesperson for administrations, including the Clinton Administration, the Office of the Governor, and Congressman Jay Inslee.

Moriwaki lives on Bainbridge Island.

RESIDENT-LED PROGRAMS

Who Am I?: A Tri-Service Trifecta

Wednesday, June 2 at 2pm (Zoom ID removed for privacy)

Al Standish will introduce Army, Navy, and Air Force veterans or spouses to regale you with tales of adventures in the military services. Stephen Sledge takes us through an Army communications school curriculum at Fort Devens, MA, followed by an intelligence-gathering assignment based in Japan. Jeannie Grisham married a Navy dentist and began a "nomadic way of life" through eleven moves around the states, including four years at the Naval Academy and overseas duty in Japan and Italy. Don Conner features "Fun and Games in Air Force Blue," including aviation fuel management assignments at nearby McChord AFB, now part of JBLM, as well as Taiwan and Davis Monthan AFB in Tucson, AZ.



Heron's Key Nature Hour

Wednesday, June 9 at 2pm

(Zoom ID removed for privacy)

Join Andy Mauro and friends for the June edition of the Heron's Key Nature Hour. We'll explore early summer, a time of year when Nature's parents are actively engaged in various stages of child-rearing. We'll also take a look at a typical day at the nursery, discuss the ins and outs associated with mealtime, and follow some young tykes as they venture out for their first few days of school. This will be a slightly expanded version of the Nature Hour, with the last half hour reserved for follow-up questions and a little audience participation. *Co-sponsored by Nature & Ecology.*

Reading Aloud with Gee Heckscher & Friends

Friday, June 11 and 25 at 11am

(Zoom ID removed for privacy)

Lucky are we who remember being read to. Through Lifelong Learning's "Reading Aloud," we abandon the current trend of *seeing* a story. Here, Gee Heckscher and friends will bring the magic of hearing the voice of one holding a book, tackling tone, using thumb and index finger to turn pages that line by line carry listeners through humor, suspense, sorrow, surprise, or joy. Whether by poems, prose, pulp, or Pulitzer-Prize material, we are in for a treat with this spin-off from Gee's summer segment in Wordplay. Mark your calendars for this twice-monthly program on the 2nd and 4th Friday of the month. Want to volunteer as a reader or suggest material to be read? Please contact Gee.

Ron Magid Presents: Match Wits with Will Shortz (Again)!

Wednesday, June 23 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.

LIFELONG LEARNING



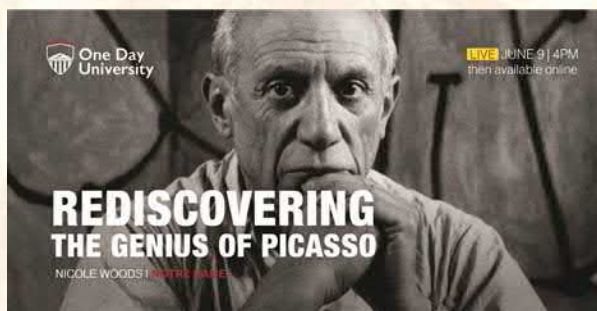
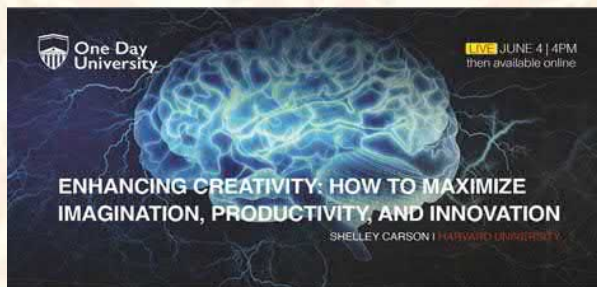
ONE DAY UNIVERSITY STARTS JUNE 1

One Day University live-streams lectures and gives you access to hundreds of archived ones from the ODU video library at no cost to you.

The platform brings together the greatest professors from the world's top schools to present special versions of their very best lectures—live online! Its virtual events feature professors from more than 100 top-tier colleges lecturing on a diverse array of topics every weekday.

Monday through Friday at 1pm, get access to a live online lecture. Beginning in July, Lifelong Learning will periodically schedule these with a group audience, live in the Maritime Room.

You can also view any lecture on your computer or tablet using the access code you will receive. Lifelong Learning is working with the new Heron's Key TV team to have some ODU content on the in-house TV when the service becomes available.



New Live Talks Daily

Access to Video Library

Small Group Discussions

SAVE THE DATE IN JULY

- July 7 at 2pm: Who Am I? The Benevolent Brew Crew
- July 8 at 1pm: David Smith on the Philosophy of Religion: An eight-lecture short course begins via Zoom; registration fee \$40
- July 9 and July 23 at 11am: Reading Aloud with Gee Heckscher & Friends
- July 16 at 9am: Andy Mauro's 90-Minute Nature Walk



WELLNESS: OUTDOOR FUN MONTH

SCAVENGER HUNT



Downtown Gig Harbor Scavenger Hunt

June 7– 21

Sponsored by Resident Services

The Scavenger Hunt is back! This time we are taking you off-campus and into the sunny harbor. Grab a friend to carpool with and see if you can find all the clues in businesses along Harborview Drive and a couple of nearby areas in the neighborhood that lead to a prize at the end. You will find the first clue in the Clubhouse Lobby on Monday, June 7. (Hint: A smartphone might help you with clues that might seem more difficult.)

Rock Painting

Thursday, June 17 from 10am to 12pm (Creative Arts Studio Patio)

Sponsored by Resident Services & the Visual Arts Group



If you've paid attention as you're out and about, you may have noticed a painted rock or two around Gig Harbor and even on our HK campus. The individuals who painted and hid the rocks are often community members of all ages who want to share their talents or members of the Gig Harbor Rocks initiative who want to spread some joy in the community.

Join your neighbors on the Creative Arts Studio Patio to paint some rocks of your own. Once they're dry, keep your creations to admire your work or hide them around campus or anywhere in the Harbor. All talents and skill levels are welcome, and we will supply the materials you need. If you are on Facebook and would like some local inspiration, check out the "Gig Harbor Rocks!" public group.



WELLNESS: OUTDOOR FUN MONTH

SIGN UP FOR A HIKE WITH YOUR NEIGHBORS
Sponsored by Fitness



Nisqually Estuary and Boardwalk Hike

Wednesday, June 2 (1pm – 4pm)

This trail is a gorgeous and easy walk on either gravel or a paved path in Olympia. As there is no designated route, we will establish a time to return to the bus before we begin exploring. Walking with a buddy is highly encouraged as the group will be spread out. This trail is mostly flat (all less than 5% grade), typically at least five feet wide, and mostly paved (sections of boardwalk and gravel) with minimal grade. Boards may be slippery after rainfall or when wet. If it's a sunny day, sunscreen is advised.

- Driving duration to trail: 40 mins
- Trail distance: Varies on the path you choose to explore
- Bathrooms: Yes
- Footwear: Tennis shoes
- Extras to bring: Sunscreen and water

Register for this event on the Resident Portal by Tuesday, June 1 at 3pm.

Foothills Trail Hike

Monday, June 14 (10am – 2pm)

Foothills Trail is a point-to-point trail located near Orting that follows the Carbon River. The trail offers a number of activity options and is accessible year-round. The trail surface is paved and typically at least six feet wide. The estimated elevation grade is minimal to none. There are areas of no shade, so sunscreen is advised. Bring a sack lunch if you wish to eat on the trail.

- Food: Bring a sack lunch
- Driving duration to trail: 50 mins
- Trail distance: No designated distance
- Bathrooms: No
- Footwear: Tennis shoes
- Extras to bring: Sunscreen and water

Register for this event on the Resident Portal by Friday, June 11 at 3pm.



WELLNESS: OUTDOOR FUN MONTH

Ruston Way Trail Hike (Dune Peninsula Park) and Lunch at Katie Downs Waterfront Tavern

Monday, June 21 (10am – 1pm)

This is a paved trail that runs along the northern shoreline of Tacoma and has an elevation gain of 39 feet. Walk along the waterfront and enjoy views of Puget Sound or even Mt. Rainier on a clear day. This is a point-to-point walk starting at the Dune Peninsula in Point Defiance Park and finishing at Katie Downs Waterfront Tavern, where we'll eat lunch before returning to Heron's Key.

- Food: Katie Downs Waterfront Tavern (11:30am)
- Driving duration to trail: 25 mins
- Trail distance: 2.3 miles one way
- Bathrooms: Yes
- Footwear: Tennis shoes
- Extras to bring: Sunscreen, money for lunch, and water

Register for this event on the Resident Portal by Friday, June 18 at 3pm.

Staircase Rapids Loop Hike

Monday, June 28 (10:30am – 4:30pm)

Staircase Rapids Loop is a 2.1 mile heavily trafficked loop trail located near Lilliwaup that features an old-growth forest, amazing views of North Fork Skokomish River, and even a bridge crossing. The trail is primarily used for hiking, walking, running, and bird watching, and is accessible year-round. There is a mix of gravel, dirt, and uneven terrain on this trail. Hiking shoes and walking sticks are recommended. Bring a sack lunch if you wish to eat on the trail.

- Food: Bring a sack lunch
- Driving duration to trail: 1 hr, 40 mins
- Trail distance: 2.1 miles roundtrip (optional out-and-back trail available as well)
- Bathrooms: Yes
- Footwear: Hiking shoes
- Extras to bring: Walking sticks, sunscreen, and water

Register for this event on the Resident Portal by Friday, June 25 at 3pm.



JOIN US FOR BOCCE BALL

**Tuesdays and Thursdays in June at 2:30pm
(Meet in the Clubhouse Lobby)**

First Meeting: Thursday, June 3

Starting in June, Bill Backlund is heading up a bocce ball class with the attendance of our fitness specialists. All participants are welcome, whether you have never played or are an avid player. The participants will meet in the Clubhouse Lobby at 2:30pm on Tuesdays and Thursdays before heading to the outdoor bocce ball courts located on Olympus Drive. Bring sunscreen and water on sunny days.



OUTDOOR GAMES AVAILABLE TO CHECK-OUT

With consistently better weather on the horizon, we are still offering outdoor recreational equipment that's available to check out. You'll find them in the Conditioning Zone. Reach out to a fitness specialist to obtain one of the games. There are five options: croquet, lawn darts, badminton, cornhole, and ladder toss. Please wipe down the equipment you used when returning it.

CHANGES TO FITNESS PROGRAMMING

- The Conditioning Zone is open for drop-in workouts for up to 11 individuals at a time. Sign-ups are no longer required.
- According to CDC guidelines released on May 13, 2021, non-vaccinated individuals must wear a mask while working out, participating in a fitness class, or during personal training sessions. Individuals who are vaccinated may wear a mask if they desire. Fitness specialists will continue to wear a mask at all times.
- In June, we will continue in-person and Zoom options for fitness classes.
- At the end of Phase 3, we will discontinue streaming fitness classes over Zoom. All fitness classes will be in person.
- Upon the installation of the HK TV channel, some classes may be watched on TV from your home.



NURTURING THE SOUL

A REPORT FROM THE SPIRITUAL WELLNESS FOCUS GROUP

The Spiritual Wellness Focus Group is a group of 8-12 residents from a variety of spiritual backgrounds who have gathered bi-weekly over the last three months to explore how we can provide meaningful, engaging, and purposeful support to the spiritual lives of our diverse resident community.

Some changes that have already been put into action:

- Reconnecting with already existing residents groups, as well as partnering with new groups.
- Initiating and providing the new Circle of Remembrance initiative to honor fellow residents who have passed away.
- Offering an event called “Loss and Light” to acknowledge the losses we’ve experienced during the pandemic. (Watch for this in July.)
- Informing new residents of spiritual wellness opportunities.
- Discussing and promoting awareness around crisis support.
- Promoting the Emergency Friend “Buddy” Tree program.
- Providing Reflective Walks around campus.

The focus group offered many great ideas that we would love some help in bringing to fruition. We invite you to let us know if you have an interest in supporting us in making any of these initiatives a reality on campus:

- Developing a spiritual resource library
- Creating indoor and outdoor reflective spaces on campus, including but not limited to: labyrinth, gazebo, bench, indoor meditation or prayer space
- Providing religious services for a variety of faith traditions (represented based upon expressed interest)
- Creating “Moments of Inspiration” for the future HK TV channel
- Creating community connections: retreats, developing a resource list, etc.
- Exploring spiritual wellness individually and communally through discussion, study, or activity groups
- Starting a book club with a spiritual focus
- Initiating an idea you’ve been pondering

The opportunities and development of the Spiritual Wellness program are based on your interests, desires, and hopes, and it relies heavily on your participation. We look forward to joining you in these endeavors. If you are interested in helping or contributing or have any questions, please email Suzi, Spiritual Wellness Coordinator .

Cancer Support Group

Our Heron’s Key Cancer Support Group for residents has been meeting regularly since early March. We are a diverse group of men, women, survivors, and a few currently on the journey. We listen to one another and share experiences and information. There is no judgment or medical advice, only support as we share concerns and celebrate progress. If you would like to join this healing environment, we will be meeting Tuesday afternoons, **June 8 and 22, 3-4pm in the Maritime Room**. For more information or if you have any questions, please feel welcome to call resident Lois Wilson.

NURTURING THE SOUL

WORKSHOP

Defining Your Role as a Caregiver or Support Partner with Guest Marika Humphreys

Thursday, June 24 from 10am to 12pm (M)

Sponsored by Resident Services

Are you caring for a loved one or partner? Being a caregiver or support partner is difficult, and we don't often take the time to really decide who or how we want to be during this time. In this 90-minute workshop, you will go through the process of defining this important role *for yourself*. Having a role that YOU create will help keep you centered and calm so you can take care of yourself *and* be there for the ones who need you most.



Marika Humphreys is a life coach for people who have a partner with cancer. Prior to this career, she worked as an intelligence professional for the US military. When her late husband was diagnosed with cancer, she was his caregiver for five years as he battled the disease. Through coaching, she discovered her own strength and resiliency and now helps her clients do the same.

Grief & Loss Support Group

Would you like to journey with others who may identify with your experiences of grief and loss? The Grief & Loss Support Group will meet on **June 8 & June 22 at 11am in the Anchor Room.**

We hope you join us in providing space for each other to share our stories and come together for support and encouragement. If you have any questions, please contact Suzi Entwistle, Spiritual Wellness Coordinator, at 253.313.0733.



SOUND OPTIONS®
A VILLAGEPLAN COMPANY

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

UPCOMING EVENTS



Quarterly Financial Update with Amy Webb and CFO Matt McArthur

Thursday, June 3 at 10am (Zoom ID removed for privacy)

Join us for our first quarterly financial presentation with Executive Director Amy Webb and CFO Matt McArthur.



Virginia Mason Franciscan Health Update with Mary Ragsdale and Sunny Lay

Thursday, June 3 at 3pm (Zoom ID removed for privacy)

Mary Ragsdale, Vice President of Operations and Chief Operating Officer, and Sunny Lay, Director of Nursing Operations and Safety Officer, from St. Anthony Hospital, will be meeting with the Heron's Key residents via Zoom. Both are interested in hearing what questions you may have. Mary will also be providing an update on the new partnership between CHI Franciscan and Virginia Mason.

Transitions Seminar: Moving to Penrose Harbor

Wednesday, June 23 at 1pm (M)

** This seminar features new information. **



We repeat this seminar several times a year so residents are fully aware of how the HK CARE team supports current and future transitions between Independent Living and Penrose Harbor. If you've attended this seminar in the past, we encourage you to consider participating in this one as well as we will present new information. **We highly encourage new residents to attend this event.**

One of the many benefits of living in a Type A Life Care Community is the ease in which Independent Living residents can transition to Assisted Living, Skilled Nursing, or Memory Care as their health care needs change.

- A move to Skilled Nursing provides residents with short- or long-term nursing care for ongoing health conditions or disability, chronic or severe pain, a chronic medical condition, or dementia.
- When ongoing help is needed for Activities of Daily Living (ADLs)—taking medicines, bathing, dressing, meals, transportation, and housekeeping—Assisted Living can provide support while helping preserve an individual's independence.

UPCOMING EVENTS

Documenting Your End-of-Life Preferences with Attorney Bryana Cross-Bean

Wednesday, June 30 at 2pm (M)

Many individuals go to great lengths to plan their careers, housing, retirement funds, and vacations. However, many postpone the important task of planning for the end of their lives. It is understandable—very few of us feel comfortable with such a difficult topic, and we tend to postpone decisions that cause angst, uncertainty, or fear.

Attorney Bryana Cross-Bean returns for a presentation that will give you a safe space to take on some of life's hardest decisions. We hope it encourages you to talk freely within a supportive environment as you consider how to best communicate your end-of-life wishes. As many of us have witnessed, avoiding this process only means someone else has to make the hard decisions for us. Unfortunately, this also means they will be faced with innumerable challenges and overwhelming tasks in the midst of experiencing grief and loss. It doesn't have to be that way.

During this presentation, you will also:

- Review the differences between a durable power of attorney and a living will
- Receive tips for making things simpler for your loved ones
- Hear a brief summary of probate in Washington
- Learn the cascading, unintended effects of leaving important tasks undone
- Get information on the typical tasks assigned to an executor
- Learn the process of petitioning for probate
- Find out the intricacies of handling someone's estate
- Discover the importance of communicating *in writing* your wishes for life-sustaining treatment and burial or cremation preferences

Even if you've prepared official documents, we encourage you to participate in this event to expand your knowledge and share your insights.

SAVE THE DATE: UPCOMING CONCERTS



July 22

Outdoor Country Concert
with the Olson Bros Band



September 23

Living Room Concert with
Greta Matassa



November 12

Living Room Concert with
Dmitri Matheny

ON-CAMPUS PROVIDERS

HEALTH SERVICE CLINIC PROVIDERS

The providers listed below are accepting on-campus appointments in the Health Services Clinic on the ground floor. Please reach out to the providers directly to schedule an appointment.

Sound Clinical Medicine

Dr. Wingren:

Tuesdays: 2-5pm

PA-C Julia Cathcart-Chang:

Tuesday, June 15: 8am-1pm

253.857.6166

Dr. Nellermoe, Podiatrist

253.627.4181

Sound Dental Care

Mobile Dental Hygienist

206.745.3808

Harbor Audiology & Hearing Services

253.851.3932

Penrose Harbor on June 16 (9-11am)

Alan Anderson, D.P.D., Denturist

253.588.2721

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 June 2, 16, or 30 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.

On-Site Counseling Available at Heron's Key

As we look ahead, 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 to three Wednesdays per month (June 2, 16, and 30) 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.



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Find the latest menus on the Resident Portal.

LIVE CHEF'S DEMO: ORA KING SALMON

Wednesday, June 9 at 1pm (Spinnakers)

During this limited in-person demonstration, Chef Jason will show you how to break down the restaurant's special ora king salmon and cook it just right. The cost for this event is \$8 and includes the demonstration and a composed plate. **If you'd like to attend this event, visit the host stand or call 253.313.0797.**

THE SUMMER COOKOUT SERIES RETURNS

Begins Sunday, June 20, from 11am to 3pm (Maritime Room & Clubhouse Patio*)

The Summer Cookout Series launches on Father's Day to celebrate fathers and father figures with a special Father's Day cookout menu. You will find the menu in the near future at the host stand or on the Resident Portal (click on "Holiday Menu"). Because of the limited seating, **we highly encourage you to make a reservation by visiting the host stand or calling 253.313.0797.**

Summer cookouts will take place every other Sunday throughout the season. The series features Chef-created cookout menus that will be available at the host stand or on the Resident Portal (click on "Special Events").

(Note: Syren's Grille will be closed on these days.)

THE COMMUNITY TABLE IS BACK

The Community Table is open to all residents looking to join others for dinner. This is a great way to meet and get to know your neighbors. While we encourage reservations, this table is available to anyone who wants drop in.

CATERED EVENTS & GUESTS

The Dining team hopes to resume in-person catered special events for residents and outside guests in July 2021, depending on the current Pierce County Safe Start guidelines. Thank you for your patience and understanding.

* Weather permitting