

January 2022

# Heron's Flight

Taking Community News to New Heights

## **Kwabi Amoah- Forson**

*A man on a mission  
to promote peace at  
home and abroad*



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Help us celebrate National Baking Month.



# CONCIERGE NEWS

## CONCIERGE / SECURITY 253.313.0700

Billing: 253.313.0703

Housekeeping: 253.313.0795

Facilities: 253.313.0798

## PENROSE HARBOR FRONT DESK: 253.313.0800

Resident Services: 253.313.0793

Restaurant: 253.313.0797

Spiritual Care: 253.313.0733

Transportation: 253.313.0792

Fitness: 253.313.0781

Consonus (Therapy): 253.313.0749



### PET OWNERS, WATCH YOUR CUBBY

Concierge staff is in the process of updating pet-related information for our records. If we need updated information about your animal companion, you will receive paperwork in your cubby at the beginning of January. Please fill it out and return it to the Concierge Desk.

### REMINDER: PLEASE WEAR YOUR NAME TAG

There are several new residents and staff members at Heron's Key and Penrose Harbor. Please help them get acquainted with you by wearing your name tag to events and in common areas.



HERON'S KEY RESIDENT

### WHAT'S ON HKTV?



The HKTV schedule and printable schedule are available on the Resident Portal at <https://residents.heronkey.org/hktv/>. A handful of paper schedules are also available in the mailroom's brochure racks. At the beginning of each month, we'll send you a copy of the printable schedule with KeyNotes to provide you with another way of knowing what's happening on HKTV.

We appreciate your patience as the HKTV teams continue to learn the intricacies of TV-related hardware and software and continue testing the system.

Reminder: The HKTV Tech Group wants to know how well channel 370 works on your TV. Please fill out the short survey you received in your cubby and submit it to the Concierge Desk by January 7.

### 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)

*The salon stylists are not employees of Heron's Key,  
therefore gratuities for services are appreciated.*

# RESIDENT COUNCIL CONNECTION

## A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

We are in a new year after a year that was stressful but interesting. In the tradition of the old Chinese curse, “May you live in interesting times.”

In the new year, the Resident Council will have continued strong leadership from Mary Kazlusky, President, and John Neiswender, Treasurer. And, joining the officers are Gee Heckscher, President-Elect, and Pat Curtis, Secretary. Standing Committee Chairs are:

- Don Conner, Communications
- Jim Richards, Buildings and Grounds
- Gary Stotler, Health and Wellness
- Barb Walton, Resident Activities
- Oscar Roberto will replace Kay Standish on the Food Service Committee
- Cindy Thayer will replace Sue Engen on the Fund Development Committee

We wish everyone the best and thank those of you who are departing.

—Roger Williams, 2021 Resident Council Secretary



## Resident Council Meeting

Thursday, January 13 at  
10am via Zoom & HKTV 370

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

## 2022 RESIDENT COUNCIL MEETINGS

January	March	April	June
13	10	14	9
July	September	October	December
14	8	13	8

## 2022 RESIDENTS' ASSOCIATION MEETINGS

February	May	August	November
10	12	11	10



# PREPAREDNESS REVIEW

## NEED SUPPORT TO GET ORGANIZED?

This month, we encourage you to take stock of your important documentation and make a plan for checking these off your list. When you complete these tasks, you'll have peace of mind knowing your choices will be honored and someone can act on your behalf.

### *Fill Your Freezer Pouch with Important Documents*



- A recent list of medications
- Health history (including allergies)
- Advanced directives (preferred)
- POLST form (optional)
- Emergency contacts

Freezer pouches are available at the Concierge Desk. Local first responders are trained to look in your freezer for this package of critical documents in an emergency situation.

### *Complete and Submit Your “Emergency Friend (Buddy) Tree” Form*

This provides HK staff with permission to contact your closest friends in the event of an emergency. “Friend Tree” forms are available at the Concierge Desk.

### *Make a Plan Your Family & Friends Will Honor*

Many individuals go to great lengths to plan their careers, housing, retirement funds, and vacations. And yet, some of us still postpone the important task of planning for the end of our 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. **Remember: Whatever you don't choose yourself, someone else will choose for you.** Here are some considerations:

- Do you have a completed Power of Attorney (POA) for both health and financial decisions?
- Have you completed your will or updated it since your last move?
- Does your family know you completed these documents and know their location?
- If an attorney helped you complete your POA documents and will, does your family have the attorney's contact information?

If you'd like guidance in completing these tasks or getting organized, please reach out to Sarah Whitmarsh, Director of Resident Services, at 253.313.0716.

## 2022 WELLNESS THEMES

### January

Connect & Create

### February

Heart Health &  
Nutrition

### March

Community  
Engagement

### April

Laughter

### May

Vision & Hearing

### June—August

Community Exploration

### September

Fall Prevention

### October

Personal Preparedness

### November

Gratitude

### December

Celebrate

## HOLIDAYS IN PENROSE HARBOR Mr. & Mrs. Clause Pay a Visit

Amy Webb  
Executive Director

Karen Rose  
Health Services Administrator

Edie Morrison  
Director of Nursing

Gayle Robinson  
Penrose Resident Care Manager

Sandi Semler  
Social Services Coordinator

Shauna Estep  
Admissions Coordinator

Paul Velasquez  
Rehab Therapy Director

Sarah Whitmarsh  
Director, Resident Services

Theresa Broxton  
Manager, Life Enrichment

Dave Charbonneau  
Director, Facilities

George Smith  
Manager, Environmental Services

Stacy Edwards  
Director, Sales & Marketing

Matthew LeCours  
Director, Food & Beverage

Kristina Christenson  
General Manager of Dining







**Penrose Holiday Choir**



**White Elephant Bingo**





# INTEREST GROUPS

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## ON-CAMPUS EVENTS

### New: Quilt Club

Thursday, January 13 at 2pm (A)  
QUILTERS!

There is a new group for those interested in quilting. We will meet on January 13 at 2pm (recurring meeting on the second Thursday at 2pm every month) in the Anchor Room. If you are just beginning or if you have quilted for years, please join us for our first meeting. Bring ideas, something you are working on, or a quilt you recently finished. We will discuss a group name and admire each other's handiwork.



The purpose of the Quilt Club is to foster the art of quilting, encourage a high standard of design and technique in all its various forms, and stimulate an interest in these goals within Heron's Key. We will meet once a month to discuss quilts and quilting issues. There will not be machine sewing at these meetings.

### Fleece Day

*Sponsored by the Volunteer Committee*

Wednesday, January 26 from 1-3pm (M)

The Volunteer Committee is bringing back Fleece Day! We will spend the afternoon making fleece hats and scarves for individuals experiencing homelessness and receiving services from the Tacoma Rescue Mission. These items have been greatly appreciated in the past. Please bring scissors and pins. If you are going to bring a sewing machine, please call Anne DeLaney so we know how many electrical outlets we need. Come and have fun helping others.

### Useful Items to Keep in Your Car This Winter

During the winter, it's a good idea to have more than a your keys and a full tank of gas. Enhance your winter preparedness by keeping the following in your car:

- Ice scraper
- Flashlight
- Small empty gas can
- Gloves
- Jumper cables
- Air compressor
- Blanket
- Small toolkit
- Sand or kitty litter
- Emergency flares or reflectors
- Cell phone charger
- Spare tire
- First aid kit
- Water and snacks

## OFF-CAMPUS EVENT

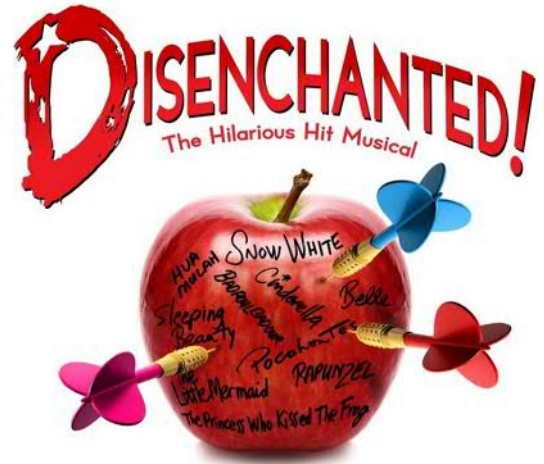
### Tacoma Musical Playhouse's *Disenchanted!*

Friday, January 28 at 6:30pm

*Sponsored by Performing Arts*

Poisoned apples, glass slippers—who needs 'em?!

... Not Snow White and her posse of disenchanted princesses in the hilarious hit musical that's anything but Grimm. The original storybook heroines are none-too-happy with the way they've been portrayed in today's pop culture, so they've tossed their tiaras and have come to life to set the record straight. Forget the princesses you think you know. These royal renegades are here to comically belt out the truth in a show that has received an "Outstanding Off-Broadway Musical" nomination (Outer Critics Circle Awards) and "Best New Off-Broadway Musical" nomination (Off Broadway Alliance). This play contains adult language and content. **Register for this event on the Resident Portal by Thursday, January 6 at 3pm.**



To learn about Tacoma Musical Playhouse's COVID-19-related precautions, please see this event's description in the Resident Portal. In addition to masks, proof of vaccination and photo ID are required. For assistance with registering for this event, please call or visit the Concierge Desk.

## APPETIZERS FOR SIX HAS A NEW NAME

Appetizers for Six has been renamed to "Gatherings." Watch for sign-up dates in January. The next session will begin in February.



## Shopping Trips in January, Departing at 10am

**Now on Mondays and Fridays**

*Shopping trips are free of charge. Reserve your spot by signing up for a trip on the Resident Portal.*

3—Gig Harbor Fred Meyer & Metropolitan Market  
7—Trader Joe's in Silverdale  
10—Gig Harbor Fred Meyer & Metropolitan Market  
14—Trader Joe's in Silverdale  
17—Gig Harbor Fred Meyer & Metropolitan Market

21—Trader Joe's in Silverdale  
24—Gig Harbor Fred Meyer & Metropolitan Market  
28—Trader Joe's in Silverdale  
31—Gig Harbor Fred Meyer & Metropolitan Market



# NURTURING THE SOUL

## CREATIVITY AS SPIRITUAL PRACTICE

Suzi Entwistle, Spiritual Wellness Coordinator

Sometimes when we think of spiritual activities, we think of a service, ritual, prayer, or gathering. Yet, our spiritual practices can be so much broader than this. Creativity can be a deep and fulfilling experience in which we embody something beyond ourselves and allow it to move through us. There is a sense of letting go and allowing, which can give birth to new ways of seeing things.

*"To me, this type of contemplative awareness is what a spiritual practice is all about. It's a search for greater meaning in your life, it's a pause that asks you to think about the mystery of life, and it's a way to create space for stillness and for a different kind of human experience."*

– Murielle Marie

Have you ever had the experience of getting lost in an activity or leaving something feeling more fulfilled than when you started? Although I was never good at it, I felt this in a beginner pottery class. During a difficult time in my life, working the clay somehow transformed me by offering space in which my worries didn't have such a stronghold. I was able to find clarity and connect with my values. Plus, even though I came out with a barely recognizable soup bowl/ashtray/coin container, I felt lighter, laughed more, and was better able to face the day ahead. Do you ever find yourself entering into a different mental, emotional, or spiritual space when you are creating?

Creating is not just for traditional artists. Creating can have a variety of mediums. Yes, it can be through art, but it can also be through hospitality, decorating, designing a computer program, or planning an event. It can be creating an environment in which others (people, animals, plants) can learn, grow, or rest. Would you define creativity as a spiritual experience?

If creating seems out of reach for you, check out this six-step process from the Jewish Studio Project as a way to explore the connection between creativity and the divine: <https://www.myjewishlearning.com/article/creativity-as-spiritual-practice/>.

A special thanks to all of you who share your creative gifts with your Heron's Key community! I am constantly in awe of the richness and beauty this community offers one another.



**Suzi Entwistle**  
Spiritual Wellness  
Coordinator

Monday – Thursday  
8:30am-5:00pm

253.313.0733  
[SuzetteE@heronskey.org](mailto:SuzetteE@heronskey.org)

## SPOTLIGHT GROUP OF THE MONTH: CANCER SUPPORT GROUP

Our Heron's Key Cancer Support Group for residents has been meeting regularly since early March 2021. We are a diverse group of men, women, and survivors, with 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 your life has been touched by cancer and you would like to join this healing environment, we will be meeting Tuesday afternoons—**January 4 and 18**—from 3-4pm in the Creative Arts Studio. For more information or if you have any questions, please feel welcome to call resident Lois Wilson.



## FEATURED SPEAKER

### Kwabi Amoah-Forson, Founder of The Peace Bus, A Local Humanitarian Aid Organization

Tuesday, January 11 at 1pm (M and HKTV 370)

Kwabi will discuss his organization's many activities. Over the past several years, he has worked to promote peace on multiple levels within his hometown of Tacoma and nationwide. In spring 2017, Kwabi was inspired by peace campaigner Brian Haw of London and began campaigning for peace at Tacoma's Wright Park. He called it The Peace Camp, and it featured conversations with everyday people on topics of peace, interpersonal connectivity, conflict resolution, and the importance of diversity. Visits to other parts of the Northwest; California; Washington, DC; our border with Mexico; and various countries in Europe followed. A 1988 Mitsubishi van, refurbished and painted bright blue, is involved in many peace-promoting adventures.



Locally and on Peace Bus trips across the U.S., the group distributes socks and blankets to those experiencing homelessness. During the pandemic, the group gave Christmas presents and food items like breakfast cereals to hundreds of Tacoma families. Kwabi has a podcast, and this short video from King 5 highlights his work: <https://youtu.be/-QYDHfDIVEg>.



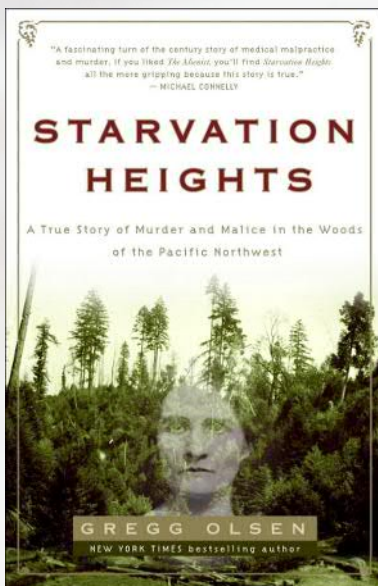


# LIFELONG LEARNING

## FEATURED SPEAKER



### Gregg Olsen, Author of *Starvation Heights* and Owner of Olalla Bay Market & Landing Tuesday, January 18 at 1pm (M and HKTV 370)



Author Gregg Olsen will discuss the true story of Dr. Linda Hazard's controversial treatment facility known as Starvation Heights and answer questions pertaining to his book and about writing in general. Gregg will also fill you in on new projects, focusing on his work at the Olalla Bay Market & Landing.

The *New York Times*, *Wall Street Journal*, and *USA Today* best-selling author has appeared on shows such as "Dateline," "48 Hours," "Deadly Women," "Good Morning America," "The Early Show," "Today," and "Entertainment Tonight." Gregg's book, *The Deep Dark*, was named "Idaho Book of the Year" by the ILA, and *Starvation Heights* was honored by Washington's Secretary of State for its contribution to the state's history and culture. *Envy* was the state's selection for the National Book Festival. *The Boy She Left Behind* was a finalist for the International Thriller Writer's "Thriller Award." *If You Tell* was Amazon's best-selling e-book in 2020.

Gregg is a longtime resident of Olalla with his wife, Claudia, and his two new doxies, Poppy and Daisy.

## RESIDENT-LED EVENTS



### Who Am I?: Mystery Guest

Wednesday, January 5 at 2pm (M and HKTV 370)

Can you guess the identity of our presenter from the following teaser:

*My birthplace is about the same distance from Heron's Key as the distance from Heron's Key to Cairo, Istanbul, Beirut, Damascus, Kabul, Benghazi, and Brazilia.*



## Nature, 90 Minutes with Andy Mauro: “Baby, It’s Cold Outside”

Wednesday, January 12 at 2pm (M & HKTV 370)

Have you noticed that some of our birds seem to be wearing plush, downy overcoats in the early morning hours? That series of short tweets and chits you might have heard from the birds in the woods might be characterized as a twittering rendition of “Baby, It’s Cold Outside!” By the way, do any of our critters actually settle down for a long winter’s nap anymore? And, why are the cedars, firs, and hemlocks so important during this time of year? There’s lots to ponder, and we’ll save plenty of time at the end for folks to share their personal tidings of nature’s joys and mysteries.



## Wordplay 2.0

Wednesday, January 26 at 2pm via Zoom

*(Zoom details removed for privacy)*

Join your fellow residents who love word puzzles and word games. Bev Cheney and Susan Hoffman host Wacky Wordies and reverse Wacky Wordies. Ron Magid leads participants in matching wits with Will Shortz. Lee Magid does alternate definitions of common words, paraproverbs, and more. Check the mailroom’s wall-mounted information boxes around January 21 for a games sheet.



## Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, January 27 at 7pm (M)

Lucky are we who remember being read to. “Reading Aloud” abandons the current trend of seeing a story. It takes you back to the days of radio shows when you had no choice but to imagine the story—or a baseball game—in your mind’s eye. Gee and your neighbors bring the magic of hearing the voice of one holding a book, tackling tone, using thumb and index finger to turn the pages that, line by line, carry listeners through humor, suspense, sorrow, surprise, or joy. Poems, prose, pulp, or Pulitzer Prize materials are presented in their entirety or as a serial. Milo of *The Phantom Tollbooth*, anyone? Recommended attire includes tasteful loungewear and fuzzy slippers. To volunteer to read something you’d like to share, please contact Gee.

## SHORT COURSE

### David Smith’s Course on the Old Testament/Tanakh

Starts Thursday, January 6, from 1-3pm (Weekly for Eight Sessions) via Zoom

A flyer describing the course is available in the mailroom’s information boxes and on the Resident Portal. David will be here live on February 3 and March 3. There will be no classes on January 13, February 10, and March 10. Registration is still open using the “Events” section of the Portal for those who have not already registered. The fee is \$40, payable to the Heron’s Key Residents’ Association (write “LL-Smith-OT” on the check’s memo line, please) via the mailroom’s blue box.





## LIFELONG LEARNING & HKTV370

In January, we continue the expansion of our programming beyond simulcasts from the Maritime Room, livestreams of One Day University lectures, and screenings of past “Who Am I-s.” Our joint effort with Performing Arts continues, featuring a series on film using archived videos from ODU, and we introduce two new multi-episode series, the first being a history of Western Civilization called *A Pact with Reason*.

**Piers Bursill-Hall** is an academic in the Cambridge University Faculty of Mathematics who lectures widely on the history of mathematics and science. A mathematician by training, his historical interests in the hard sciences are very broad, including the history of mathematics and science, mathematical and scientific culture, and their impacts on society. His own description of *A Pact with Reason*: “We are where we are because western civilisation made a pact with reason. A story of western societies as based on scientific knowledge and the primacy of reason.” The first three lectures cover the Greek philosophers Parmenides, Plato, and Aristotle, as well as the emergence of two new religions: Christianity and Islam.

The Lifelong Learning Science Series will feature two or three lectures each month from the long-running Harvard University program *Science and Cooking*. Noted chefs and experts on food science join hosts Profs. David Weitz and Pia Sorensen. Once a month, we will feature a lecture from the University of Minnesota’s College of Science and Engineering. In January, the topics are our sun and dinosaurs!

### SAVE THE DATE

- **February 1 at 1pm on Zoom:** Heide Piper, retired astronaut and Navy diver, rescheduled from November. Join us for fabulous images of launches, spacewalks, and life in weightlessness.
- **February 8 at 1pm (M):** Humanities Washington Speaker **Steve Edmiston** on “Whiskey and Wiretaps: The Northwest’s Rumrunning King,” an enlightening presentation on Roy Olmsted.
- **February 10 at 1pm (M):** HK Radio Players present “The Fred Allen Show” and “Fibber McGee and Molly.”
- **February 22 at 1pm (M):** Gary Emmons on “Railroading Family.” Gary is a local history buff and member of a multi-generational family of railroad workers.



### Get Mail Alerts & Event Reminders Sent to Your Cell Phone

Text the word **HéronsKey** to ###.###.#### to receive text reminders about many events on campus.

Text the word **HKmail** to ###.###.#### to get notifications about when the mail is here.



## INTEREST GROUP FAIR

**Wednesday, January 19 from 1-3pm (M)**

A few months after we opened in 2017, we held our first Interest Group Fair to give residents an opportunity to connect through the formation of small groups based on interests, hobbies, recreation, and entertainment. With so many new residents joining us recently and groups becoming more active in 2022, it is a great time to make new introductions and re-engage with the wonderful groups here at Heron's Key.

Stop by the Interest Group Fair to understand more about the structure of the Resident Council Standing Committees and their 40-plus resident-led Interest Groups. You never know what interesting tidbits you may discover.

The Resident Council Standing Committees include:

- Buildings & Grounds Standing Committee
- Communications / Technology Standing Committee
- Food Standing Committee
- Fund Development Standing Committee
- Health & Wellness Standing Committee
- Resident Activities Standing Committee



# REMEMBERING THE HOLIDAYS

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## ROTATING ART SHOW

Each week in January, we will showcase different resident artists who will display their works in different locations throughout the Clubhouse: the Clubhouse Lobby, Syren's Grille lobby, and the Maritime hallway. We'll feature new resident artists on Sundays, and their works will be on display through the following Saturday.

### Week of January 9

#### **Clubhouse Lobby**

##### ***Dan Bozich***

Dan has been a lifelong artist since he was a little boy. "I became a physicist and applied scientist in real life and enjoyed art as a hobby since you can't live on art unless you are both very talented and lucky." Dan's creative mediums include oil, acrylic, pastel, stained glass, and watercolor paintings.

#### **Syren's Grille Lobby**

##### ***Florence Helliesen***

A friend of Florence's in Madison Park in Seattle grew up on a wheat ranch in Eastern Washington, so she had a lot of time to stitch. "I liked her work, and she introduced me to needlepoint about fifty years ago. Since then, my tastes, threads, and stitches have evolved."

Florence made various items for herself and then for friends, "But I had not stitched in over ten years until COVID came along. When I was quarantined and could not travel, I decided to take up my hobby again. It has been addictive! The current display outside (my) door is some of the work from the past year. Some items at the 'Art Show' are from years gone by."

#### **Maritime Hallway**

##### ***Photography in Memory of Steve Henry (1943-2021)***

##### ***"A Rocks, Roots, and Rust photographer"***

You are invited to ponder a few of Steve's views from his lens to your eyes.

Steve's photography interest began at age nine upon receiving his first camera, a Brownie. Through the years, his passion for landscape photography grew when his eye turned to "rocks, roots, and rust." Steve enjoyed weeks at a time photographing desert landscapes. At times, with Linda, his camera turned to capture wildlife in natural habitats.



# WELLNESS: CONNECT & CREATE

## ROTATING ART SHOW

### Week of January 16

#### Clubhouse Lobby

##### *Marilyn Bower*

Marilyn will showcase her beautiful paintings. She has painted on-location (plein air) for 50-plus years. This has taken her to many of the National Parks in the western United States. Marilyn enjoys using oil paints to celebrate the beauty of the natural world.

#### Syren's Grille Lobby

##### *Don Hansen*

Don is a former structural engineer who had always been interested in pen and ink sketching. "A few years ago, an artist friend suggested adding a splash of color to each sketch. I did, and the rest is history with my love for watercolor painting. What I am doing now is good (my opinion) and I am committed to getting better by more training and workshops. I would like to share my current level of artistic ability with any resident(s) interested."

##### *Betty Holt*

Betty painted four pictures. "(I) hung them together before I realized I had the four seasons."

#### Maritime Hallway

##### *Shawne Mulloy*

Shawne became interested in collage after working with both watercolors and acrylics. Collage allowed her the fun and freedom to incorporate anything and everything into a piece—from paint to fabric to paper to beads to wire to you name it. Her love of all things Asian started when she was a child living in Japan and is a theme in most of her art.



# WELLNESS: CONNECT & CREATE

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## ROTATING ART SHOW

Week of January 23

### Clubhouse Lobby

*Jeannie Grisham*

Watercolor, pen and ink, and acrylic are all Jeannie Grisham's favorite mixed media. The goal of her art is to have fun creating ... as long as it can be cleaned up with water.

### Syren's Grille Lobby

*Heron's Key Woodworkers*

Some amazing things result when creative insight connects through the crafting with wood. The ability to envision the beauty within a piece of wood and make it visible and tactile happens in many ways. Sometimes it merely utilizes the natural shapes and patterns. Sometimes it involves removing the unwanted by turning or shaping, and often it consists of a combination of woods and shapes possibly resulting in an optical illusion.

Participating woodworkers include Al Vazquez, Max Folsom, and Dick Abrams.





## FRIDAY MOVIES 7pm in the Maritime

**January 7: *Emma*** (2020, PG for brief partial nudity)

Beautiful, clever, and rich, Emma Woodhouse is a restless "queen bee" without rivals in her sleepy little English town. In this glittering satire of social class, Emma must navigate her way through the challenges of growing up, misguided matches, and romantic missteps to realize the love that has been there all along.

**January 14: *The Father*** (2021, PG-13 for some strong language, and thematic material)

A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind, and even the fabric of his reality.

**January 21: *Judas and the Black Messiah*** (2021, R for violence and pervasive language)

FBI informant William O'Neal infiltrates the Illinois Black Panther Party and is tasked with keeping tabs on their charismatic leader, Chairman Fred Hampton. A career thief, O'Neal revels in the danger of manipulating both his comrades and his handler, Special Agent Roy Mitchell. Hampton's political prowess grows just as he's falling in love with fellow revolutionary Deborah Johnson. Meanwhile, a battle wages for O'Neal's soul. Will he align with the forces of good or subdue Hampton and The Panthers by any means, as FBI Director J. Edgar Hoover commands?

**January 28: *Never Rarely Sometimes Always***

(2020, PG-13 for disturbing/mature thematic content, language, some sexual references, and teen drinking)

Faced with an unintended pregnancy and a lack of local support, Autumn and her cousin Skylar embark across state lines to New York City on a fraught journey of friendship, bravery, and compassion.



## NEW YEAR'S RESOLUTION

**Chuck Abbey, Fitness Specialist**

Did you know 80% of New Year's resolutions fail by the second week of February? To me, that is no surprise. I have made New Year's resolutions only to have them fade away halfway through the year. When summer rolls around, I don't even remember what they were. What is it about our calendar changing a year that makes us collectively want to better our health? Do we actually want to better ourselves or are we just following a fad?



It's January and I'm not going to tell you to start a New Year's resolution. I just explained how unsuccessful they can be. You probably can look back at some of the resolutions you've made in your life and agree. Instead, I want to bring to your attention to why we fail.

When I reflect on all the successful accomplishments in my life, they all share something similar—commitment. Through commitment, we become determined to not let our circumstances overcome our goals. As humans, if we want to accomplish something, our commitment is what drives us to achieve it. Your commitment could derive from not letting yourself down, not letting a loved one down, bad experiences in life, good experiences in life, and so on. When our life requires change, it starts with a commitment. With as much motivation as you can find through other people or other things, at the end of the day, it comes back to how committed are you to seeing this through.

With fitness and health, this is no different. I often get focused on the negatives when trying to better myself. *"It's getting late; I really just want to go home."* *"I've had a long day and I'm tired."* These are excuses getting in the way of my commitment to being a better version of myself. When I see this happening more frequently than I'd like, I have to reframe my mindset. I reflect on why I decided to make this change. I convince myself to stay committed to the goal.

If you were to ask me, "What is the one piece of advice you could give someone in regard to seeing their health or fitness improve?," I would tell you, "Consistency." You can't have consistency if you don't have commitment. They go hand in hand. Let's make 2022 the year we stay committed. It won't be easy and it might take longer than expected. But, commitment creates change.



# Personal Training at Heron's Key

## *Affordable Support for Your 2022 Health Goals*

**Research proves that small doses of regular exercise can make a big difference in promoting independence, improving overall health, and preventing falls...**

But, it might be difficult to know where to start or which exercises are best or safest for your specific needs and health goals. Take the guesswork out of improving your fitness and get caring, compassionate guidance from a qualified, certified expert who will create a safe, effective, and adaptive personal training program tailored to your unique needs.

Benefits of personal training can include:

- Reduced pain
- More energy
- Increased strength
- Improved balance
- Injury prevention
- Enhanced mobility
- Continued healing after physical therapy
- Reduced risk of falls
- Support for those with chronic conditions
- Progress that lets you see what's possible

Personal training at Heron's Key is available to residents of all fitness levels, and we'll provide the equipment you might need. This affordable, health-focused service begins with a free personal assessment. **Call 253.313.0781 today to schedule your assessment.**



# UPCOMING EVENTS

## MONTHLY EVENTS



### Wine & Cheese Social

Thursday, January 13 at 4pm (SP)

Mingle with your neighbors during this special happy hour. A non-alcoholic option will be available.



### Birthday Celebration

Thursday, January 27 at 3pm (SP)

We're celebrating January birthdays. Come for a slice of vanilla or chocolate cake or both (we won't tell) and enjoy the coffee and tea service as you wish your neighbors many happy returns.

## SPECIAL EVENT

### Transportation Options at Heron's Key

Monday, January 24 at 2:30pm (M-P)

Join HK Driver TC Kim and Director of Resident Services Sarah Whitmarsh as they share information about the variety of transportation options available to you. With a combination of Heron's Key drivers and local transportation providers, you'll find several options for keeping you connected to essential services and engaged with your local community. If you know of a neighbor who would benefit from using these services, please consider inviting them to attend with you.



## 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**

## UPCOMING CONCERTS: SAVE THE DATE



**February 17**

Living Room Concert  
with Greta Matassa



**March 4**

Living Room Concert  
with Dmitri Matheny



*Scan the QR codes above with a smart device to hear Greta's and Dmitri's songs on YouTube.*



# 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.



**COVID Smart Reminder:** In Washington State, masks are required in health care settings, like doctors' offices. When visiting a medical provider, please continue to wear your mask within the Health Services Clinic or the location where you are seeing the provider.

### Sound Clinical Medicine

Dr. Wingren:

Tuesdays: 2-5pm

PA-C Julia Cathcart-Chang:

Tuesday, January 11: 8am-1pm

253.857.6166

### Sound Dental Care

Mobile Dental Hygienist

206.745.3808

### Harbor Audiology & Hearing Services

253.851.3932

Health Services Clinic on January 19 (9-11am)  
by appointment

Alan Anderson, D.P.D., Denturist

253.588.2721

### Three Services from VillagePlan

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  
**January 12 and 26** 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.



## NEW: ADDITIONAL FREE MEDICAL TRANSPORTATION DAY

Beginning in January, we are offering free medical transportation on Tuesdays, Wednesdays, and Thursdays to locations in Gig Harbor, Port Orchard, and Tacoma, based on driver availability. Please make your medical transportation request at least one week in advance and submit a "Transportation Request Form" no later than noon the day before your appointment. Forms are available at the Concierge Desk. More information about free medical transportation will be available in the upcoming 2022 Resident Handbook and at the January 24 "Transportation Options" presentation (see page 22 for details).

# DINING SERVICES

Find the latest menus and hours on the Resident Portal.



## HOLIDAY HOURS

We will celebrate the New Year with a festive to-go plate available during the hours below:

- **New Year's Eve:** We will feature a special plate of the day from 11am to 6pm, which you'll find on the Chef's Daily Specials for the week.
- **New Year's Day:** Open from 11am until 3pm for brunch to-go.

## NEW: SUNDAY BRUNCH TO-GO

Starting January 2<sup>nd</sup>, the restaurant will be open on Sundays from 10am to 3pm for brunch to-go, with a new brunch menu to come. Please inquire about our frozen casserole options for dinner on Sundays.

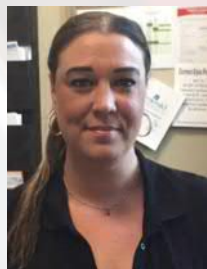
## RESTAURANT HOURS

In the new year, we will continue with to-go orders; delivery is also available. The hours listed below are subject to change, and we will provide proper notice if there are changes.

- **Monday-Saturday:** 11am to 6pm
- **Sunday:** 10am to 3pm

## WE WANT YOUR FAVORITE DESSERT RECIPE

In honor of National Baking month, please submit your favorite recipe to the Syren's Grille host stand for a chance to have your dessert featured as a special treat.



## EMPLOYEE OF THE MONTH

### Jamie Mendez, Syren's Grille Host

Residents continually rave about the excellent work Jamie is doing in the restaurant. Jamie has provided invaluable dependability and consistency in an ever-changing environment and continually demonstrates how she has the residents' best interests at heart. Congratulate Jamie on this well-deserved honor the next time you see her.