

May 2022

# Heron's Flight

Taking Community News to New Heights

## Vision & Hearing Month

Residents teach tech tips and  
tricks to help simplify your life



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Executive Director

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Kristina Christenson  
General Manager of Dining

## GIG HARBOR GRUB—RESTAURANT FOOD DELIVERED TO HERON'S KEY

We are excited to announce a new experience for your lunchtime dining enjoyment and acquaint you with some of the local restaurants in Gig Harbor. In addition to our new bagel and donut order pick-ups, we will be adding a monthly lunch pick-up from a local restaurant. There will be a limited number of menu items to choose from, and once you have made your selection, your meal will be delivered to the Lobby. You will need to pick it up between 12-1pm. Your meal will be billed to your monthly statement with tax and a 20% gratuity.

We plan to have a Gig Harbor Grub Day on the second Tuesday of the month and choose a different restaurant each month for lunch. If you have suggestions for restaurants, please send them to Gig Harbor Grub Coordinators Cindy Thayer or Nelva Shandera.

Restaurant & Delivery Date	Deadlines
Panera Bagels Monday, May 2, 10am	Order Deadline: 12pm, Sunday, May 1 Forms available as of April 26
El Pueblito Tuesday, May 10, 12-1pm	Order Deadline: 12pm, Friday, May 6 Forms available as of May 2
Krispy Kreme Delivery Monday, May 23, 10am	Order Deadline: 12pm, Sunday, May 22 Forms available as of May 16

## SIGN UP FOR TEXT MESSAGE ALERTS

Text ###.###.####

- **Urgent Matters on Campus:** Text the word HKUrgentAlert
- **Reminder About Some Events on Campus:** Text the word HeronsKey
- **Notification on the Arrival of Mail:** Text the word HKmail



# RESIDENT COUNCIL CONNECTION

## A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

*"Blindness cuts us off from things, but deafness cuts us off from people."*

—Helen Keller

According to the Hearing Loss Association of America, hearing loss is the third-most common physical ailment after arthritis and heart disease. About one in three people between the ages of 65 and 75 suffer from hearing loss, and almost half of Americans over the age of 75 experience hearing loss. Presbycusis, or age-related hearing loss, results from changes in the inner ear over time, which in turn cause a slow but steady deterioration in hearing. As Helen Keller well understood, hearing loss can cause people to withdraw from social contact to avoid situations where they cannot hear well and can cause or aggravate cognitive decline as we age. It's no wonder hearing loss is such a frustrating and even dangerous condition for us as we get older.

Dealing with hearing loss can also be frustrating for those who do not have a significant hearing impairment and want to communicate with someone who has significant loss. We all know the situation where one spouse calls out some important question from a bedroom with the TV on to the other spouse, who's in the den where music is playing, and the response is inevitably, "WHAT??" Repeating this attempted communication with raised voices is probably not going to improve the chances of successful dialogue. The Hearing Loss Association offers some tips for communicating with someone who struggles with hearing loss: 1) Find a place with good lighting and minimal background noise; 2) Face each other when speaking and use gestures and facial expressions to provide non-verbal cues; 3) Speak at a measured pace (but not too slowly); 4) Speak with clarity and at a slightly elevated volume (but don't shout); and 5) Be patient, repeat things as necessary. Communication is a two-way street, and we can all do our part to enhance everyone's ability to hear speech.

—Pat Curtis, Resident Council Secretary

## GET TO KNOW YOUR RESIDENT COUNCIL

### John Neiswender, Treasurer

John was born and raised in Eastern Washington and earned an undergraduate degree in business administration from the University of New York in Albany, NY. He taught high school for two years before becoming the business administrator for a Bible college in Spokane. In 1985, he moved to Gig Harbor to become the CFO for the Pierce County Alliance, a non-profit agency that provides foster care and drug and alcohol treatment.



John and his wife Robin moved to Heron's Key in May 2018. Robin passed away in January 2020 from heart failure after 54 years of diabetes. "It was through the support of our many friends here at HK that I was able to process and deal with the grief," John shares. John has three children and six grandchildren. His two sons and four grandchildren live in the Seattle area and his daughter and two grandchildren live in the United Kingdom. In July 2021, John and Judy MacMillan committed themselves to each other in a service at Heron's Key and now live happily with Charlie in apartment 1543.



### Residents' Association Meeting

Thursday, May 12 at 10am  
(M & HKTV 370)

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





## BENEVOLENT BREW at Syren's Grille

Open  
Wednesdays,  
Fridays & Saturdays  
8–10am  
Sit & Sip | Delivery

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

Self-Serve  
Coffee & Tea  
Mondays, Tuesdays  
& Thursdays  
In Syren's Grille  
9-10am

Penrose Coffee  
News & Trivia  
Skilled Nursing  
11am

## SEEKING BINGO PRIZE DONATIONS

Bingo has a history that traces back to the 1530s, to the Italian lottery *Lo Giuoco del Lotto D'Italia*, and is a popular event in Penrose Harbor. The lighthearted game of chance gets the brain working to find numbers displayed in a unique sequence and the heart pumping as players get closer to covering five numbers in a row and winning a prize.



Everyone loves winning prizes, and you can help bring joy to your neighbors in Penrose by donating fun items. Popular prizes include snacks, trinkets, and seasonal items. If you would like to donate bingo prizes or have questions, please contact Theresa Broxton, Life Enrichment Manager, at 253.313.0756.

## THE EASTER BUNNY VISITS PENROSE HARBOR



# OFF-CAMPUS TRIPS

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*Register on the Resident Portal for an off-campus trip.  
For assistance with registering, visit or call the Concierge Desk.*

## ENJOY THE ARTS

### Cascadia Art Museum & Lunch at Spud Fish & Chips

Friday, May 13 from 9:30am-4pm | *Sponsored by Performing Arts*

Cascadia Art Museum is an educational, nonprofit organization that celebrates the rich tradition of the visual arts and design in the Northwest from the period 1860 to 1970. The museum provides enriching experiences through original exhibitions, public programs, publications, and educational outreach. Cascadia Art Museum seeks to reassess the hierarchy of Northwest art history by advancing the work of women, minorities, and other artists who historically made substantial contributions to the region's cultural identity. Cascadia believes that recognizing these hitherto neglected artists gives us a fuller and more comprehensive understanding of Northwest art history. **Register by Friday, May 6 at 3pm.**

### Symphony Tacoma's "Classics VI"

Saturday, May 14 at 6:30pm | *Sponsored by Performing Arts*

**Participant must purchase their own tickets at [SymphonyTacoma.org](https://www.symphonymtacoma.org).** This concert showcases a delightful array of contrasting styles—from the “rhapsodic dance” and integration of African music into the classical tradition of *The Bamboula* to the romanticism of Sibelius' Symphony No. 5 and the breathtaking complexity of Rachmaninoff's Piano Concerto No. 2, featuring pianist Natasha Paremski. **Register by Friday, May 6 at 3pm.**

### Inspire Your Inner Artist (or Just Have Fun) at Java & Clay

Thursday, May 19 from 2:30-5pm | *Sponsored by Resident Services*



Java and Clay is a coffee house and pottery painting studio in downtown Gig Harbor. Simply pick a pottery item to paint and take a seat—you'll have all the supplies at your disposal. While painting, enjoy great conversations and a selection of non-alcoholic and alcoholic beverages and make great memories. After you finish painting, Java & Clay staff will fire your creation in a kiln, and we'll pick it up for you when it's ready. Expect to pay \$22-\$30 for smaller items, plus more for any food or drinks. **Seating is limited at this venue, so register by Friday, May 13 at 3pm.**

### Tacoma Musical Playhouse's *In the Heights*

Friday, May 20 at 6:30pm | *Sponsored by Performing Arts*

In the Washington Heights neighborhood of Manhattan, a young store owner watches the joys and heartbreaks of his tight-knit community as they pass through his bodega. **Register by Thursday, May 5 at 3pm.**

#### ***Tacoma Musical Playhouse's COVID-19 Precautions:***

You will be required to provide proof of vaccination (showing your name) with photo ID, documentation of a negative COVID-19 test from 48 hours prior to the scheduled performance you intend to attend, or



# OFF-CAMPUS TRIPS

documentation of a negative rapid COVID-19 test taken within 6 hours of the performance time. The vaccination proof may be your original card, a copy of your card, or a photo on your phone—all with photo ID. No home COVID-19 tests will be accepted. If you cannot provide this documentation, you will be rescheduled for another date to see the show. All patrons are required to wear masks while inside the theater. You must wear your mask for the entire show. For further information, see our website, TMP.org This policy will be updated as information changes.

## OPPORTUNITIES TO DINE & EXPLORE

### Coffee & Desserts at Cutters Point

Sunday, May 1 at 3pm

**Register by Wednesday, April 27 at 3pm.**

### Visit Gig Harbor's Library

Tuesday, May 3 at 11am | *Sponsored by Resident Services*

**Register by Thursday, April 28 at 3pm.**

### Shopping at Josephine's Mercantile & Brunch at Farmer Rosie's in Port Orchard

Monday, May 9 at 9:30am | *Sponsored by Resident Services*

From the owner: *"The shop is named after my sweet and spirited grandmother, Josephine. Grandma Jo was a child during the depression and because of this she saved everything. Her home was filled with classic vintage pieces. Her vintage home and passion for repurposing goods ignited my passion."*

Josephine's Mercantile is a collective of local small-business owners supporting each other's passion for vintage collections. Within the mercantile, you can stop to enjoy a sandwich or bakery treat before heading across the street to Revival, their sister shop with unique gifts, apparel, home goods, and fresh florals. Whether you buy or simply window shop, it's so fun to explore local options. The cost of the trip is free; just come prepared to order a drink and snack. **Register by Thursday, May 5 at 3pm.**



Image: Josephinesmerc.com

### Trip to The Locust Cider

Sunday, May 15 from 3-5pm | *Sponsored by Resident Services*

Founded in 2015 by two brothers in Washington State, Locus Cider now has tasting rooms in Texas and Colorado as well. They encourage you to visit their taproom to test their unique flavors of ciders, including Smoked Blueberry, Dates and Brown Sugar or Vanilla Bean. **Register by Wednesday, May 11 at 3pm.**

**Gig Harbor**  
**Windshield Parks Tour**  
Wednesday, May 25  
*Sponsored by Resident Services*  
Tour #1: 9-10:30am  
Tour #2: 11am-12:30pm

Familiarize yourself with Gig Harbor's wonderful parks during this bus tour.  
Pick your preferred time and  
**register by Monday, May 23 at 3pm.**

# OFF-CAMPUS TRIPS

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## Coffee at The Davenport

Monday, May 16 at 9am | *Sponsored by Resident Services*

Please be prepared for a short walk to the front door of the establishment due to limited parking options.

**Register by Thursday, May 12 at 3pm.**

## Men's Breakfast at Hops N' Drops

Sunday, May 22 at 10am | *Sponsored by Resident Services*

**Register by Wednesday, May 18 at 3pm.**

## Women's Brunch at Sunset Grill

Tuesday, May 24 at 9:30am | *Sponsored by Resident Services*

**Register by Thursday, May 19 at 3pm.**

## Coffee and Morning Pastries at Susanne's Bakery

Sunday, May 29 at 10am | *Sponsored by Resident Services*

Since 1997, Susanne's Bakery has provided high-quality cakes, pastries, breads, sandwiches, and salads in the historic Millville District of downtown Gig Harbor. Please be prepared for a short walk to the front door due to limited parking options. **Seating is limited; register by Wednesday, May 25 at 3pm.**

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## BREAKING NEWS

### Rare Creature Spotted in Gig Harbor

*Reported by Resident Pat Curtis*

An Aqua Jumbles White-Breasted Beaker was spotted Friday afternoon near the prestigious retirement community of Heron's Key in Gig Harbor. Eagle-eyed residents in the award-winning Mind Matters program glimpsed the critter's distinctive green beak, orange feet, white breast, black feathers, and striped pink tail near the community's adjacent ponds. Coincidentally (but maybe not!), the little guy seemed to be hanging out with the Loch Ness wannabe that mysteriously appeared near the ponds Friday morning. It is speculated that the ponds' much-maligned goldfish attracted both beasts from their largely nocturnal slumbers for an April 1 feast.

Want a chance to catch a glimpse of rare creatures and join in the fun? Come to Mind Matters on Fridays at 1pm in the Maritime Room to train your brain and have a great time.







## **Girlfriends Lunch at Shari's in Port Orchard**

**Tuesday, May 17 at 11am | Sponsored by Life Enrichment**

Designed for friends who live in Penrose Harbor and Independent Living, this is an opportunity to enjoy lunch together at a local restaurant as a group. Space is limited for this event. **Please RSVP to Theresa in Life Enrichment at 253.313.0756 to reserve a spot with your friend. If space is full, we will have another opportunity in June.**

## **PENROSE HARBOR OFF-CAMPUS EVENTS**

In May's printed Clubhouse calendar you'll notice in **blue font** some of the special off-campus events thoughtfully designed for our friends residing within Penrose Harbor. If you reside within Independent Living and would like to join us for any of those events, please call Theresa Broxton, Life Enrichment Manager, at 253.313.0766 to RSVP.

Here's a sampling of what we're looking forward to this month:

- **Men's Breakfast:** May 4 at 9am at Hacker's Bar & Grill  
May 17 at 9am at McDonald's
- **Women's Afternoon Coffee & Dessert:** May 4 at 2pm at Shari's in Port Orchard
- **Morning Coffee & Pastries:** May 11 at 10am at Panera in Uptown
- Scenic bus tours of the local area, see printed calendar
- 1:1 personal shopping at local stores, see the Life Enrichment team for schedule



# SHOPPING TRIPS

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## Shopping at Target

Tuesday, May 10 at 11:15am | *Sponsored by Resident Services*

**Register by Sunday, May 8 at 3pm.**

## Shopping at Walgreens

Sunday, May 22 at 3pm | *Sponsored by Resident Services*

**Register by Thursday, May 19 at 3pm.**

## GROCERY SHOPPING | **Register by 12pm the day prior to the scheduled trip.**

- **Mondays at 3pm** – This weekly shopping trip will now vary between 60-75 minutes in order to provide you with a bit more flexibility. When you are done with your shopping, Sheree will be sitting in the front coffee shop area waiting for you and will happily visit with you while you wait together for others to finish. By 4:15pm, everyone will head to the vehicle to come home.
- **Thursdays at 1:30pm** – In response to residents who have requested quick shopping trips to accommodate those times when only a few items are needed, we are now offering “EXPRESS” shopping once a week. Due to the quick nature of this trip, our only stop each week will be Albertsons. By 2:10pm, everyone will head to the vehicle to come home again.

If you experience low vision and find shopping trips to be challenging, please call Suzi Entwistle at 253.313.0733 so we can make arrangements for a helpful companion to come along.

## Shopping Trips in May

### **Mondays at 3pm & Thursdays at 1:30pm**

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

- 2—Safeway (75 min.)
- 5—Albertsons (Express 30 min.)
- 9—Metropolitan Market and The Garden Room (75 min.)
- 12—Albertsons (Express 30 min.)
- 16—Fred Meyer (75 min.)
- 19—Albertsons (Express 30 min.)
- 23—Trader Joe's in University Place (75 min.)
- 26—Albertsons (Express 30 min.)



## ON-CAMPUS EVENTS

### Seattle Repertory Theatre's *Ghosts*

Sunday, May 1 from 1-3pm (M & HKTV 370)

In this arresting new translation, Henrik Ibsen's controversial drama resonates with startling contemporary power.

### Seattle Repertory Theatre's *Selling Kabul*

Monday, May 9 from 7-9pm (M & HKTV 370)

Taroon once served as an interpreter for the U.S. military in Afghanistan. After the Americans have withdrawn, their promises of protection and safety are no longer there. He now spends his days in hiding from the growing presence of the Taliban as he anxiously awaits news from the hospital on the eve of his first child's birth. What are the consequences of taking sides during wartime?

### The Seattle Opera's *The Marriage of Figaro*

Saturday, May 28 from 12:30-3:30pm (M & HKTV 370)

Regarded as one of the greatest operas ever written, Mozart's *The Marriage of Figaro* is a screwball comedy complete with disguises, surprises, compromises, and memorable music.

## OFF-CAMPUS CARPOOLING EVENTS

*Register on the Resident Portal for one of the following off-campus trips to the Galaxy Theatre.*

*Residents will carpool with one another to the theatre. If you are willing to drive other residents, please write, "Planning to drive," in the "Notes" section of an event's registration page on the Resident Portal.*

*Please be prepared to purchase your own ticket at the theater.*

### Met Opera at the Galaxy Theatre: *Turandot*

Saturday, May 7 from 9:25am to 2pm

Superstar soprano Anna Netrebko makes her long-awaited Met role debut as Puccini's icy princess—live in cinemas on May 7. Tenor Yonghoon Lee is the bold prince determined to win Turandot's love, alongside soprano Michelle Bradley as the devoted servant Liù and legendary bass Ferruccio Furlanetto as the blind king Timur. Marco Armiliato conducts Puccini's stirring opera, which takes the stage in the company's dazzling, ever-popular production by Franco Zeffirelli. **Register by Wednesday, May 4 at 3pm.**

### Met Opera at the Galaxy Theater: *Lucia di Lammermoor*

Saturday, May 21 from 9:25am to 2:15pm

Soprano Nadine Sierra takes on one of the repertory's most formidable and storied roles, the haunted heroine of Donizetti's *Lucia di Lammermoor*, in an electrifying new staging by Australian theater and film director Simon Stone, conducted by Riccardo Frizza. Tenor Javier Camarena adds to the bel canto fireworks as Lucia's beloved, Edgardo, with baritone Artur Ruciński as her overbearing brother, Enrico, and bass Matthew Rose as her tutor, Raimondo. **Register by Tuesday, May 17 at 3pm.**

# INTEREST GROUPS

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## Benevolence Bake & Bid Cakewalk & Silent Auction

Wednesday, May 11 from 2:30-5 pm (M)



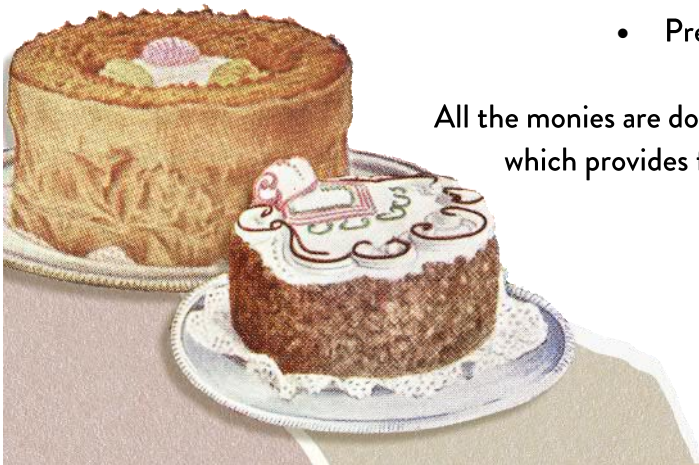
### **Come and Enjoy:**

- Appetizers and a free drink
- Cakewalk frivolity
- Unique auction items

### **On Wednesday, May 11:**

- Silent Auction bidding begins at 2:30pm
- Cakewalk with 15 participants at 3pm and again at 4pm
- Presentation and party begin at 3pm

All the monies are donated to the Heron's Key Benevolence Fund, which provides financial assistance to residents in need.



## Harbor Hill Environmental Sanctuary Update

Thursday, May 26 at 11am (M)

*Sponsored by the Friends of the Harbor Hill Environmental Sanctuary*

Meet with us in the Maritime Room to receive a sanctuary project update that will include detailed financials and progress toward a 2022 start of construction.

Watch for our first Friends of Harbor Hill Environmental Sanctuary Newsletter, which will be published the first week of May.



## FEATURED SPEAKER

### “Israel and Palestine: New Hope For An Old Conflict?” with Prof. David Fenner

Tuesday, May 3 and Thursday, May 5 from 1-3pm (M)

We shall explore the roots of the challenges facing Palestinians and Israelis in the 21<sup>st</sup> century and cover a host of relevant and interlocking historical developments, including:

- The pogroms in Eastern Europe
- The secret Sykes-Picot Agreement
- British colonialism
- The Holocaust
- The rise of Arab nationalism
- The United Nations vote to partition Palestine in 1947
- The creation of the State of Israel the following year

We'll also unpack the 2020 “Abraham Accords” to see if they hold the key to an elusive peace in the region. Texts will include Rashid Khalidi’s “The Iron Cage,” Ari Shavit’s “My Promised Land,” and Sandy Tolan’s “The Lemon Tree.”

All questions are welcome in these free and open discussions.



David Fenner is an affiliate faculty member at the University of Washington’s Middle East Center. He regularly teaches courses on the Middle East and has led study tours to the UAE, Qatar, and Oman. He is also the lead presenter for the federally funded *Bridging Cultures* program, a series of professional development workshops for K-12 teachers and first responders in communities with large immigrant populations. In 2008, David founded the World Learning Center in Muscat, Oman. Prior to that, he was the assistant vice provost for international education at the UW (2000-2007). His career included establishing exchange programs with universities around the world, including in Egypt, Morocco, Israel, Uzbekistan, Turkey, Jordan, Oman, and Pakistan. From 1979-82, David and his wife Elisabeth Mitchell served as Peace Corps Volunteers in Oman. They speak colloquial Gulf Arabic.



Image: Wikipedia

# LIFELONG LEARNING

## FEATURED SPEAKERS

### Humanities Washington Speaker Dr. Eric Wagner Presents

#### “After the Blast: Mount St. Helens 40 Years Later”

Tuesday, May 10 at 1pm via Zoom and HKTV 370

On May 18, 1980, the world watched in awe as Mount St. Helens erupted, killing 57 people and causing hundreds of square miles of destruction. Everyone thought it would take ages for life to return to the mountain, but scientists who visited soon after were stunned to find plants sprouting up through the ash and animals skittering around downed trees. Ecologists have since spent decades studying life's resilience in the face of seemingly total devastation. Through their work, the eruption of Mount St. Helens has become known as the greatest natural experiment in Pacific Northwest history. Eric will take you on a journey through the blast zone. He explores not just the surprising ways plants and animals survived the eruption, but also the complex roles people have played, all while showing how fascinating Mount St. Helens still is 40 years after the blast.



Eric Wagner (he/him) is a writer and biologist. He holds a PhD in biology from the University of Washington, where he studied penguins. He is the author of three books, including *After the Blast: The Ecological Recovery of Mount St. Helens*. His writing has appeared in *The Atlantic*, *Orion*, and *High Country News*, among many other places. Wagner lives in Seattle.

### Dr. Winston Brill on “Gut Germs and Your Health”

Tuesday, May 17 at 1pm (M and HKTV 370)

Your gut harbors trillions of bacteria, viruses, and other germs that play key roles in your immune system, your nerves, and your reactions to certain medications. Using cartoons and demonstrations, Winston will clarify how this complex microbial mass governs our health. You'll learn which, if any, commercial probiotics are most effective.



Prior to retiring, Dr. Winston Brill enjoyed three careers. First, he was professor of microbiology at the University of Wisconsin. Second, he was the founder of the first agricultural biotech company. Finally, he was a consultant and speaker on creativity and innovation. He has received national and international recognition for his research achievements. *Business Week* identified him as one of the top ten most innovative scientists. Winston was featured in the television series *Nova*, *CBS Evening News*, *Time*, and *Newsweek*. He is a member of the National Academy of Sciences. In February 2020, Winston taught the first University of Washington course on COVID-19 through the Osher program.



## FEATURED SPEAKER

**Pierce County Sheriff's Department K9 Unit, Featuring Deputy and Master K9 Trainer John Munson and Deputy Isaac Finch Accompanied by K9 Ammo**  
Tuesday, May 24 at 1pm (M and CL Patio)

The department utilizes four K9 teams, which are trained in suspect tracking, building searches, and evidence location. Two of the dogs are German Shepherds and two are Belgian Malinois. Each dog lives with the handler and his family full time. The teams are attached to the Patrol Division and collectively cover all shifts that patrol works. In addition, the teams are part of the larger Pierce County Metro K9 Team, which is available to respond anywhere in the county to assist other departments, small towns, and tactical units. For a taste of the units' work, check out this short video at <https://youtu.be/pG5NtadThYY>.



## RESIDENT-LED EVENTS



### **Who Am I?: Ralph Wozniak and Kay Hess**

**Wednesday, May 4 at 2pm (M and HKTV 370)**

Two happy seniors seeking a travel companion, meet, fall in love and the adventure starts. What happens when we take a pre-wedding honeymoon Mediterranean cruise and Ralph ends up in a foreign hospital? Join us and we'll share "the rest of the story" and much more!

### **Nature**

**Wednesday, May 11 from 1-2:15pm (Zoom and HKTV 370)**

Join Andy Mauro and friends on May 11 (1-2:15pm) for his nature program at a special time. We will be Zooming in an hour earlier than usual to accommodate those headed for the Cakewalk at 2:30pm. In honor of the day's focus on sweets, we'll be exploring the peculiarities of the four-and-twenty blackbirds we often find around Heron's Key. This is the number we've been taught is just right for baking into a pie. The very idea! We'll have plenty of other things lined up as well, sure to enlighten and entertain.





# LIFELONG LEARNING

## Wordplay 2.0

Wednesday, May 25 at 2pm via Zoom

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 creative new definitions of common words. There will also be paraprosochians, and we will continue our exploration of WORDLE. The program ends with a Wordplay-related cartoon or short video. Watch for a game sheet in the mailroom's wall-mounted information racks on Friday, May 20.



## Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, May 26 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 in your mind's eye. Gee and your neighbors bring the magic of hearing the voice of one holding a book, using thumb and index finger to turn the pages that, line by line, carry listeners through humor, suspense, sorrow, surprise or joy. To volunteer to read something you'd like to share, please contact Gee.

## SAVE THE DATE & SOME INFORMATION ABOUT LIFELONG LEARNING'S PROGRAMMING ON HKTV

- **June 2 at 9:30am (Zoom and HKTV 370):** *Combatants for Peace* – Exec. Director Beth Schuman of the American Friends for CfP and members Dov Kischinovsky and Laila Alshek join us from Israel and Palestine, respectively.



Look for additional programming on HKTV only (May 26) featuring another grass-roots peace group called *Roots/Judur/Shorashim: The Palestinian Israeli Initiative for Understanding, Nonviolence, and Reconciliation*. A document with additional resources is available in the mailroom's wall-mounted information boxes.

- **June 14 at 1pm:** Jerry Pugnetti, author of *A Coat Dyed Black: A Novel of the Norwegian Resistance*
- **June 21 at 1pm:** Joseph Govednik – *The Story of Laura's Book and Models of the Mosquito Fleet*





## FRIDAY MOVIES 7pm in the Maritime

*Popcorn & Soda Return to Movie Nights!*

*If you are interested in taking a turn as the popcorn machine host, please call Abby at 253.313.0708.*

**May 6 – *Moneyball*** (2011, PG-13 some strong language)

An all-star cast brings to life the true story of Billy Beane, a former jock turned general manager who uses unconventional methods to bring the best players to the Oakland A's, a Major League Baseball team struggling against financial hardship.

**May 13 – *Enchanted April*** (1992, PG for some mild language)

Stifled British wives Lottie and Rose rent an Italian villa for a husbandless vacation. Sharing the retreat are acerbic widow Mrs. Fisher and socialite Caroline. The four spend a month savoring newfound freedom and the opportunity for self-discovery. Alfred Molina co-stars in this tale of 1920s English manners, based on Elizabeth von Arnim's novel.

**May 20 – *Our Little Sister*** (2016, PG for thematic elements and brief language)

When three sisters travel to their long-absent father's rural home to attend his funeral, they meet their now-orphaned half-sister for the first time and offer to take her in, setting the stage for a confrontation with the family's past.

**May 27 – *Parallel Mothers*** (2021, R for some sexuality)

Two women, Janis and Ana, coincide in a hospital room where they are going to give birth. Both are single and became pregnant by accident. Janis, middle-aged, doesn't regret it and she is exultant. The other, Ana, an adolescent, is scared, repentant and traumatized. Janis tries to encourage her while they move like sleepwalkers along the hospital corridors. The few words they exchange in these hours will create a very close link between the two, which by chance develops and complicates, and changes their lives in a decisive way.



## HIKES ARE BACK!

*Register on the Resident Portal for a hike.*

*For assistance with registering, visit or call the Concierge Desk.*

### Nisqually Estuary & Boardwalk Hike

**Friday, May 6 from 9am-12:30pm**

This trail is a gorgeous and easy walk in Olympia on either gravel or a paved path. As there is no designated route, a return-to-bus time will be established before exploring begins. 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. The boards may be slippery after rainfall. **Register by Wednesday, May 4 at 3pm.**

- **Driving Duration to Trail:** 45 mins
- **Trail distance:** Varies on the path you choose to explore
- **Bathrooms:** Yes
- **Wheelchair Accessible:** Yes/Parts
- **Footwear:** Tennis shoes
- **Extras:** Sunscreen and water

### Clear Creek Trail Hike

**Wednesday, May 18 from 9am-12:30pm**

This is a 3-mile loop throughout Clear Creek in Silverdale. This hike contains paved roads, off-roads, and wooden slates as most of its terrain. Boards may be slippery after rainfall. Parts of this hike are wheelchair-accessible. It has an elevation gain of 91 feet, and its steepest hill climb is a 6% grade. There are park benches for resting if needed. **Register by Monday, May 16 at 3pm.**

- **Driving Duration to Trail:** 40 mins
- **Trail distance:** 3 Miles
- **Bathrooms:** Yes
- **Wheelchair Accessible:** Yes/Parts
- **Footwear:** Tennis shoes
- **Extras:** Sunscreen and water



## Day at the Park: Chambers Bay

Friday, May 27 from 1-4pm

Bring a snack and enjoy the day as we visit Chambers Bay. This 930-acre park includes over two miles of saltwater shoreline, large grassy fields, and paved walkways through the Chambers Bay Golf Course. On a clear day, expect to see a vast viewpoint of Puget Sound and the Olympic Mountains. **Register by Wednesday, May 25 at 3pm.**

- **Driving Duration to Trail:** 40 mins
- **Trail distance:** Varies
- **Bathrooms:** Yes
- **Wheelchair Accessible:** Yes
- **Footwear:** Tennis shoes
- **Extras:** Sunscreen, water, and a snack

## WELCOME, HEIDI!

In May, we will welcome a second Fitness Specialist to our team. We're excited for you to meet her, so **join us at Coffee Connections on Tuesday, May 10 at 9am** for an introduction. Heidi Morales has certifications in Zumba, Yoga, fitness instruction, and personal training. She has also taught exercise activities for Assisted Living and provided nutritional guidance to fitness clients. Throughout May, she will be job-shadowing Chuck in his classes, spending time with the Life Enrichment team so she can connect with Penrose Harbor residents, and joining ongoing personal training sessions. She looks forward to meeting all of you and hearing your ideas for new classes to be added in the summer and fall.

Image: Wikimedia Commons

## 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.  
Call 253.313.0781.

# NURTURING THE SOUL

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## VIRTUAL SERIES TO ENJOY TOGETHER: *PIONEERS IN AGING*

Mondays in May from 12-1pm (A) | *Hosted by Resident Services*

*There will be a short time for discussion after the hour-long online presentation.*

*As seating is limited, please RSVP for you or a neighbor on the Resident Portal.*

### **May 2: Gloria Burgess: “Pass It On!”**

Legacy becomes paramount as we age and consider what we are leaving behind. Gloria will explore living a life with passion so that we can Pass It On!

### **May 9: Maria Kliavkoff: “Healthy Mourning, Happy Loving”**

Most of us were never taught how to grieve or mourn our losses. Maria Kliavkoff will shine a light on a topic that has remained buried for too long, sharing clarity in the chaos and hope for the grief journey.

### **May 16: Susan McFadden: “Dementia-Friendly Communities”**

The fear of dementia looms over ageing, but we can move beyond the fear. Explore strategies for creating communities of care and purpose by enabling people with all types of dementia, their care partners, and all of us to live with meaning and joy.

### **May 23: Ashton Applewhite: “This Chair Rocks-A Manifesto Against Ageism”**

Hear what ageism is, how it works, and all about an alternative to all the hand-wringing. Rethink the messages that frame two-thirds of our lives as decline. Cheer up and push back.

*This series is sponsored by KCLS Foundation and in partnership with the Frye Art Museum, Aging Wisdom, Northwest Center for Creative Aging, Era Living, and the UW Memory and Brain Wellness Center.*

## SPOTLIGHT GROUP OF THE MONTH: VISION SUPPORT GROUP

The Vision Support Group is a newly developed group designed to provide support and encouragement and share resources with fellow Heron's Key residents. The mission of the group is to advocate for Heron's Key residents with vision challenges. If you have questions or would like to learn more, contact Sue Engen.

See page 23 to find out more about a special guest joining us this month.



## WHAT DOES THE STRIPE MEAN ON NEW NAME TAGS?

Can you imagine walking into a room, knowing it is full of people, but not being able to identify anyone?

Or, someone coming up to you, asking how you are doing, but not knowing who they are?

This is the daily experience of many of our residents who are not able to identify faces due to their vision. It can be challenging to build relationships or engage in group events when you are not able to see well.



The Vision Support Group, supported by Heron's Key Administration, will be offering name tags for those who have self-selected to opt in. The blue stripe on the side signifies this resident has vision challenges that may make certain activities more difficult to navigate.



**Suzi Entwistle**

**Wellness &  
Spirituality  
Coordinator**

Monday – Thursday  
8:30am-5:00pm

253.313.0733  
SuzetteE@heronskey.org

## What Heron's Key Community Needs to Know

If you are a member of the Heron's Key Community, this blue stripe signifies that the resident wearing it would like you to *identify yourself as you approach them*. This helps them know who they are speaking with and can help create a more welcoming environment, regardless of limitations.

## EVENT

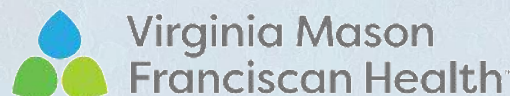
### Hospice and Palliative Care Presentation

Thursday, May 12 at 1pm (M)

The words "hospice" and "palliative care" may be familiar, but many feel some uncertainty about what they really mean or the services provided in connection to them. This presentation will be offered by Dr. Fowler from the Virginia Mason Franciscan Hospice and Palliative Care Department. Dr. Fowler will unpack many of the common questions, such as:

- What is the difference between hospice and palliative care?
- How do we know when it's time to bring in hospice?
- Who makes up the hospice team? How does that team work with our current support system and providers?
- What services does one receive when they go "on hospice"?

There will also be some time for Q&A at the end, as well as an opportunity to sign up for future breakout sessions that may be of interest to you. Families are welcome to come.



# ON-CAMPUS PROVIDERS

## HEALTH SERVICE CLINIC PROVIDERS

The providers listed below are accepting on-campus appointments in the Health Services Clinic on the ground floor. Please reach out to the providers directly to schedule a visit and **bring your insurance card to your appointment.**



**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, May 17: 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 **May 18** (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 & Janet Pomeroy*

On-campus support for maintaining mental wellness and independence.

Call to schedule an in-person appointment in the Health Services Clinic.

#### *Care Management*

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



Hearing Aid cleaning & Maintenance

Hearing Screening

On-Site Repair

Function & Insertion Assistance

3rd Wednesday of EACH MONTH

CALL to set up your appointment! 253-851-3932





# WELLNESS: VISION & HEARING MONTH

## Harbor Audiology: How to Care for Your Hearing Aids

**Monday, May 16 at 3pm (M) | Sponsored by Resident Services**

Audiologist Hayden Bruce and Audiology Assistant Crystal Matthes from Harbor Audiology will join us for a presentation filled with helpful tips and information about your hearing aids. Topics they'll cover include:

- Troubleshooting hearing-aid problems
- How to care for hearing aids
- Hearing aid cleaning and maintenance
- Maximizing advantages of hearing aids with T-coil (Hearing Loop)
- Benefits of wearing hearing aids and yearly testing
- On-site cleanings
- Q&A opportunity



## Vision Support Group Meeting

**Wednesday, May 18 at 1p (A)**

The focus of our upcoming meeting will be learning new tips and tricks for living successfully with vision challenges. An off-campus guest will join us to offer new ideas and ways to navigate life more effortlessly.



## I Didn't Know It Could Do That!

### *iPhone and Android Tips to Make Life Easier*

**Wednesday, May 25 at 2pm (M)**

A workshop designed for iPhone, iPad, and Android users, Karen Coles and Oscar Roberto's presentations will introduce simple ways our technology can help us in our daily lives. Even for those who are comfortable with their tech, there are some great "time hacks" and surprises that make things easier. They will demonstrate a variety of helpful tips for those with low vision, hearing loss, and everyone else, as well.



**WEEKLY UPDATES  
FROM EXECUTIVE  
DIRECTOR AMY WEBB**

**New updates:**

Wednesdays by 5pm

Call #####.###.####  
for the message of the week.



## WE WANT YOUR HKTV PROGRAMMING REQUESTS

HKTV 370, our in-house television channel, has a busy schedule filled with live on-campus events, past events that were recorded, and programs that may be of interest. The HKTV committees recognize there are as many different interests as there are residents at Heron's Key, and we would like to let you know that you are welcome to submit program requests even if you do not lead or are a part of an interest group. If there is a video you would like to see on HKTV, here are the steps to take:

1. **Obtain an "Event Planning" form from the Concierge.** On the front of the form, complete the areas where you enter your contact details and information about an event. If you'd like to show a video and not hold an event, enter the video's name on the line next to "Event Name." These areas are toward the top of the form. On the back of the form, complete the "Live Streaming/Recording/HKTV" section.
2. **Communicate with the appropriate interest group to gain sponsorship of the program.** All programs on HKTV must be sponsored by an interest group. And, on the "Event Planning" form, an interest group representative must sign on the line next to "Endorsement from Interest Group." If you are not sure which interest group to approach, feel free to consult with a member of the HKTV Programming Group for ideas on groups that may be a good fit. You'll find a list of the Programming Group members to the right.
3. **Attach a description of the program to the "Event Planning" form.** We will include this description with the Resident Portal's HKTV schedule.
4. **Give the completed "Event Planning" form and program description to a member of the HKTV Programming Group.** The individual will check to see if the requested date and time are available and verify the video falls under our broadcasting license.



### HKTV Programming Group Members

- Bev Cheney
- Bob DeLaney
- Mary Kazlusky
- Lee Magid
- Oscar Roberto
- Pam Rowland
- Kerry Smith
- Emily Bonwich

For assistance with filling out an "Event Form" to make an HKTV request, a member of the HKTV Programming Group would be happy to help.

### Request Submission Deadlines

From seeing if time slots are available to securing an HKTV Tech Helper to creating program schedules, a lot goes on behind the scenes before you see content on channel 370. For this reason, members of the HKTV groups work a month in advance. To support this process, please submit your HKTV request(s) to a member of the Programming Group before the 10<sup>th</sup> of the month. For example, if there is a program you'd like aired in June, the submission deadline is May 10. If you are flexible on the day or month you'd like a program aired, you are welcome to submit your request at your leisure.

## TRANSPORTATION REMINDERS

- **Medical Transportation Requests:** With an increase in requests for transportation to medical appointments, we recommend that you submit your requests to the Concierge Desk as soon as the appointment is scheduled with your provider in order to ensure availability. The form is available at the Concierge Desk or on the Resident Portal. Additional transportation resources are outlined in the brochure in the Clubhouse Lobby.
- **Transportation to Religious Services:** We now offer transportation to religious services within Gig Harbor on Sunday mornings. Please call our driver Sheree Gloria at 253.313.0719 to organize your departure and pick-up time. We will evaluate this transportation service in mid-May to determine continuation based on resident needs and interests.

## ADVANCE PLANNING FOR YOUR PETS

We understand the importance of your pets and appreciate just how much their companionship means to you, especially during times of stress and change. It is with this in mind that we ask for your proactive assistance in maintaining our pet records.

If you have a sudden health incident or surgery that requires a short-term stay in Skilled Nursing, we want to facilitate a visit from your cat or dog just as soon as possible if that will bring you a sense of comfort and stability. Due to nursing home regulations, we must have the most recent immunization records on file in order to approve a visit from your furry companion. This can be difficult and time consuming for a friend or family member to obtain in the midst of a crisis, so we'd appreciate your help in preparing this documentation for our files in advance.

Likewise, if you determine that a move to Assisted Living is necessary at some point in the future, having these immunization records on file will expedite the moving process for you so that you may bring your pet along with you.

Now that most dog owners have submitted their pet records (thank you!), we are beginning the process of reaching out to all cat owners. We would appreciate your assistance with this process. Please stop by the Concierge Desk to receive a form and provide us with the immunization documentation required within Penrose Harbor.



### BINGO

Sunday, May 29  
3-4pm (SY)

### MEXICAN TRAIN

Friday, May 20  
2-3pm (SY)  
*Hosted by resident  
Pam Rowland*

### MAH-JONGG

Mondays  
12-4pm (CA)

### PINOCHLE

Thursdays  
1-3pm (CA)

### BRIDGE

Saturdays  
1-3pm (CR)

# UPCOMING EVENTS

## Con Brio Student Piano Recital

Saturday, May 7 at 1pm (M)

Sponsored by Resident Services



We are excited to welcome students from Con Brio Piano Studio for an afternoon recital. This studio connects people from the local area with a mission to share the gift of music with the world. Our current requirement for vaccinations and testing prior to performing on campus has

been waived for this event. Residents are free to wear masks if desired.

## Have Coffee with the Fitness Team

Tuesday, May 10 at 9am (SY)

Get to know Fitness Specialists Chuck Abbey and Heidi Morales during Coffee Connections.

## Wine & Cheese Social

Thursday, May 12 at 4pm (SP)

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



## What's New at the Pierce County Library



Wednesday, May 18 at 1:30pm (M)

Sponsored by Resident Services

## May Birthday Celebration

Thursday, May 26 at 3pm (SP)

Come for a slice of vanilla or chocolate cake and enjoy the coffee and tea service as you wish your neighbors a happy birthday.



## Estate Planning, Probate, and Trust Administration Essentials

Wednesday, June 8 at 1pm (M)

Attorney Bryana Cross Bean will give an easy-to-understand overview of estate planning, probate, and trust administration. She will review the most important estate planning documents everyone needs, including wills, durable powers of attorney, and trusts. Ms. Bean will then discuss probate, when it may be necessary, and trust administration. This is an interactive presentation, so bring your questions.

## Need Tech Help?

Visit the Lobby on

Wednesdays

10am-12pm

to receive assistance from a Resident Computer Helper.





# MEET YOUR NEIGHBORS

We're catching up on introductions to residents who have moved in during the last year or so. We'll continue to highlight biographies as space allows in the newsletter.

## Dot Lintz

Prior to her arrival at Heron's Key, Dot lived on a ridge above the water in Port Orchard. She retired from the Dispute Resolution Center 20 years ago, but since then has worked full-time as a volunteer for organizations such as the Kitsap Immigration Center and AARP. Dot loves to travel and is looking forward to going to Norway soon. She also enjoys playing bridge and reading.

## Oscar Roberto and Tamara Davidson

Oscar and Tamara came all the way from Sanford, North Carolina. They both had successful careers in the industrial chemical supply industry. Tamara loves to quilt and play pickleball. Oscar enjoys playing tennis and is active in the HKTV groups, Food Committee, and Computer Help Desk on Wednesday mornings.

## Bill Arness and Sabin Stevens

Bill and Sabin used to live about 15 minutes away on a little farm, where they would occasionally give tours to local school children. Sabin is a former kindergarten teacher who plays the recorder in a musical group, loves to garden, and enjoys mah-jongg. Bill is a former CPA who enjoys puzzles and walking their dog Shadow.

## Georgina and David Armstrong

Georgina and David came to us from Panorama in Lacey. They love to walk, read, go to restaurants, and listen to music. Their music of choice is jazz and classical. Environmental issues and preservation are of great interest to them, and they enjoy the beautiful landscapes of the Pacific Northwest. They are avid travelers and have traveled all over the world. David was a travel writer and journalist and authored several books. Georgina owned a school for children pre-kindergarten and up with two campuses for 37 years.

## Jerry Boorse

Jerry came to us from East Tennessee near the Smokey Mountains. He drove a Navy Flagship that had five ships following it around the Mediterranean. After leaving the Navy, Jerry opened up a successful home renovation store. He loves playing tennis, working out, and crafting.



## TWO SALON LOCATIONS TO SERVE YOU

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

### 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

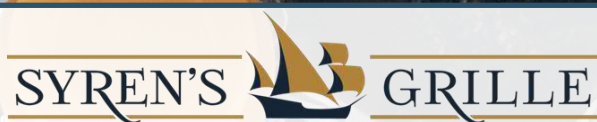
### Services

- ♦ Haircuts and styling for men & women
- ♦ Coloring & highlights
- ♦ Perms
- ♦ Nail care, manicures, pedicures
- ♦ Massage with Franetta (253.230.1138)



# DINING SERVICES

Find the latest menus and hours on the Resident Portal.



## RESTAURANT OPEN FOR LIMITED IN-PERSON DINING

*(Note: Hours are subject to change)*

- **Monday, Wednesday, Friday:** The restaurant is open for in-person dining from 4-7pm; reservations are strongly encouraged (up to two weeks in advance; please, no standing orders)
- **Monday-Saturday:** 11am-6pm for to-go and delivery orders, as well as picnic-style meals
- **Sunday Brunch:** 10am-3pm for to-go and delivery orders, as well as picnic-style meals

### Three Ways to Make a Reservation or Order Meals

- Call 253.313.0797
- Stop by the Host Stand
- Complete a Dining Reservation on the Resident Portal.

### Guests

Visitors are welcome to join you for picnic-style dining. However, the restaurant is reserved only for residents during the open hours of 4-7pm on Mondays, Wednesdays, and Fridays.

## MOTHER'S DAY MEAL TO-GO

### Sunday, May 8

The restaurant will feature a delicious to-go two-course meal for Mother's Day. The menu is available at the Host Stand; on the Resident Portal, under "Holiday Menu"; or by calling the restaurant.

The traditional brunch menu will also be available on this day. Residents may enjoy their meal picnic style or have it delivered.

## PICNIC BASKETS RETURN

Pre-order a picnic basket for two from Syren's Grille. To learn about the options available or to order, stop by the Host Stand or call 253.313.0797 during normal hours of operation.