

September 2025

Heron's Flight

Taking Community News to New Heights

A woman with short grey hair and glasses, wearing a light blue polo shirt and dark blue capri pants, is smiling and holding a purple and black medicine ball. She is in a gym setting with other people and exercise equipment in the background. The medicine ball has "SPRI" and "8 3.6" printed on it. A graphic overlay on the right side of the image contains the text "SAFE practices & injury AWARENESS".

SAFE
practices &
injury
AWARENESS

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Executive Director

Karen Rose
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Denise Cooksey
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Matthew LeCours
Director, Food & Beverage

Kristina Christenson
General Manager of Dining

HERON'S KEY VOICES OF OUR RESIDENTS Video Series Now Live!

We're excited to share the full collection of the *Voices of Our Residents* video series! These heartfelt stories showcase the vibrant lives, connections, and experiences that make our community special.

Watch all the videos at
bit.ly/HeronsKeyVideos.



We will feature the videos on our social media accounts, newsletters, website, and advertising campaigns to help future residents learn more about life on campus and support them as they explore their options.

We sincerely thank all the residents and team members who participated and supported this tremendous effort! And to everyone across the Heron's Key campus, thank you for the energy, warmth, and spirit you bring every day. You help make this community what it is.

HEAR YOUR WEEKLY KEYNOTES

To accommodate individuals with low vision and diverse learning styles, Heron's Key is pleased to offer Audio KeyNotes, a recording featuring an abbreviated version of the weekly publication. New recordings are available on Monday afternoons. To hear them, call **253.313.0790**. The recording will be available throughout the week. (Please note: Special KeyNotes published throughout the week are not included in Audio KeyNotes. When federal holidays fall on a Monday [e.g., Labor Day] and Heron's Key offices close, you will receive your weekly KeyNotes on Tuesday.)

NEW EXHIBITS IN THE ARTIST GALLERY

Heron's Key Quilters

Please take a few minutes to stroll down the Artist Gallery near the Maritime Room to be awestruck by the beautiful quilts made by Heron's Key residents. The quilts are on display for six weeks. On Monday, September 15, you'll find new quilts to view.

SIGN UP FOR TEXT MESSAGE ALERTS

Text **888.449.0214** (Message and data rates apply. Terms & privacy: slicktext.com/tc.php.)

- **Urgent Matters on Campus:** Text the word **HKUrgentAlert**
- **Reminder About Many Events on Campus & Event Updates:** Text the word **HéronsKey**
- **Notification on the Arrival of Mail:** Text the word **HKmail**

RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY To the Moon and Back

"I never really thought about how when I look at the moon, it's the same moon as Shakespeare and Marie Antoninette and George Washington and Cleopatra looked at." —Susan Beth Pfeffer

"Blue Moon," "Moon River," "Fly Me to the Moon," "Harvest Moon"
...I hope you are humming those tunes.

In a land far, far away, and a long, long time ago (before cell phones), the moon held a special meaning for two teenagers deeply in love. When travel, activities, work, or homework kept them from seeing each other, they stepped outside at 10 pm to find the moon and talk to each other. Let's talk a little more about the moon.

Moon Day, celebrated on July 20, recognizes the 1969 moon landing. My experience of the event took place in Vancouver, BC, in a large auditorium where hundreds of people sat on the floor to watch the full-screen event of "one small step for man, one giant leap for mankind" by astronaut Neil Armstrong. It was a thrill that brought tears to my eyes. Recognition of this event on July 20 honors the science, teamwork, and international cooperation necessary to successfully accomplish the task.

The moon orbits Earth in about 27 days, but because Earth is also moving around the sun, the moon's cycle of phases — from new moon to full moon and back — takes about 29.5 days. These phases occur because sunlight illuminates different portions of the moon's surface as seen from Earth.

During a full moon, the side facing Earth is fully lit by the sun. At new moon, that same side is turned away from the sun, leaving it in shadow while the far side is fully illuminated. Whether visible or not, the moon is always there, continuing its steady orbit and eventually revealing itself again.

My apologies to Darren Hayes, the vocalist and lyricist who wrote "To the Moon and Back," for this brief and personal variation:

Love goes to the moon and back.

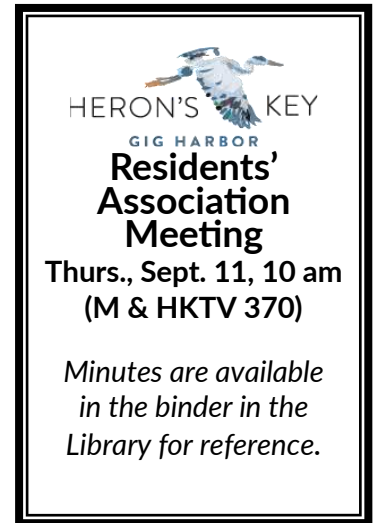
All around the world, as high as the mountains,

As deep as the seas; love is there till the stars go black; because...

Love is to the moon and back.

So, the next time we see the moon, let us all ask where and how we can spread a little love all the way to the moon and back.

— Carol Tamparo, HKRC Secretary



FACING THE CRISIS Homelessness, Humanity & Our Collective Responsibility

Dialogue on Homelessness: A Tabletop Discussion

Wednesday, September 3, at 3 pm (M)

Sponsored by the Diversity, Equity & Inclusion Committee

To close our session on Homelessness, participants will engage in a tabletop discussion led by Oscar, a resident and member of our Diversity, Equity, and Inclusion (DEI) Committee. This interactive segment invites everyone to reflect and collaborate in small groups as they explore four thought-provoking questions related to the topic. The goal is to foster open dialogue, deepen understanding, and generate meaningful insights through shared perspectives.

If you are interested in participating in this, please sign up at the Concierge Desk. We will send the four questions to participants in advance to prepare them for our tabletop discussion.



PENROSE HARBOR LIFE ENRICHMENT

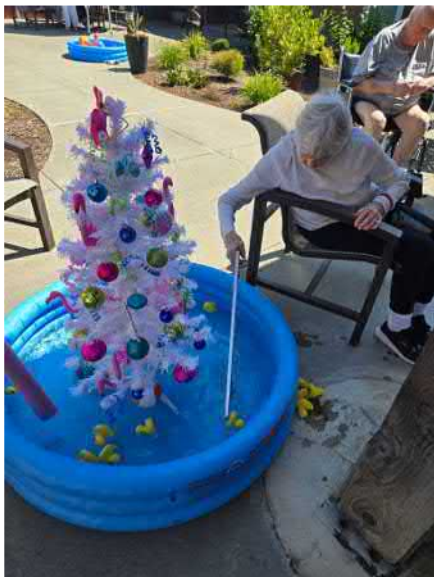


Regularly Scheduled Events

- **Cooking Classes:** Mondays at 3 pm
- **Sit & Stretch with Paige:** Monday - Thursdays at 2 pm
- **Scenic Drive:** Monday and Fridays at 2 pm
- **Lemonade Stand:** Tuesdays at 1 pm
- **BINGO:** Tuesdays at 2:30 pm & Saturdays at 11 am
- **Ladies Group:** Wednesdays at 9:30 am
- **Happy Hour:** Fridays at 3:30 pm
- **Men's Gathering:** Sundays at 10 am



PENROSE HARBOR LIFE ENRICHMENT



NURTURING THE SOUL

EMOTIONAL WELLNESS & FALL SAFETY: A VITAL CONNECTION

Emotional wellness and fall safety are more closely linked than many realize. Both are critical to overall well-being, particularly for older adults. Emotional wellness involves maintaining a positive outlook, managing stress, and feeling connected and supported. When this foundation is strong, individuals tend to feel more confident, alert, and motivated—key factors that help prevent falls.

After contemplating the connection between emotional health and falls over a few days, I pondered the following question: What makes people, including myself, so disheartened when falls occur? The answer I kept coming up with was “experience.” When falls happen more than once, it teaches us to be cautious and may be a bit fearful. Fear of falling is common, especially after a previous fall or injury. While this fear is understandable, it can become a barrier to emotional wellness. Unfortunately, this may lead people to withdraw from physical activities or social events, reducing physical strength and increasing isolation—both of which heighten fall risk and diminish emotional well-being. But there is great news! Creating a safe environment and addressing fall risks directly can help break this cycle and restore confidence.



Ebb Hagan
*Wellness &
Spirituality
Coordinator*

Monday—Friday
8 am—4:30 pm

253.313.0733
EbbH@heronskey.org

Simple strategies to support emotional wellness and fall prevention.

- Regular movement—such as walking, gentle stretching, or balance exercises—can improve physical stability and release mood-boosting endorphins.
- Talking openly about fears or experiences with falls, especially in a support group or counseling setting, can help reduce anxiety and feelings of vulnerability.
- Modifying the home environment is another empowering step. Adequate lighting, handrails, non-slip mats, and removing tripping hazards can significantly reduce risk, giving individuals a greater sense of control and safety. In turn, this enhances peace of mind and encourages more engagement in daily life.

Social connection also plays a key role. Staying engaged with friends, family, or community groups provides emotional support and helps reduce feelings of isolation. Even virtual meetups or phone calls can help someone feel seen, valued, and less afraid to seek help when needed.

Ultimately, emotional wellness and fall safety support one another. Confidence, connection, and a sense of control can help prevent falls, while thoughtful fall prevention can reduce anxiety and boost emotional resilience. Focusing on both aspects leads to a more active, engaged, and emotionally fulfilling life.

Many are aware of the fitness classes at Heron's Key that help support your physical abilities and prevent falls. However, there is another incredible asset here—Consonus Therapy! With a physician's orders, you can work with physical therapists Courtney Soran or Alex Knapp. They can help in a variety of ways to help you achieve physical goals, such as moving confidently without fear of falling. And don't forget about Consonus's Julie Moore, a registered occupational therapist. Julie can assess the many physical spaces, including your living

environment. That way, she can help identify potential fall hazards tailored to your needs. Talk about a treasure of information right here!

I encourage you all to take your first step towards a future with a broader, yet safer ability to move about with comfort, convenience, and confidence. Gaining confidence goes a long way towards living a life where you feel good about your capabilities rather than fretting about them. And as always, be sure to let me know how you navigate this grand new adventure of aging with confidence!

EVENT

Screening and Discussion of *Familiar Touch*

Wednesday, September 24, from 1-3 pm (M)

Sponsored by the Spiritual Wellness Division of Resident Services

Familiar Touch is a sensitive coming-of-old-age film that follows an older woman's transition into assisted living as she navigates her relationships with herself, her caregivers, and her family amidst her shifting memories and desires.

After watching the film, we'll have a group discussion of our thoughts, feelings, reactions, and more. Cookies provided.

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—3 pm
Tuesday through Friday
Call 253.313.0789 or
Visit <https://rss.care/HKBookNow>

Services

- ◆ Haircuts and styling for men & women
- ◆ Coloring & highlights
- ◆ Perms
- ◆ Nail care, manicures, pedicures
- ◆ Massage
- ◆ Facials
- ◆ Waxing
- ◆ Lash and brow treatments

OFF-CAMPUS EVENTS

Read the full description of many off-campus events and register on the Resident Portal. **Call the Concierge for assistance.** If registration for a trip is full, join the waitlist, as you may have a chance to participate if other registrants cancel. **Please note for all events:**

- Walking or strolling may be required to and from the parking spot, and on surfaces that may be uneven, poorly lit, and have potential trip hazards.
- Events are subject to change or cancellation due to:
 - Low registration numbers
 - Adverse weather conditions
 - Matters outside our control

ENJOY THE ARTS AND LOCAL AREA

Seattle Art Museum

Friday, September 12, from 9:30 am-2 pm

Sponsored by Lifelong Learning and Resident Services

This trip follows Alison's September 9 presentation on Western American Landscape Art, in which she references Bierstadt's *Puget Sound on the Pacific Coast*. This is your opportunity to see the painting in person and peruse the other exhibits the Seattle Art Museum offers. **Register on the Portal by 5 pm on Tuesday, September 9.**

Please note: We are not stopping for lunch on this trip. The museum has a restaurant on-site, and you may bring a sack lunch or snacks for the bus.

Washington State Fair & Lunch in Puyallup

Monday, September 15, from 10 am-2:30 pm

Sponsored by Resident Services

Register on the Resident Portal by 9 am on Friday, September 5.

Please note: This trip requires the ability to move independently, strolling on uneven ground, and using a map independently.

Downton Abbey: The Grand Finale

at Galaxy Theater in Uptown, Gig Harbor

Tuesday, September 16, from 9:20 am—12:30 pm

Register on the Resident Portal by noon on Friday, September 12.

Annie the Musical at Tacoma Musical Playhouse

Friday, September 26, from 6:45-10:30 pm

Sponsored by Performing & Visual Arts

Register on the Resident Portal by noon on Wednesday, September 10.

Laser Tag & Dinner at Ocean5 in Gig Harbor

Monday, September 29, from 3-5:30 pm

Sponsored by Resident Services

Join us for another round of laser tag! Depending on how many people sign up, we may compete against each other or a different of group people. **Register on the Resident Portal by noon on Friday, September 12.**



BENEVOLENT BREW

at Syren's Grille

Wednesdays,

Fridays & Saturdays

8—10 am

Sit & Sip | Delivery

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

COFFEE

CONNECTIONS

at Syren's Grille

Self-Serve

Coffee & Tea

Mondays, Tuesdays

& Thursdays

9-10 am

AFTERNOON COFFEE

in the Clubhouse Lobby

Self-Serve Coffee

Monday—Friday

2-4 pm

OFF-CAMPUS EVENTS

Please note: The laser tag arena uses blacklight illumination in a very dark arena. Participants are required to wear a 10-to 15-pound vest. This trip may not be suitable for walker or wheelchair users, as the arena is compact with many corners and tight walkways. Please watch for tripping hazards.

SHOP & DINE

Coffee at Kimball Coffeehouse in Gig Harbor

Wednesday, September 3, from 9:30-11 am | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Friday, August 29.

Women's Lunch at Duke's on Point Ruston, Tacoma

Wednesday, September 10, from 11 am-1 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Friday, September 5.

Co-Ed Breakfast at The Float in Gig Harbor

Wednesday, September 17, from 9:30-11:30 am | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Friday, September 12.

International Tastings: Kizuki Ramen & Izakaya in Tacoma

Tuesday, September 30, from 11 am-1 pm | *Sponsored by International Tastings*

The International Tastings Group is going to the multi-award-winning Kizuki Ramen & Izakaya in the Tacoma Mall. We've tested the menu, and it was great. Check it out at <https://tinyurl.com/yypn99vt8>. Remember, if the registration is full, join the waitlist. **Register on the Resident Portal by 9 am on Friday, September 19.**



Shopping trips are free of charge. Reserve your spot by registering at the Concierge Desk by 12 pm on the day before the scheduled trip. If you experience low vision and find shopping trips challenging, please call Resident Services (253.313.0793) so we can make arrangements for a helpful companion to come along.

Mondays at 9 am	Wednesdays at 11 am (Express Shopping)	Fridays at 11 am
9/1— No Shopping	9/3—Safeway	9/5—Harbor Greens
9/8—Fred Meyer	9/10—Safeway	9/12— No Shopping
9/15—Metropolitan Market	9/17—Safeway	9/19—Walmart
9/22—Trader Joe's, UP	9/24—Safeway	9/26—Target
9/29—Met Market		

EVENT

Welcome

Meet & Greet with Ron Schaefer
Wednesday, September 24, at 11 am (SP)
Sponsored by Administration

In September, Ron Schaefer will join us as the President and CEO of Emerald Communities, Emerald Heights, and Heron's Key.



Ron brings 36 years of senior living experience and, most recently, served as COO of EverTrue Living. His impressive background includes leadership of multi-site Life Plan Communities and serving as an instructor at the University of Southern California's Leonard Davis School of Gerontology.

Please join us in giving Ron a warm welcome to the Emerald Communities family!

Congratulations

Penrose Harbor Achieves Deficiency-Free Rating in Recent State Survey

In Washington State, assisted living facilities are subject to regular, unannounced surveys by the Department of Social and Health Services (DSHS). These surveys help ensure facilities meet the high standards required for resident care, safety, and well-being. During a survey, inspectors from DSHS examine several key areas, including:

- Care and services
- Resident rights
- Medication safety
- Food service
- Safety and emergencies
- Infection control
- Record keeping



Penrose Harbor's most recent survey yielded a "deficiency-free" rating, indicating that the facility was found to be in full compliance with all applicable state standards and regulations. This outstanding result is a testament to the hard work and dedication of the entire team.



GOLDEN SPOTLIGHT AWARD

Mecca Irby, Life Enrichment (former Dietary Aid)

Mecca is an exceptional team member whose dedication and enthusiasm truly stand out. She consistently volunteers for committees and is always willing to pick up extra shifts when needed. Her warm and engaging presence has a meaningful impact on our residents, and she goes above and beyond to brighten their days. In fact, with a piano in the room, Mecca often treats us to beautiful melodies, further enhancing the joyful atmosphere she helps create.

Get to know: Jaimisa Gourley

Brand & Communications Director

- What is your hometown? Born and raised in South Seattle! I've also called the Bay Area (SF & Oakland) and Miami home.
- What was your first job? At 15, I worked in cosmetics at Drug Emporium in Southcenter.
- What three words would you use to describe yourself? Thoughtful, Caring, Loyal.
- What do you do for fun? I'm happiest when I'm exploring new places, trying out plant-based recipes, or spending time with our fur family. I also enjoy a variety of Peloton classes, and just completed my first 10K (still a little stiff, but totally worth it!).



- Who inspires you? The vision and energy of younger generations, our residents, and all who dedicate their lives to helping others, human and animal alike.
- What do you love about working at EC? I love being based on campus (after years in a corporate setting) and getting to know the stories of our residents and team members.
- What is the focus of your role at EC? I get to share the stories and moments that bring our communities to life, through videos, newsletters, social media, and our website, so future residents can see what makes us special. Behind the scenes, I manage various projects, marketing technology tools, and vendor partnerships to keep things running smoothly and help our marketing teams connect with the right people.



At Emerald Communities, staying connected to our mission, our residents, and one another is our top priority. With many new faces walking the halls, we're excited to (re)introduce our EC team and share a glimpse of the passionate people working behind the scenes to support our amazing communities every day.

WELLNESS: SAFE PRACTICES & INJURY AWARENESS

Stay Strong, Steady, and Confident: Fall Prevention with Ron Tyler

Friday, September 5, at 1 pm (M & HKTV) | *Sponsored by Resident Services*

Joining us to discuss fall prevention is Ron Tyler. Ron is a Norwegian-trained Osteopathic Physical Therapist with over 34 years of experience helping people maintain mobility, balance, and the vitality of independence. Ron has dedicated his career to understanding how the body works—what creates aches and pains, what supports balance and coordination, and how to maintain vitality and mobility at every stage of life. In this interactive clinic, he will share how the Nordic approach differs from traditional physical therapy methods we're accustomed to and how it can benefit individuals requiring such services. He will present practical strategies empowering you to:

- Improve strength and stability
- Fall prevention
- Maintain independence and confidence
- Keep doing the activities you love—safely

Ron has studied and completed Physical Therapy training under the mentorship of Dr. Bjorn Svendsen, PT, DHSc, FFAAOMPT, a founding member of the American Academy of Orthopaedic Manual Therapy. He graduated from Andrews University School of Physical Therapy in 1989 with an undergraduate degree in Exercise Physiology. Ron has practiced in the Puget Sound area since 2003 and owns the ATI clinic in Uptown for ATI Physical Therapy, as well as Synergistic Therapies in Gig Harbor.



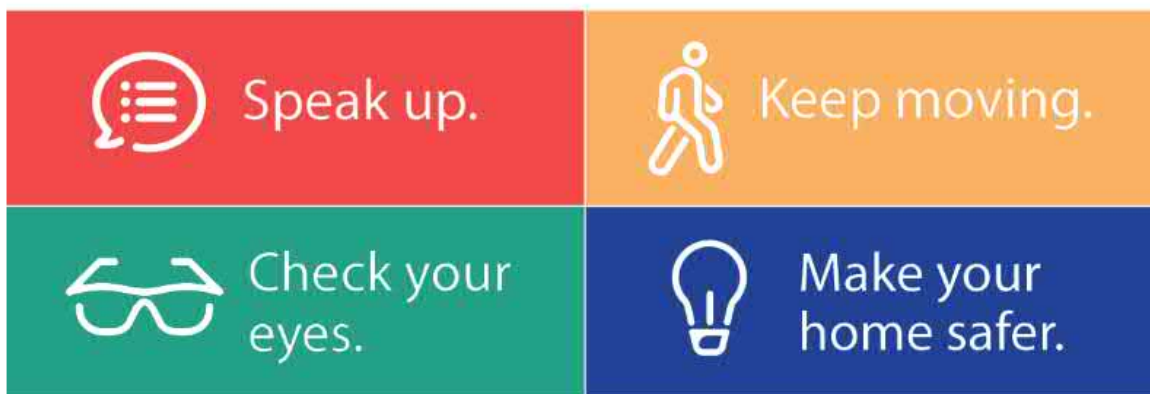
Updates and Safety Steps with Gig Harbor Fire and Medic One



Monday, September 8, at 3 pm (M & HKTV 370) | *Sponsored by Resident Services*

Gig Harbor Fire Department's Prevention Division Chief, Thomas Westcott, will join us to give some updates on our local Fire Department and Medic One services. He will discuss recent developments, safety practices, and changes within the Fire Department. Bring your questions!

Falls are Preventable.



www.cdc.gov

STEADI Stopping Elderly
Accidents, Deaths & Injuries



FITNESS EXPO

Thursday, September 25 (M)

- 9 am: 1st Floor & Cottages
- 10 am: 2nd Floor
- 11 am: 3rd Floor



- 1 pm: 4th Floor
- 2 pm: 5th & 6th Floors

“Research shows that through an improved understanding of the risks and by carrying out preventative measures, at least 25% to 30% of falls can be prevented.”

—Jon Pynoos, Ph.D., Co-Director of the Fall Prevention Center of Excellence (FPCE).¹

The Fitness Expo is an opportunity for you to assess your fitness level based on national standards. If you have participated before, dig out your old records so you can make helpful comparisons. Completing the assessment this year will give you a good direction for accomplishing fitness goals with updated measurements.

There will be five exercise stations throughout the Maritime. Most tests take less than one minute to complete, with a total expected duration of around 15-20 minutes. These tests are compared to a national standard based on your sex and age range. The tests selected for the expo have specific fitness focuses: flexibility, mobility, endurance, strength, cardiovascular, balance, and core stability.

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

A tester will write down your score on the tracking sheet provided, and a fitness specialist will help you with any questions concerning your results. With scores in hand, you'll be able to select a fitness activity or approach with the most potential for improving your score the next time. You'll be able to track your progress and see improvement year after year.

Tests such as “Get Up and Go” are selected with a purpose in mind as they measure various aspects of your flexibility, core strength, and balance. Laurence Rubenstein, MD, MPH, is the co-director of FPCE. His research focuses on geriatric fall prevention, and he often uses the “Get Up and Go” test to analyze those who have fallen in the past.

Join us at this year's Fitness Expo to assess your fitness level, set goals for improving your health, and target areas of development that will contribute to fall prevention.

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

FEATURED EVENTS

Great Decisions with Bill:

“AI and American National Security”

Tuesday, September 2

from 1-2:30 pm (M & HKTV 370)

The AI revolution is the leading edge of a larger high-tech revolution, which promises to transform the world. Experts argue that international cooperation is necessary to harness the opportunities presented by these new technologies while mitigating the risks they pose to societies. What are the key policy debates in this area, and what are the possibilities and limits on global AI rules of the road? How will the AI revolution impact American national security? What are its policy options to secure the benefits of AI and guard against its dangers?

Bill has spent 25 years in the semiconductor and software industries in Silicon Valley and was at the forefront of the start of the Personal Computer revolution. Bill’s last presentation at Heron’s Key on AI discussed how it works. This event will focus on the companies, people, and the environmental and societal impacts of the technology.

“Western American Landscape Art: Manifest Destiny to Present-Day Controversy” with Resident Alison

Tuesday, September 9, at 1 pm (M & HKTV 370)



This talk will feature landscapes, like Bierstadt’s *Puget Sound on the Pacific Coast* (1870) (Seattle Art Museum), and give special attention to the controversies surrounding them. The last generation saw a wave of revisionist scholarship about American landscape painting that rejected the celebratory interpretations that were pervasive earlier. Incidentally, this led to a full-out culture war with ramifications for today’s political climate in which anything countering triumphalist ideology is threatened with defunding or

cancellation. In 1991, the Smithsonian Institution’s exhibition *The West as America* sparked this culture war. And now in 2025, the White House has called out the Smithsonian for its “divisive, race-central ideology” and its “promotion of narratives that portray American values as inherently harmful and oppressive.”

The talk will consider old and new ways of understanding 19th-century Western American landscapes and place them within their own (and our own) cultural and socio-political contexts. The talk will also show how the Seattle Art Museum responded to the new thinking.

Great Decisions Series

Great Decisions is America’s largest discussion program on world affairs. Its model involves reading the *Great Decisions Briefing Book*, watching the video series, and meeting in a Discussion Group to discuss the most critical global issues facing America today. Our Heron’s Key version features expert discussion moderators to provide additional informational depth and lead the discussion.



Alison is the William R. Kenan Professor of Art History Emerita at Carleton College, where she taught from 1982 to 2014, offering courses on early modern European art and architecture, as well as gender issues in Western art. From 2008 to 2021, she served as the Editor-in-Chief of an online journal on Netherlandish art. Her publications include books and articles on Rembrandt, as well as other 17th-century Dutch artists and topics related to women and gender.



William Lokey: Reflections on 9/11 at the World Trade Center

Thursday, September 11, at 1 pm (M & HKTV 370)

Hear a first-hand account of the rescue and recovery efforts in New York after 9/11 and how it changed US policy toward emergency management and preparedness for terrorism and other hazards.

Bill Lokey has worked on the scene after numerous disasters, including the eruption of Mt. St. Helens, the Northridge earthquake, the Oklahoma City bombing, and at the World Trade Center after 9/11, as well as Hurricane Katrina and the Tohoku earthquake and tsunami in Japan. He has shared his expertise throughout the USA, Canada, the United Kingdom, Ecuador, Thailand, Singapore, and Japan. Recently, Bill helped update the emergency plans for McMurdo, Palmer, and South Pole stations in Antarctica.



David Smith: Themes in Philosophy, Part 2: Philosophy of Language

Thursday, September 18, from 1-3 pm (M & HKTV 370)

David Smith offers a fun philosophical analysis of language. Some of the major questions he'll address include: *Do humans have an innate understanding of language? How many grammatical rules are legitimate? Why do we use figures of speech? What are the pros and cons of oral and written communication? What are the principles of responsible interpretation? Does language merely express thought, or does it influence thought?* As always, the class includes discussion. Join us!



Dr. David E. Smith grew up in the world of fundamentalist religion. As an adult, he gradually moved away from that paradigm and became a religious progressive/skeptic. After earning an M.A. in philosophy of religion, he received a second M.A. and a Ph.D. in religious studies from Temple University in Philadelphia, PA. Formerly a full-time faculty member at Central Washington University in Ellensburg, WA, David now teaches for the Osher Lifelong Learning Institute at the University of Washington and offers independent seminars and non-credit courses in comparative religion and philosophy. He has published widely in these areas, as well.

“Hate Speech and Social Media”

Tuesday, September 23, at 1 pm (M & HKTV 370)

***Hate Speech* with Chris Damaske**

This series focuses on what we are doing or should be doing to combat hate speech in contemporary society. Each session unpacks another aspect of this complex societal problem.

The question of how to respond to the cascading avalanche of hate speech has gained substantial momentum as of late, with governments around the world scurrying to create a meaningful approach to the ever-growing problem. For many years, social media has contributed to both the severity of hateful speech and the quantity and reach of that speech. Most countries have attempted some level of legal restriction. However, the increasing popularity of the internet as a place for hate mongers is forcing a reevaluation of the treatment of hate speech, both abroad and in the United States.



Chris Damaske is a professor of communication at the School of Interdisciplinary Arts and Sciences at the University of Washington, Tacoma, where she has served on the faculty since 2001. Her research explores issues of power associated with free speech and free press, resulting in a theoretical and analytical critique of First Amendment applications in areas including hate speech, internet pornography, political dissidence, reporters' rights, high school censorship, incitement, and academic freedom. Most of her research has focused on exploring the complicated relationship between the First Amendment and culturally disempowered groups in the United States.

That inquiry culminated in the publication of several articles and two books. Her first book, *Modern Power and Free Speech: Contemporary Culture and Issues of Equality* (2009), suggested a new legal framework for case analysis that would complicate the currently applied content neutrality principle. Her most recent book, *Free Speech and Hate Speech in the United States: The Limits of Toleration* (2020), uses a social justice framework to address the question: What can be done to curb the proliferation of hate speech and hate acts in the United States? Chris is currently the coordinator for the Legal Pathways Advisory Board and the co-founder and supervisor of the Journalism Exchange Program at Moscow State University in Russia.

David George Gordon, Sasquatch: Man-Ape or Myth

Tuesday, September 30, at 1 pm (M & HKTV 370)

Learn about the Northwest's mysterious Wild Man of the Woods from David George Gordon, author of *The Sasquatch Seeker's Field Manual* (published by Mountaineers Books). Sift through the evidence that supports and refutes the fascinating creature's existence and share your stories and views.



David George Gordon is the principal author of *Heaven on the Half Shell: The Story of the Oyster in the Pacific Northwest* (recently revised and updated by University of Washington Press). A former science writer for Washington Sea Grant, Gordon has written 22 books on topics ranging from slugs and snails to sharks, gray whales, and Sasquatch.

RESIDENT-LED EVENTS

Reading Aloud with Gee and Your Neighbors

Thursday, September 25, at 7 pm (A)

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.

Need Tech Help?

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



HERON'S KEY ART WALK

An Introduction to Heron's Key Hallway Art

Saturday, September 27, at 2 pm (Meet in CL)

Sponsored by Resident Services

Join resident and artist Joyce for a relaxed and engaging walking tour of the artwork displayed throughout the halls of Heron's Key. Each month, Joyce will focus on one of the six floors, sharing the history and stories behind each piece of art or photography. The series kicks off in September with the Clubhouse Lobby and second floor. The tour will begin at the striking artwork located next to the Lobby Elevator (see photo to the right).



INTEREST GROUPS

EVENTS

FISH Food Drive

Thursday, September 4, to Wednesday, September 10 (CL) | Sponsored by the Volunteer Group

Fish Food Bank is a local organization that believes in the principle of neighbors helping neighbors. Support your community by donating non-perishable food items. The items most needed are peanut butter, jam, canned meat, chili, beef stew, canned or shelf-stable milk, crackers, cookies, and pasta. All non-perishable items are gratefully accepted.



There will be a box in the Clubhouse Lobby for your donations. To donate money, please make a check payable to Gig Harbor Peninsula Fish and place it in the Resident Council **blue** box in the mailroom. Thank you for your generosity!

A GIFT OF 'HOPE': GIG HARBOR STUDENT HONORS HERON'S KEY WITH ART

At the June Scholarship Luncheon honoring the recipients of 2025 Heron's Key Scholarships, **Josie Cockayne**, a Gig Harbor High School senior, presented HK residents a special gift. A talented artist in both painting and glass, Josie created a glass mosaic titled "Hope," a piece that represents her belief in a world of color, light, and individuality—a "light burst."



Josie said this about her gift to the community:

"When I was awarded the Heron's Key Scholarship, my life really shifted. Growing up in a sports-focused school, I always felt a bit alone in my identity as an artist. But I will never forget how it felt to be in that room at Heron's Key, everyone happy to see me and my art, and giving me a space to interact. It gave me so much hope."

"Ultimately, I think the piece itself is a reflection of that. All of my light burst mosaics have felt like they hold their own personalities and stories, guided by their color scheme. This one, however, is a symphony of EVERY color. This was inspired by the diversity shown in Heron's Key Scholarship recipients, as well as the residents."

"I hope that the piece can serve as a reminder for every resident and visitor at Heron's Key to know they belong and are a part of the larger story."

Josie will attend Western Washington University this fall, majoring in art with the intention of creating and teaching art. The Heron's Key scholarship of \$2,500 enabled her to go to Western, and her beautiful creation is an expression of her gratitude for the scholarship.

Many thanks to resident Al Vazquez, who so beautifully framed Josie's art piece. *Hope* is now a part of Heron's Key art collection, displayed in the lobby near the doors.

MEET THE CANDIDATES

School Board Candidates

Friday, September 12, at 3-4:30 pm (M & HKTV 370)

If, as Nelson Mandela said, “Education is the most powerful weapon which you can use to change the world,” then being on the Board of Directors in a local school district may be one of the most important jobs in today’s world! Four candidates are vying for two positions on the School Board of Peninsula School District. There are so many issues facing schools today. Come and hear these candidates present their views on the priorities for our local school district and their dreams for the futures of our most important assets—our children and grandchildren. **This is an important time for our young people to be educated!**



David Olson



Jonathan Appleton



Matt Bruhn



Emily DuCharme

State Senate, 26th District, Candidates

Tuesday, September 16, at 1-2:30 pm (M & HKTV 370)

The two candidates for one of the most hotly contested political races in the state will be at Heron’s Key. Deb Krishnadasan, the current Senator from the 26th District, is attempting to retain her Senate position after being appointed by the Pierce County Council to replace the newly elected U.S. Representative Emily Randall last fall. Michelle Caldier has served six terms in the Washington State House of Representatives. Both women have long histories of public service. A very small number of votes separated the two when the votes were counted for August’s primary election. Come with your questions and curiosity to find out more about these two candidates for State Senate.



Michelle Caldier



Deb Krishnadasan

PERFORMING & VISUAL ARTS PRESENTS IN THE MARITIME AND ON HKTV 370

Beethoven's Even Symphonies - No. 2 and No. 4

Wednesday, September 3, at 6:30 pm (M & HKTV 370)

After sharing Beethoven's powerful odd-numbered symphonies, many of you asked for the even-numbered ones. While often overshadowed, these four symphonies are full of beauty, elegance, and character. We will present them two at a time.

These performances were conducted by the legendary Claudio Abbado and recorded in 2001 at the Accademia Nazionale di Santa Cecilia in Rome. Abbado once said, "With Beethoven, you never stop learning." A lifelong student of the composer, he brought fresh insight to each performance. At just 27, Abbado debuted at La Scala and after a storied career, in 1989, he became music director of the Berlin Philharmonic, later recording a full Beethoven cycle and recorded these performances in Rome to great acclaim. His approach emphasizes the sublime over sentiment, revealing the profound humanism in Beethoven's music.

Beethoven wrote his nine symphonies between 1799 and 1823—from age 31 to 54—defining the form for generations. Though grand in scale, these works feel deeply personal and universally resonant. They've inspired everything from political movements ("Ode to Joy" is the EU anthem), to film (*A Clockwork Orange*), to pop culture and advertising.

Each symphony stands as a bold declaration of freedom, dignity, and human spirit—and in Abbado's hands, they come vividly, beautifully alive. –ChatGPT and medici.tv

Beethoven's Symphony No. 2: "The Point of No Return," or Second, Symphony

"A rough-hewn raging beast... vainly lashing out with its tail..." these are the words used by a critic in reference to the score of the Symphony No. 2 in D Major Op. 36 when it was published a year after its premiere on April 5th, 1803, in Vienna. Written in 1802, a year of crisis in which Beethoven's deafness suddenly became aggravated, the work bears no marks of his suffering. On the contrary, Debussy's favorite symphony is bursting with the strength of Beethoven's rhythm. It is, according to the British musicologist Grove, "the high point of the Ancient Regime, of Haydn and Mozart; a point from which Beethoven will go on to explore regions no one before him had ever dreamt of exploring." – medici.tv

Beethoven's Symphony No. 4: "The Slender Maiden," or Fourth, Symphony

Written in one go during the summer of 1806, the year of the Concerto for Violin and Orchestra, the Symphony No. 4 in B flat Major, Op. 60 was premiered in public on November 15, 1807. Written when Beethoven was in love with the Countess Theresa of Brunswick, it is marked with a more cheerful tone than the Eroica that preceded it, however, it is just as bold. Schumann said of it that it gave the impression of "a slender Greek maiden between two Norse gods." Indeed, this piece full of ardor and lyricism



Note: Streamed programs are subject to change without notice. If a different program is available, we will show it in the Maritime and on HKTV 370. We hope you enjoy the alternative program.

deserves closer listen, even though the giants that surround it, the Eroica and the Fifth Symphony, overshadow it. – medici.tv

Beethoven's Even Symphonies - No. 6 and No. 8

Wednesday, September 10, at 6:30 pm (M & HKTV 370)

Beethoven's Symphony No. 6: "The Feeling of Nature," or Sixth, Symphony

This piece was greeted with little enthusiasm on the evening of December 22, 1808, in Vienna, when the Symphony No. 6 in F Major also called the Pastoral Symphony, Op. 68 was premiered at the same time as the Fifth Symphony. The title Pastoral was given by the composer himself on the program: Pastoral Symphony: "the expression of the feeling rather than a painting." The score later bore the inscription, "Pastoral Symphony or Memory of Life in the Country." The sound of gurgling water or of birdsong translates the feeling of nature rather than portraying nature itself. Even though one can only agree with Bruno Walter when he says that "a conductor who does not love nature, streams and birds cannot conduct The Pastoral Symphony." The Pastoral Symphony is to Beethoven what Le Lac is to Lamartine. – medici.tv

Beethoven's Symphony No. 8: "The Welcoming Smile," or Eighth, Symphony

Symphony No. 8 in F Major Op. 93 is as different musically from the Seventh Symphony as it is close in time since it was finished only five months later. It was written during the composer's stay in a spa town where he fell in love with Amélie Sebald, a singer from Berlin. It was premiered before a Viennese audience on February 27, 1814. Like the Fourth Symphony, it appears to be caught between the Dionysian scale of the Seventh Symphony and the titanic universality of the Ninth Symphony. The carefree nature of the "little symphony," as the composer called it himself, should not make one forget its welcome smile. – medici.tv

London Royal Ballet's Cinderella

Saturday, September 13, at 2 pm (M & HKTV 370)

Five years after it first lit up London's Royal Ballet, Sir Frederick Ashton's classic 1948 choreography for Prokofiev's Cinderella returns to Covent Garden in a glorious frenzy of shapes and colors, taffetas and tulles, with an astonishing cast – including Marianela Nuñez and Vadim Muntagirov – bringing the fairy tale to colorful life!

The story of Cinderella has inspired countless writers, artists, composers, and choreographers over the centuries, and this comic ballet is one of the most memorable adaptations. In Ashton's reimagining, the stepsisters' grotesqueness is counterbalanced by the infinite grace of the title character (an exquisite Marianela Nuñez) and the charm of the Prince (Vadim Muntagirov). Gorgeous costumes by Alexandra Byrne enhance and round out the kaleidoscoping magic of this remarkable anniversary performance. – medici.tv

Anton Bruckner: Symphony #3 in D minor

Wednesday, September 17, at 6:30 pm (M & HKTV 370)

Anton Bruckner's 3rd symphony is nicknamed "Wagner Symphony" as it was dedicated to Richard Wagner. It was originally written in 1872 and revised several times. The first performance was December 16, 1877, Vienna; it was notoriously disastrous—audiences and

PERFORMING & VISUAL ARTS

even the orchestra abandoned the performance. Only a few supporters, including Gustav Mahler, remained. The poor reception deeply affected Bruckner, prompting further extensive revisions – Geocities Wikipedia.

Opinions differ – some argue that Bruckner's revisions strengthened the piece, while others believe they diminished its original architectural clarity and momentum. – Chat GPT

Rimsky-Korsakov: Scheherazade Op. 35

Wednesday, September 24, at 6:30 pm (M & HKTV 370)

This is one of the best-known orchestral works of the late 19th century. It's a lush, colorful symphonic suite composed in 1888 and was inspired by *The Arabian Nights* (also known as *One Thousand and One Nights*).

Nikolai Rimsky-Korsakov (1844–1908), was a Russian composer famous for his masterful orchestration. This piece was composed in 1888 as a symphonic suite in four movements. He aimed for “a kaleidoscope of fairy-tale images” rather than a literal retelling of the stories, in this case the tales of Scheherazade, the legendary storyteller who narrates enchanting stories night after night to delay her execution by the Sultan.

This work showcases Rimsky-Korsakov's orchestration genius by using a large symphony orchestra, with prominent solos for violin, harp, woodwinds, and brass. The solo violin often represents Scheherazade herself, with a lyrical, sensuous theme. The bold, brassy theme that opens the work is the Sultan's theme.

This piece was Immediately popular after its premiere in Saint Petersburg (1888) and has become a staple of the symphonic repertoire and a showcase for orchestras' color and virtuosity. It is frequently choreographed for ballet and adapted for film. – ChatGPT

Six Tips To Help Prevent Falls

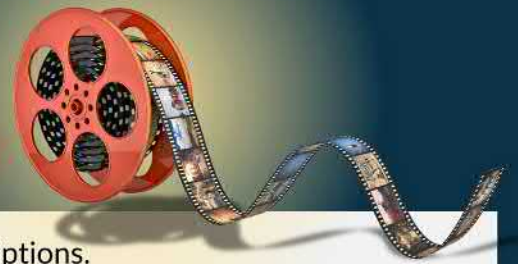
More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



Movies in the Maritime and on HKTV



See the Resident Portal for movie descriptions.

Friday Night Movies at 7 pm

Sponsored by Resident Services

- **9/5:** Ford v. Ferrari (2019, PG-13)
- **9/12:** A Haunting in Venice (2023, PG-13)
- **9/19:** The Post (2017, PG-13)
- **9/26:** The Call of the Wild (2020, PG)

Note: Friday night movies may not always air on HKTV due to licensing restrictions.

Sunday Movie Dates at 5:30 pm

Sponsored Performing & Visual Arts

- **9/7:** Killers (PG-13, 2010)
- **9/14:** The Man Who Knew Too Much (PG, 1956)
- **9/21:** Romancing the Stone (PG, 1984)
- **9/28:** Housesitter (PG, 1992)

**Grab free popcorn to
enjoy with Friday night
flicks, compliments of
Resident Services.**



HKTV370



On-Site Counseling & Dementia Support

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

Call 253.442.9242 for appointments and rates.

Now offering Friday appointments in a private office in the HK Health Services Clinic.

HarborTransitions

UPCOMING EVENTS



Wine & Cheese Social: Wine & Wigs

Thursday, September 11

4 pm (CL & CL Patio)

Sponsored by Resident Services

We're having a whimsical Wine & Cheese Social as we donning our best wigs! Big hair, purple hair, or a bald cap. We hope you join us for a bit of fun.



Birthday Celebration

Tuesday, September 30

3 pm (CL & CL Patio)

Sponsored by Resident Services

Floor Meetings with Executive Director Chris Lucero

Thursday, October 2 & Friday, October 3 (M)

Join your neighbors in Spinnakers and enjoy an opportunity to have a discussion with Executive Director Chris Lucero.



Thursday, October 2

- 10 am: Floor 4
- 11 am: Floor 2
- 1 pm: Floors 1 & 6
- 2 pm: Floor 5

Friday, October 3

- 1 pm: Floor 3
- 2 pm: Cottages



MAH-JONGG

American Mah-Jong

Mondays
12-4 pm (CA)

Traditional Mah-Jong

Fridays
2-4 pm (CR)

International Mah-Jong

Sundays
3:30 pm (CR)

GAMES

Pinochle

Wednesdays at 2:15 pm (CA)

Canasta

Thursdays, 1-3 pm (CA)

Mexican Train

Fridays at 11:30 (CA)

Bridge

Fridays, 1-3 pm (SP)

[New players always welcome!](#)

HEALTH SERVICE CLINIC PROVIDERS

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

Primary Care at Heron's Key

F&M Healthcare: Dr. Maggie Sekeramyi &
Miriam Bagalwa, ARNP

Every Other Thursdays 10 am—2 pm

Health Services Clinic

253.448.9423

Appointments@fmhealthcare.org

Walk-ins welcome.

Consonus Healthcare

Physical therapy and occupational therapy
services in Penrose Harbor.

Requires a referral from a health care provider.

253.313.0749

Sound Dental Care Mobile Dental Hygienist

206.745.3808

On-Site Counseling & Dementia Support

Sandy O'Brien, MN, RN, CL, CPC, ACM

Available Fridays in the Health Services Clinic

*Specializes in caregiver and care partner support,
Alzheimer's and other dementias, chronic illness,
coping skills, anxiety, depression, life transitions.*

253.442.9242

sandy@harbortransitions.com

www.HarborTransitions.com




Wednesday, October 8 | 11:30 am-2:30 pm (SP)

Step 1: Pick up a registration form at the Concierge Desk
starting Monday, September 8.

Step 2: Return your form to the Concierge by Wed., October 1.

Step 3: Get your vaccine appointment time.

*On Thursday, October 2, you will receive a phone call
from Heron's Key regarding your vaccine appointment
time. (Please do not come early to your appointment as
it creates crowding in our waiting areas.)*

 **FLU AND
COVID
VACCINE CLINIC**

**Completed registration forms are
due to the Concierge Desk by
Wednesday, October 1.**

LABOR DAY COOKOUT

Monday, September 1, from 11 am—3 pm (M & CL Patio) | **Reservations Required**

Cost: \$17 for Residents; \$20 for Guests; \$10 for Children Ages 6-12 years; Free for Children 5 and Under

Join us for a special Labor Day Cookout in the Maritime Room and Clubhouse Patio (weather permitting). Menus will be available at the Host Stand at Syren's Grille and on the Resident Portal's Dining Page under "Special Events" in the first week of August. **Reservations are required.** Make yours at Syren's Grille or by calling 253.313.0797. A limited menu for takeout and delivery will be available during operating hours.

CHEF DINNER RAFFLE | Second Week of Every Month

We are revamping your chance to win a four-person Chef Dinner. To encourage residents to participate in our feedback surveys, we invite you to **complete a survey every time you dine or take out during the second week of every month.** We'll place the surveys in a box for a drawing at the end of that week. **A copy of your receipt is no longer valid for this raffle.** If you have any questions, please speak to a Dining team member.

CELEBRATE HISPANIC HERITAGE MONTH WITH TWO UNIQUE OPPORTUNITIES

1. Chef's Cooking Class

Second Monday of every month | Monday, September 8, at 2pm (SP)

Join us for our revamped Chef Demo. This interactive series will guide you through the process of making a dish from scratch. This month, we will feature a nod to Hispanic culture by showing you how to make Chef Cody's famous mole sauce, complete with a build-your-own taco kit. Price is \$7 per resident. Sign up at Syren's Grille or by calling 253.313.0797.

2. Weekly Chef's Specials

September 1 through September 7

Discover the rich flavors of Latin America by trying one of our delicious specials this week. Chef's Specials will be posted on the Resident Portal, at the host stand, and in the respective week's KeyNotes. ¡Disfrútalo!

RESIDENT ORIENTATION TO DINING SERVICES

Second Tuesday of every month | Tuesday, September 9, at 11 am (SP)

All residents are welcome. Learn about our dining services and ask questions—no registration required. You will also receive an introduction or refresher on our new online ordering and reservations system, FullCount.

STAFF TRAINING

Second Wednesday of every month | Wednesday, September 10, at 3pm-4pm

Our focus for the year is TRAINING! To this end, we close for an hour on the second Wednesday of every month to focus on staff development. Please plan accordingly by placing your orders for pick-up or delivery before 3 pm or after 4pm, or dine in the restaurant before or after those times. If you have any questions, please speak to a Dining team member.

CHEF DINNERS | Friday and Saturday, September 26 and 27, at 5pm (PDR)

Enjoy a culinary experience like no other with a specially curated coursed meal by Chef Chris and his team. Seating is limited to 10 people, so please reserve your spot quickly **once we publish the menus** to avoid missing out on this culinary experience. We'll publish menus the first week of September (visit the host stand or view the "Special Events" menu on the Resident Portal); you may make reservations at that time. Reservations are available on a first-come, first-served basis. Menu and pricing to be determined; pricing ranges from \$30 to \$40 per person. Call 253.313.0797 today to reserve your place.

Find the latest menus and hours on the Resident Portal.