

April 2022

# Heron's Flight

Taking Community News to New Heights

## Gig Harbor Land Conservation Fund

Learn how a local organization  
is taking steps to help preserve  
the area's beauty.



# INSIDE THIS MONTH'S ISSUE April 2022

- 4. Resident Council Connection
- 5. Life Enrichment
- 6. Off-Campus Trips
- 9. Shopping Trips
- 10. Interest Group Event
- 11. Lifelong Learning
- 15. Cover Story:  
**Gig Harbor Land Conservation Fund**
- 16. Nurturing the Soul
- 18. Movie Nights
- 19. Celebrating Laughter Month
- 21. Reminders: Response to Falls
- 22. Upcoming Events
- 23. On-Campus Providers
- 24. Dining Services



**CONCIERGE / SECURITY 253.313.0700**

**Billing: 253.313.0703**

**Consonus (Therapy): 253.313.0749**

**Housekeeping: 253.313.0795**

**Facilities: 253.313.0798**

**Fitness: 253.313.0781**

**PENROSE HARBOR 253.313.0800**

**Resident Services: 253.313.0793**

**Restaurant: 253.313.0797**

**Spiritual Care: 253.313.0733**

**Transportation: 253.313.0792**

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Executive Director

Karen Rose  
Health Services Administrator

Angela McCloskey  
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Sandi Semler  
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Penrose Resident Care Manager

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George Smith  
Facilities Operations Supervisor

Janell Respicio  
EVS Manager

Stacy Edwards  
Director, Sales & Marketing

Matthew LeCours  
Director, Food & Beverage

Kristina Christenson  
General Manager of Dining


## CPR TRAINING FOR RESIDENTS



Taught by certified staff member Ray Austin, this course will cover BLS (Basics Life Skills of CPR/AED). Participants will receive a card upon completion via email. The class will meet in the Maritime 8:30–11:30am on Thursday, April 21. Please sign up on the Resident Portal; space is limited to 9 residents.

## SPECIAL DELIVERIES FOR BAGELS & DONUTS—ORDER AT THE CONCIERGE DESK

On two different days in the month of April you can custom order a morning treat and we'll deliver to the Clubhouse Lobby for pickup. Stop by the Concierge Desk for an ordering form; all orders will be charged to your monthly statement.

	
<b>Panera Bagel Delivery</b> <b>Monday, April 11, 10am</b> <b>Order Deadline:</b> <b>12pm, Sunday, April 10</b>	<b>Krispy Kreme Delivery</b> <b>Monday, April 25, 10am</b> <b>Order Deadline:</b> <b>12pm, Sunday, April 24</b>
Baker's Dozen: \$11.99 Half Dozen: \$7.89 12-Pack (w/cream cheese) \$16.19	Dozen Original: \$11.95 / Half Dozen: \$7.50 Assorted Dozen: \$13.95 / Half Dozen: \$9.00 Glazed Sour Cream: \$1.50 each Glazed Raspberry Filled: \$1.50 each Chocolate Iced Glazed: \$1.50 each



## SLICKTEXT MESSAGES

Text 888.449.0214

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



# RESIDENT COUNCIL CONNECTION

## A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

Laughter is one of the greatest gifts given to humans. Just the physical act of laughter releases endorphins, which trigger positive feelings in the body similar to morphine (“Exercise and Depression,” *WebMD*, February 18, 2020). A particular type of humor, known as self-deprecating or self-directed humor, can be especially healthy if not employed in a self-demeaning way. Laughing at yourself can reflect healthy self-awareness, insight and self-acceptance (“How Laughing at Yourself Can Be Good for Your Well-Being,” *Psychology Today*, April 5, 2021).

So with apologies to the lawyers amongst us: “A barber gave a haircut to a priest one day. The priest tried to pay for the haircut, but the barber refused, saying, ‘you do God’s work.’ The next morning the barber found a dozen bibles at the door to his shop. A policeman came to the barber for a haircut, and again the barber refused payment, saying, ‘you protect the public.’ The next morning the barber found a dozen doughnuts at the door to his shop. Later that day, a lawyer came to the barber for a haircut, and again the barber refused payment, saying, ‘you serve the justice system.’ The next morning the barber found a dozen lawyers waiting for a free haircut” (*Unijokes.com/lawyer jokes*).

—Pat Curtis, Resident Council Secretary

## GET TO KNOW YOUR RESIDENT COUNCIL

### Pat Curtis, Secretary

The oldest of three, Pat was born in Des Moines, Iowa, and lived in Chicago for most of her childhood and youth. After high school, she went to a small liberal arts college in Nebraska and graduated from Boston College Law School in 1981.

After graduating from Boston College, Pat returned to Chicago and practiced law for about six years. She met and married JT while living in the Windy City, and they later moved to Las Vegas for job opportunities. Pat and JT raised two children, a son they adopted in 1992 and a daughter they adopted in 1998.

While living in Las Vegas, Pat worked in-house for Caesars Palace for some time, traveling to various casinos throughout the country and abroad—from Biloxi to Manila. In 2001, she helped open the Las Vegas office of a large Southwest regional law firm and spent the last almost-20 years of her career practicing there. Pat and JT lived in Las Vegas for about 33 years before moving to Heron’s Key.



## NOW IN THE MARITIME

### Resident Council Meeting

Thursday, April 14 at 10am  
(M & HKTV 370)

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

## EVENT

### Gig Harbor Land Conservation Fund

Wednesday, April 27 at 1pm  
(M & HKTV 370)

See page 15 for details.





# LIFE ENRICHMENT



## BENEVOLENT BREW 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  
Syren's Grille  
9-10am

Penrose Coffee  
News & Trivia  
Skilled Nursing  
11am

## MEET MORGHAN MCGINN LIFE ENRICHMENT

The Life Enrichment team welcomes our newest team member, Morghan McGinn. Morghan graduated from Gig Harbor High School in 2018 and subsequently led youth programs at the YMCA. He is excited about joining our team and bringing his creativity to our activities. Although he's only been with us a short time, he has already started a regular men's breakfast, jumpstarted our Wii bowling league, and led our popular trivia games. One fun fact about Morghan is his love for music: put a mic in his hand and he comes alive for Karaoke.



## LIFE ENRICHMENT NEWS

We enjoyed a green St. Patrick's Day together with special treats, games, and singing. April holds many new field trips out on the town as we explore Point Defiance Park and Fox Island on scenic drives, head out for breakfast or afternoon dessert, and discover the LeMay Car Museum in Tacoma.



# OFF-CAMPUS TRIPS



## 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  
(####.###.####)

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

## ENJOY THE ARTS

### Tacoma Musical Playhouse's *A Gentleman's Guide to Love and Murder*

Friday, April 1 at 6:30pm | *Sponsored by Performing Arts*  
**Registration for this event is closed.**

### Pacific Northwest Ballet Streaming: "Plot Points"

Saturday, April 2 from 12-3pm (M & HKTK 370)

*Sponsored by Performing Arts*

Bold experimentation is the theme for this set of trailblazing pieces. Crystal Pite, Justin Peck, and Robyn Mineko-Williams flip expectations upside down and come out the other side in an enigmatic new world. PNB audiences will remember the cinematic suspense of Pite's Plot Point from previous performances. The arresting complexity of Peck's *The Times Are Racing* and a world premiere by Mineko-Williams (*The Trees The Trees*) are sure to make a similarly deep impression.

### Shen Yun Performing Arts

Saturday, April 9 from 12:30-5:30pm

*Sponsored by Performing Arts*

**Participants must purchase their own tickets on the Shen Yun website (<https://www.shenyun.com/seattle/marion-oliver-mccaw-hall>).**

The culture of ancient China was divinely inspired. Shen Yun's works reflect this rich spiritual heritage. Shen Yun invites you to travel back to the magical world of ancient China. Experience a lost culture through the incredible art of classical Chinese dance and see legends come to life. Shen Yun makes this possible by pushing the boundaries of the performing arts with a unique blend of stunning costuming, high-tech backdrops, and a powerful orchestra. **Register on the Resident Portal by Monday, April 4 at 3pm.**

### Seattle Asian Art Museum & Lunch at Zeeks Pizza

Friday, April 29 from 9am to 3pm | *Sponsored by Performing Arts*

The Seattle Asian Art Museum is located in 1933 Art Deco building in the lush Volunteer Park. The Seattle Art Museum's original home is now the location of its extensive Asian art collection, making it one of the most beloved treasures in the creative, cultured, and curious city. After visiting the museum, we'll have lunch at Zeeks Pizza. **Register on the Resident Portal by Friday, April 15 at 3pm.**



## OPPORTUNITIES TO DINE & EXPLORE

### Coffee & Desserts at Cutters Point at Olympic Village

Sunday, April 3 at 3:30pm

*Sponsored by Resident Services*

Enjoy time with friends while enjoying a local favorite coffee shop. The cost of the trip is free; just come prepared to order your own drink and snack. **Register on the Resident Portal or at the Concierge by Thursday, March 31 at 3pm.**



### Trip to The Beer Vault Tap Room

Sunday, April 10 from 1-3pm

*Sponsored by Resident Services*

The Beer Vault is a newly established taproom located in Purdy just down the road. They are a specialty taproom serving a rotating lineup of 12 beers on tap. Ciders, seltzer & wine are also available — all in a comfortable & friendly space. **Register on the Resident Portal by Wednesday, April 6 at 3pm.**

### Visit to Gig Harbor's Library

Tuesday, April 12 at 11am

*Sponsored by Resident Services*

This is an opportunity to register for a library card or drop off / pick-up borrowed books. We will be sure to have you back in time to eat some lunch and enjoy the Interest Group Fair in the Maritime that will be running 1-3pm. **Register on the Resident Portal by Thursday, April 7 at 3pm.**

### Morning Pastries at Cutters Point at Olympic Village

Tuesday, April 19 at 9am | *Sponsored by Resident Services*

Add a twist to your morning coffee time and hop on over to enjoy the ambiance of a local coffee shop. The trip is free and you'll have an opportunity to order your own beverage and morning snack from their selection of breakfast pastries. Seating is limited, so invite a friend soon and **register on the Resident Portal by Monday, April 18 at 3pm.**

### Scenic Bus Tour through

### Point Defiance Park

Wednesday, April 20

11am

*Sponsored by  
Resident Services*

Many local residents enjoy the well-known 5-mile drive through Tacoma's Point Defiance Park. You'll take a leisurely ride through the forested roads and get some peek-a-boo views of the sound. You may even get a great view of the famous park raccoons who hover around the road, hoping for a banned treat from passers-by.

While this trip will only be a scenic bus ride, this is a great chance to see all that the park has to offer. We hope to return when the weather warms up so we can enjoy the rose gardens, picnic area, duck ponds, and perhaps even the zoo.

**Register on the Resident Portal by Monday, April 18 at 3pm.**

# OFF-CAMPUS TRIPS

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## Men's Lunch at The Hub at Narrows Airport

Sunday, April 24 at 11:30am | *Sponsored by Resident Services*

This month we'll explore the menu at The Hub while we enjoy the view of planes taking off and landing at our local Narrows Airport. **Register by Thursday, April 21 at 3pm.**

## Girlfriends Lunch at Shari's in Port Orchard

Tuesday, April 26 at 11am | *Sponsored by Life Enrichment*

Do you have a friend living in Penrose Harbor? This is a chance to invite her out to lunch and enjoy a ride to Shari's in Port Orchard with a Life Enrichment host. 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 May.

## Women's Brunch at Sunset Grill

Wednesday, April 27 at 9:30am | *Sponsored by Resident Services*

The men had their opportunity to enjoy lunch together, and now it is the ladies' turn. In April, we'll drop into Sunset Grill, a long-time icon of Gig Harbor. Join us for this first women's morning out and perhaps we can make it a monthly event as we try a different restaurant each time. **Register on the Resident Portal by Monday, April 25 at 3pm.**

## PENROSE OFF-CAMPUS EVENTS

In April'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:

- Scenic Bus Tours of the local area
- A visit to the LeMay Car Museum
- 1:1 personal shopping at local stores
  - Men's breakfast
  - Women's lunch or afternoon desserts
  - Social at a local coffee shop





# SHOPPING TRIPS

## Shopping at Home Goods

Wednesday, April 6 at 11:15am | *Sponsored by Resident Services* | **Register by Monday, April 4 at 3pm.**

Looking for a gift or just interested in perusing the home décor? Join us for light-hearted exploration. If the weather is agreeable, we may finish up our trip with a walk across the parking lot to Ben & Jerry's Ice Cream.

## Shopping at Walgreens & a Free Treat at Crumbl Cookie

Sunday, April 24 at 2:30pm | *Sponsored by Resident Services* | **Register by Thursday, April 21 at 3pm.**

Take advantage of the prescription service and variety offered by Walgreens just down the street. After the shopping is done, join our driver Sheree and walk next door for a free cookie at the new Crumbl Cookie.

## CHANGES TO 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 2:10, 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 that we can make arrangements for a helpful companion to come along.

## New Times: Shopping Trips in April

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

*Shopping trips are free of charge.*

### **April:**

- 4—Safeway (75 min.)
- 7—Albertsons (Express 30 min.)
- 11—Metropolitan Market (75 min.)
- 14—Albertsons (Express 30 min.)
- 18—Fred Meyer (75 min.)
- 21—Albertsons (Express 30 min.)
- 25—Trader Joe's in University Place (75 min.)
- 28—Albertsons (Express 30 min.)



# INTEREST GROUPS

## 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.

## Interest Group Fair

April 12, 1-3pm  
Maritime

Stop by the Interest Group Fair to see the wide array of resident-led interest groups at Heron's Key.

### Movies Around Town: Stay Tuned



With the addition of a second driver to our Resident Services team, we are increasing our off-campus opportunities. In response to resident requests, we will do our best to provide movie theater trips each month. Because of newsletter and HKTV production schedules, you'll only see advertisements for these opportunities within KeyNotes as movie dates are released.



**TIP**



## KeyBank

For your convenience, you'll find a Key Bank ATM next to the Windward room in the Clubhouse Lobby.



## LIFELONG LEARNING'S PROGRAMMING ON HKTV

Every month, Lifelong Learning has exclusive-to-HKTV presentations that come from several sources and cover a variety of topics. In April we add a monthly episode from past seasons of the NatGeo series "Drain the Oceans." We also offer ODU lectures, archived Who Am I programs, and other occasional re-broadcasts. This month we are introducing some HKTV-only presentations under the umbrella of "Do you want additional background on some topics?" For example, on April 9, the Weisman, West, and Weinberger presentations will be supplemented by a fourth on Challenges to Democracy. In preparation for the May 3 and 5 return of David Fenner speaking on conflict in Israel and Palestine, on April 20, a supplemental program of short videos about Israel and Palestine will show on HKTV.



Lifelong Learning's mission includes "encouraging openness and bold thinking through our programming." We embrace the view of Humanities Washington, whose speakers join us three times a year: "The Speakers Bureau program is designed to generate an open and honest conversation. We encourage differing perspectives and viewpoints, but we also ask that you treat the topic, the speaker, and each other, with respect." Lifelong Learning realizes that a particular program may not appeal to everyone. Two comments from members of our programmers' group resonate: "We select programming that teaches "how to think, not what to think" and "We aim to be boldly inquisitive." If you wish to have additional information about a Lifelong Learning program on HKTV, we encourage you to learn more about the speaker and the topic by using your favorite search engine. You may also talk to a member of the programmers' group. We always welcome suggestions for HKTV programming under our sponsorship.

## FEATURED SPEAKERS

*This month, Lifelong Learning speakers will each present aspects of the broad topic "Challenges to Democracy."*

*A supplemental handout in the mailroom's wall-mounted boxes provides longer descriptions.*

*Additional speakers will be added in coming months, both live and on HKTV.*

### Jonathan Weisman, Senior Congressional Correspondent, New York Times

Tuesday, April 5 at 1pm via Zoom & HKTV 370

(Zoom ID: removed for privacy)

Jonathan will discuss what we are to make of the bifurcation of the United States and the simultaneous growth of autocratic forces and voices of tolerant democratic pluralism. He wrote his book, (((Semitism))) : *Being Jewish in America in the Age of Trump*, as the forces of bigotry and intolerance were growing during and immediately after Donald Trump's campaign for the presidency in 2016. The book's culmination was the deadly racist, anti-Semitic demonstrations in Charlottesville, Va., which validated his concerns that intolerance and violent threats on line would jump from the virtual world to the real world. Since then, we have seen the deadliest attack on Jews in American history; the massacre of Latinos at a WalMart in El Paso, Texas; and other attacks on synagogues, in Poway, Calif., Westchester County, New York, and most recently in a suburb of Dallas.



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# LIFELONG LEARNING

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(continued from page 11)

We have also seen the startling attack on the U.S. Capitol by pro-Trump rioters, perhaps the most serious assault on American democracy since the Civil War. But we have also seen the Democratic sweep of House elections in 2018 and the victory of Joe Biden and the Democratic takeover of the Senate in 2020.

Jonathan has been a congressional correspondent and political writer for The New York Times for the past 10 years. Before that, he covered national politics for the Wall Street Journal and The Washington Post. He has covered economics, defense and politics for USA Today, the Baltimore Sun and other publications. Jonathan is the author of a novel, *No. 4 Imperial Lane*.

## Osher Lifelong Learning Institute at the University of Washington Featured Lecture Program: Jevin West on “Misinformation In & About Science”

Tuesday, April 19 at 1pm (M and HKTV 370)

We will begin this presentation with brief remarks about our new collaboration with the Osher Lifelong Learning Institute at the University of Washington.

Science is the greatest of human inventions. It has solved and continues to solve many of society's most pressing questions in human health, planetary wellness, and economic viability. But science also faces challenges to its well-being: the reproducibility crisis, publication bias, gender inequity, complicity

of university presses, out-of-date publishing models, and more. Intentional disinformation campaigns and the speed in which misinformation travels on social media make matters worse. This talk will address these issues with a focus on how we can train the future generation of scientific leaders to mitigate the spread of misinformation in and about science. Jevin West was the founding director of the UW's Center for an Informed Public and is co-author of *Calling Bullshit: The Art of Skepticism in a Data-Driven World*.



## Professor Seth Weinberger’s “From Proud Boys to Plato: Domestic Extremists, Noble Lies, and the Future of American Democracy”

Tuesday, April 26 at 7pm (M and HKTV 370)



Seth Weinberger, Professor of Politics and Government, University of Puget Sound, is a scholar of international security. He has focused on threats like nuclear annihilation and “Great Power war”—conflict with China or Russia. But today, the most significant threat to our country comes from within. Since 9/11, there have been 107 deaths in the U.S. from jihadi violence and 114 deaths from violence by right-wing domestic extremists, many of them white supremacists. The very future of our nation is endangered by those who are not committed to liberal democracy. The word “liberal” refers to classical liberalism, an intellectual

tradition that goes back to John Locke and Adam Smith. They argued that individuals have inherent rights that cannot be violated or abridged by the whims of elites or majorities. Slavery was a democratic institution—after all,



the majority of people in the country wanted or tolerated it. So democracy itself is not inherently a good thing; it requires liberal restraint, like respecting the rights of minorities, to work well. It is the liberal part that allows people who are unlike one another to live together, confident that their rights are guaranteed.

Weinberger is a graduate of the University of Chicago (BA) and Duke University (PhD). His research includes examining congressional-executive war powers and reconsidering the laws of war in the armed conflict against ISIS and al Qaeda. He is a regular speaker on international conflict, including topics such as the 2015 Paris Attack, Arab Spring, and War on Terror. Weinberger is author of *Restoring the Balance: War Powers in an Age of Terror* (Praeger Press, 2010). Weinberger writes opinion pieces about the terror threat and Congressional politics for *The Hill*, of Washington D.C., and been quoted by *Midweek Politics* national radio, *Fresh Outlook* cable television, and *Metro International*, of New York. Weinberger teaches courses on international relations, U.S. foreign policy, international security, terrorism, constitutional law, and political philosophy.



## ONE DAY UNIVERSITY

### Professor Joseph Luzzi – “John Steinbeck’s America: ‘The Grapes of Wrath’ and ‘Of Mice and Men’

Thursday, April 21 at 1pm (M and HKTV 370)

This presentation will lead participants on a deep exploration of John Steinbeck’s two novels and consider what makes his vision of “America” come to life by transforming the notion of our national identity into remarkable narratives.

This is a One Day University simulcast, an opportunity for group viewing and to refresh your awareness of all that our institutional membership to One Day University has to offer.

## RESIDENT-LED EVENTS

### Who Am I?: Nurses (Part 2)

Wednesday, April 6 at 2pm (M and HKTV 370)

Join four of your fellow residents for brief reflections on their nursing careers, a panel discussion on nursing then and now, and a Q&A.

Here is a sample to whet your appetites:

- **Susan Inui** - Becoming a nurse seemed almost preordained since I was surrounded by doctors and a nurse. In fact, it was only the starting point for a lifetime of diverse careers that started with nursing.
- **Kerry Smith** - I served 28 years as a nurse specializing in cardiac care, with experience in CCUs, hospital telemetry units, cardiology offices, cardiac rhythm management, and training staff in pacemakers and defibrillators. Loved every minute of it!
- **Ginny Eilers** - My life's pathway, including some roadblocks and detours, led me to the field of geriatric nursing. All together, 45 years of "never being bored."
- **Ron Coles** - "Pediatric nurses change smaller diapers."



# LIFELONG LEARNING

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## The Heron's Key Radio Players – Live!

Wednesday, April 13 at 1pm (M and HKTV 370)

The Heron's Key Radio Players, some fifteen strong, are alive and well! This will be their third performance since their founding. They will be recreating two radio comedies from the 1940s: "The Fred Allen Show" and "Fibber McGee and Molly." There is no admission fee, but come ready to laugh at the witty repartee among the actors. *Sponsored jointly by Performing Arts.*

## Nature Walk with Andy Mauro

Friday, April 15 from 9am-10:30am (Meet Outside CA Studio)

Join Andy and friends for an informal nature tour around the grounds of Heron's Key. We'll watch and listen to the birds courting their mates and beginning to build nests. We'll discover the early blooming plants and look for the first berries of spring. This is the start of the most exciting few months of the year as nature bursts forth in all her glory with the beauty of song and the promise of new life. This will be a slow-paced, meandering walk on level ground, perfect for all of us to take a few moments to be outside and revel in the exhilaration of life. We'll gather in the courtyard outside the Creative Arts Studio at 9am.



## Wordplay 2.0

Wednesday, April 27 at 2pm via Zoom

(Zoom ID: removed for privacy)

Join your fellow residents who love word puzzles and word games. Bev Cheney and Susan Hoffman host Wacky Wordies and reverse Wacky Wordies; Ron Magid leads participants in matching wits with Will Shortz. Lee Magid does creative new definitions of common words. There will also be paraproverbs, aphorisms, Wordplay-related cartoon or video humor, and perhaps a nod to WORDLE. Watch for a game sheet in the mailroom's wall-mounted information racks on Friday, April 22.

## Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, April 28 at 7pm (M)

Lucky are we who remember being read to. "Reading Aloud" abandons the current trend of *seeing* a story. It takes you back to the days of radio shows when you had no choice but to imagine the story – or a baseball game – in your mind's eye. Gee and your neighbors (so far Ron Magid, Dave Pine, Joyce Meyer, Barbara Casey, Roger Williams, Barbara Williams, Joyce Bernheim, John Moffat, and Linda Helmer) bring the magic of hearing the voice of one holding a book, tackling tone, using thumb and index finger to turn the pages that, line by line, carry listeners through humor, suspense, sorrow, surprise or joy. Poems, prose, pulp or Pulitzer Prize materials are presented in their entirety or as a serial. To volunteer to read something you'd like to share, please contact Gee, Apt ####, *(removed for privacy)*.



# GIG HARBOR LAND CONSERVATION FUND

## The Gig Harbor Land Conservation Fund

Protecting Trees, Open Space, Habitat and Our Local Gig Harbor Environment

Wednesday, April 27 at 1pm (M & HKTV 370)

*Sponsored by the Resident Council*

Gig Harbor's reputation as a historic maritime village, with its idyllic working waterfront and backdrop of lush evergreen forests, has drawn droves of new residents over the past decade. While growth is inevitable, residents of this quaint community are concerned that the extensive clearcutting to make way for development not only means a loss of natural beauty but also endangers the health of the local environment, including the well-being of keystone species like salmon. In addition to the obvious detrimental impacts on the local ecosystem, which includes an important watershed area, we know that equitable access to natural open spaces is important for the health of residents.

A group of local residents created a way for the entire Gig Harbor community to come together and act to save critical natural areas before they are irretrievably lost to the detriment of our environment and future generations.

The Gig Harbor Land Conservation Fund (GHLCF) welcomes community members to contribute to the purchase of strategic lands to be held in conservation for perpetuity in order to preserve trees, open spaces, and wildlife habitat.

Join us for a presentation in which members of the advisory board present the goals of the Gig Harbor Land Conservation Fund, highlight current conservation projects, and share how you can be a part of ensuring the Gig Harbor area is forever known for its lush green forests, healthy salmon streams, and quiet open spaces.

Presenters will include GHLCF Board President and Gig Harbor City Council member Robyn Denson; Jennifer Keating of the Puyallup Tribe; Michael Behrens, professor of marine ecology at Pacific Lutheran University; and Dennis Moore, retired fish biologist.

For more information on the GHLFC, please visit [GigHarborLandConservation.com](http://GigHarborLandConservation.com).





# WELLNESS: NURTURING THE SOUL

## 1ST QUARTER WELLNESS UPDATE FROM THE SPIRITUAL WELLNESS GROUP

Suzi Entwistle, Wellness & Spirituality Coordinator

A big THANK YOU to residents who have offered their time, insights and gifts to provide guidance and vision for Spiritual Wellness on our campus. The following information highlights opportunities for participation and provides updates on projects currently underway.

### Activities, Meetings & Groups

**Silent Stroll:** 2<sup>nd</sup> Tuesday of every month at 11am. Open to all interested in a quiet, slow stroll and casual gathering afterward for reflection and connection. Facilitated by the Mindful Meditation group.

**Lenten Group:** A group of residents will meet on April 1, 8, and 15 for the season of Lent to consider the meaning of this ritual in their lives. Thanks to Al Standish for coordinating.

**Spiritual Wellness Book Group:** This group of residents has started a new book called “*The Gift of Years*” by Joanne Chittedon. It is a wonderful opportunity to explore the impacts of aging, acknowledge the challenges, and identify the gifts within this season of life. Marilyn Colyar is resident leader for this group.

### **Continuing Wellness Groups:**

- Cancer Support Group—Lois Wilson
- Mindful Meditation Group—Barbara Casey
- Bible Studies (Co-Ed, Women’s, Men’s—Bruce Schmidt, Betty Holt, Randy Valentine)
- Vision Support Group (Quarterly)—Sue Engen
- Group Pause: The Grief Group is taking a hiatus for the time being. If you are interested in receiving grief support or connecting with others, please contact Suzi.



**Suzi Entwistle**

*Wellness &  
Spirituality  
Coordinator*

Monday – Thursday  
8:30am–5:00pm

253.313.0733  
SuzetteE@heronskey.org

## SPOTLIGHT GROUP OF THE MONTH: LABYRINTH / SERENITY GARDEN

The Labyrinth Group has researched and explored options for creating a labyrinth on the Heron’s Key campus. The group has concluded that a Serenity Garden will most likely be more utilized and feasible to both create and sustain. They are working in collaboration with the Landscaping Group to slowly develop and design a garden space for the purpose of quiet reflection, meditation, or prayer that will be accessible to all residents, staff, and family at their convenience. This will be an ongoing project. Please contact Lenny Anderson at (removed for privacy) or ###.###.#### if you are interested in participating in its development.



# WELLNESS: NURTURING THE SOUL

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**Vision Support Group:** The Vision Support Group has been meeting to discuss tips and tricks for those experiencing vision challenges. The Washington Talking Book and Braille Library sent a representative to educate us and sign many residents up for a free audiobook service. Please let Sue Engen know if you experience vision impairment or have had a stroke and would find this service valuable. The group also invited a speaker to share her own personal experience with vision impairment and appreciated her willingness to share tips on how to maintain independence.

## Upcoming Events & Opportunities

**New Religious Service Transportation Opportunity:** With a new driver (Welcome Sheree!), we now offer transportation to religious services on Sunday mornings. Please call or email Suzi to communicate your interest and place of worship you would like to attend.

**Upcoming Hospice Workshop:** In response to requests from residents, the Spiritual Wellness Focus Group is currently coordinating workshops to address questions on hospice and palliative care. We look forward to announcing dates once qualified guest speakers have been secured.

**Men's Group:** There has been an inquiry about the possibility of starting a Men's Group. One idea presented has been to hold a discussion on the book "*Different Seasons*" by Dale Turner. If you are interested in this book or generally exploring the idea of a Men's Group, please contact Jerry Walton at (removed for privacy) or ###.###.####

**12 Step Meeting:** Local AA / 12 Step meetings are longstanding, powerful, and healing programs for those impacted by addiction. Transportation may be provided by Heron's Key if there is sufficient interest in attending a group in our local area. Please contact Suzi to learn more.

**Spiritual Resource List:** We are compiling a list of community spiritual resources and places of worship. If you have particular places you'd like to see represented, please send the information to Suzi.

**So far this year, we have said goodbye to the following residents. They will be remembered and missed.**

*Bill Putzier  
Ron Bishop  
Betty Colquhoun  
Win Perry  
Al Watts  
Dick Wasteney  
Darlene Anselmo*

# MOVIE NIGHT

## 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.*

### April 1: *The Mountain Between Us*

(2017, PG-13 for a scene of sexuality, peril, injury images, and brief strong language)

Kate Winslet and Idris Elba star in this sweeping, suspenseful drama based on Charles Martin's novel. When a plane they've chartered to beat a storm crashes in a remote mountain area, two strangers must trust each other in order to survive the extreme elements. With little hope of rescue, they begin a perilous journey that will shape the course of their lives.

### April 8: *In the Heights* (2021, PG-13 for some language and suggestive references)

The scent of a *cafecito caliente* hangs in the air just outside of the 181<sup>st</sup> Street subway stop, where a kaleidoscope of dreams rallies this vibrant, tightknit community. At the intersection of it all is the likeable, magnetic bodega owner Usnavi, who saves every penny from his daily grind as he hopes, imagines, and sings about a better life.

### April 15: *Sound of Metal* (2019, R for language throughout and brief nude images)

For heavy-metal drummer Ruben, the discovery that he's losing his hearing is an ironic and devastating blow. Finding respite in a group home with roommates who are also deaf, Ruben slowly begins to accept his new reality.

### April 29: *House of Gucci* (2021, R for language, some sexual content, and brief nudity and violence)

This film is inspired by the true story of the family behind the Italian fashion empire. When Patrizia Reggiani marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a spiral of betrayal, decadence, and murder.







# MAGIC SHOW

& NO-HOST HAPPY HOUR



Thursday, April 14  
No-Host Happy Hour: 3:30pm (CL)  
Magic Show: 4pm (M)  
*Sponsored by Resident Services*





**FRIDAY, APRIL 22**

**ROUND ONE**

**ROUND TWO**

**FINALS**

## **Ready to play “Family Feud”?**

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

Join us for one night full of friendly competition. There will be two rounds of Family Feud, followed by a final round where the winners battle for the title of “ultimate champion.”

To join the competition, create your own “family” of 5–6 members and sign up!  
(Minimum of four teams needed.)

**CALL ABBY AT 253.313.0708 TO REGISTER YOUR TEAM  
BY FRIDAY, APRIL 15**

**NO-HOST HAPPY HOUR IN THE CLUBHOUSE LOBBY AT 3:30 PM  
SHOW IN THE MARITIME AT 4 PM**



## RESPONSE TO RESIDENT FALLS ON CAMPUS



If you fall while indoors on campus, push your pendant so that the designated Heron's Key staff member may respond. If you are with a neighbor who has fallen, please refrain from moving them. Find a nearby pull cord or push their pendant for them. If you can't find their pendant on their wrist or hanging around their

neck, you may also push yours and stay with them until we find your location. If it is a life-threatening emergency, dial 9-1-1 AND press the pendant. (Note: to test your pendant battery, stop by the Concierge Desk).

When a trained staff member responds, they will evaluate the situation and take the necessary measures for protection and comfort. This might include:

- ✓ The provision of basic first aid.
- ✓ Recommendation to visit Urgent Care or consult with physician.
- ✓ If the resident has hit their head, cannot get up on their own, or has any signs of injury or illness that contributed to the fall, 911 will be called.
- ✓ If 911 is called and a transport to the hospital occurs, we might notify emergency contacts/family listed on the Resident Information Form, unless otherwise requested.



Staff members and residents are asked to refrain from moving any resident who has fallen, as this carries a high risk of further injury. This is because the person who fell may have injuries that are not immediately apparent. Paramedics are trained to detect such injuries and use special techniques to help lift an individual without causing further damage.



## WEEKLY UPDATES FROM EXECUTIVE DIRECTOR AMY WEBB

New updates: Wednesdays by 5pm

Call

###.###.###

at any time for the  
message of the week.



### BINGO

Sunday, April 10

3-4pm (SY)

hosted by resident Kay Hess

### MEXICAN TRAIN

Friday, April 29

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

## 6<sup>th</sup> Floor with Amy Webb

Friday, April 1 at 11am

(Zoom ID: removed for privacy)

(removed for privacy)

Join fellow floor-mates on Zoom and enjoy an opportunity for a discussion with Executive Director Amy Webb.



## Looking Forward with Amy Webb

Thursday, April 28 at 11am (M & HKTV 370)

Join Amy as she presents feedback on the floor meetings and outlines her hopes and perspectives on 2022 opportunities.



## Wine & Cheese Social

Thursday, April 7 at 4pm (SP)

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



## April Birthday Celebration

Thursday, April 28 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.

## Create Your Own Fresh Floral Arrangement with Molly



Friday, April 8 at 11am & 2pm (CA)

Embrace the smell of spring as you sit in a room full of assorted fresh flowers and receive your own lesson in floral arranging from Life Enrichment team member, Molly, a former florist. Space

is limited, so pick your preferred time and register on the Resident Portal by Monday, April 4 at 3pm.

## Transitions Seminar:

### Understanding Your Life Care Benefits

Wednesday, April 20 at 1pm (M)

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

We repeat this seminar throughout the year so residents are fully aware of how the HK CARE team supports current and future transitions between Independent Living and Penrose Harbor. If you've attended this seminar in the past, we encourage you to consider participating in this one, as there's always something new to learn.



## **Need Tech Help?**

Visit the Lobby on  
**Wednesdays**

**10am-12pm**

to receive assistance from a  
Resident Computer Helper.





# 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, April 12: 8am-1pm

253.857.6166

### Sound Dental Care

Mobile Dental Hygienist

206.745.3808

### Harbor Audiology & Hearing Services

253.851.3932

Penrose Harbor on April 21 (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.

  
**Harbor Audiology**  
& Hearing Services

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



# DINING SERVICES

Find the latest menus and hours on the Resident Portal.



## RESTAURANT NOW OPEN FOR LIMITED IN-PERSON DINING

Hours subject to change with increased staffing:

- **Monday, Wednesday, Friday:** The restaurant is open for in-person dining from 4-7pm; reservations 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 Reserve 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.

## EASTER BRUNCH

The restaurant will be open for in-person dining on Easter Sunday, April 17, from 10am until 3pm, featuring a special plated meal and our brunch menu. This service is for **residents** only and reservations are strongly encouraged. The menu can be found on the Resident Portal under the menu section "Holidays" as of the first week of April.



### EMPLOYEE OF THE MONTH

Joanna "Jojo" Speer, Lead Cook

The rumor is that whenever Jojo is in the kitchen, you know you're going to have a great meal. Jojo has been a blessing to have in our kitchens, and she has spunk and a great attitude. She is always the first to jump in to cover a shift in Penrose and always gives 100%. We love the positivity she brings to the kitchen and she is a fount of culinary knowledge. Be sure to congratulate Jojo the next time you see her.