

April 2023

# Heron's Flight

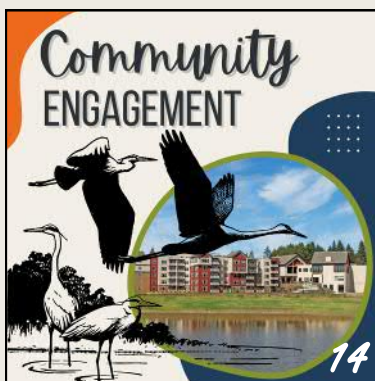
Taking Community News to New Heights

## **Community Engagement Month**

Meet people in the greater community taking action to make the lives of all who live here better.

# INSIDE THIS MONTH'S ISSUE

- 3. Concierge News
- 4. Resident Council Connection
- 5. Movies in the Maritime
- 6. Life Enrichment
- 7. Off-Campus Events
- 11. Grocery Shopping
- 12. Nurturing the Soul
- 14. Wellness:  
Healthy Aging Month
- 15. Fitness
- 16. Lifelong Learning
- 19. Administration Updates
- 20. Concerts
- 22. Performing Arts
- 24. Interest Groups
- 26. Upcoming Events
- 27. On-Campus Providers
- 28. Dining Services



CONCIERGE / SECURITY 253.313.0700

Audio KeyNotes: 253.313.0790

Billing: 253.313.0703

Consonus (Therapy): 253.313.0749

Housekeeping: 253.313.0795

Facilities: 253.313.0798

PENROSE HARBOR 253.313.0800

Fitness: 253.313.0781

Resident Services: 253.313.0793

Restaurant: 253.313.0797

Spiritual Care: 253.313.0733

Transportation: 253.313.0792

**Katie Houck**  
Executive Director

**Karen Rose**  
Health Services Administrator

**Angela McCloskey**  
Director of Nursing

**Sandi Semler**  
Social Services Coordinator

**Mary Muñoz**  
Penrose Resident Care Manager

**Emily Gibbons**  
Admissions Coordinator

**Marie Sawyer**  
Cononus Rehab Therapy Director

**Sarah Whitmarsh**  
Director, Resident Services

**Theresa Broxton**  
Manager, Life Enrichment

**Dave Charbonneau**  
Director, Facilities

**George Smith**  
Facilities Operations Supervisor

**Natalie Hall**  
Environmental Services Supervisor

**Stacy Edwards**  
Director, Sales & Marketing

**Matthew LeCours**  
Director, Food & Beverage

**Kristina Christenson**  
General Manager of Dining

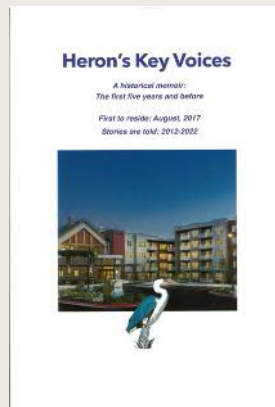
## STAFF ANNOUNCEMENTS

We are excited to announce that Concierge Janel Berosh will serve as the new Executive Assistant. She looks forward to serving you in a different capacity. Congratulations, Janel!



As a result of this change with Janel's position, Cheri Monroe will shift her hours and become our Monday-through-Thursday Concierge. She's excited to expand her hours and have more time with all of you during your busy weekday activities.

## HERON'S KEY VOICES



Thank you to Marty Beert and her crew of volunteers who faithfully contributed to the creation of the *Heron's Key Voices* historical memoir of our first years together as a community. Everyone is enjoying the stories, and we're sure to treasure them for years to come.

A copy of the memoir has been placed in the HK Library. This edition is for viewing *only in the Library* and we ask that you refrain from taking it home with you so it is available for others to enjoy.

## PANERA BAGEL DELIVERY

Stop by the Concierge Desk to complete an order form by the date listed below. Your meal will be delivered to the Lobby for pickup; your total charge will be billed to your monthly statement.

Restaurant & Delivery Date	Order Deadlines
<u>Bagels from Panera Bread</u> Tuesday, April 11 at 10am	Monday, April 10 at 12pm (Forms available on April 3)



# RESIDENT COUNCIL CONNECTION

## A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY


*“All things are connected like the blood that unites us. We do not weave the web of life, we are merely a strand in it. Whatever we do to the web, we do to ourselves.”* –Chief Seattle

There is no escaping the fact that humans are social creatures and thrive on interpersonal connections. Social scientists have long recognized the value-termed “social capital”–created by feelings of trust, care, and connection that arise from engagement with one’s community. It turns out that communities that create and foster high social capital are particularly beneficial and healthy for seniors.

In one large study of 14,000 adults living in Pennsylvania, seniors in communities with high levels of mutual support and interpersonal engagement–in other words, with high social capital–were found to have higher levels of mobility than seniors living in more isolated communities offering less engagement (Yvonne Michael, epidemiologist at Drexel University School of Public Health). In another 12-year study of changes in cognitive function as we age, seniors who enjoy high levels of social interactions suffer cognitive decline at a rate that is 70 percent less than seniors who are isolated with limited social interactions (Bryan James, epidemiologist at the Rush Alzheimer’s Diseases Center, “How Social Connections Keep Seniors Healthy,” *Greater Good Magazine*, March 14, 2014).

The bottom line is to stay engaged and connected here at Heron’s Key and in the surrounding community. Your body and mind will benefit!

–Pat Curtis, Resident Council Secretary




**Resident Council Meeting**  
Thurs., April 13  
at 10am  
(M & HKTU 370)  
Minutes are available  
in the binder in the  
Library for reference.



Please remember to wear  
your name tag for new  
residents and staff.

**EMPLOYEE OF THE MONTH**  
**Jessica Casteel, Janitor**



Jessica is a superstar. Her tremendous skill and efficiency have saved the laundry department multiple times. She is detail-oriented and well-versed in various roles within Heron’s Key and Penrose Harbor. Earlier this year, she reported a safety issue in Skilled Nursing at Penrose Harbor and won the safety award. Jessica is truly an asset to the Emerald Communities family and a football expert to boot!

# MOVIES IN THE MARITIME

## FRIDAY MOVIES 7pm in the Maritime

### April 7 – *The Banshees of Inisherin*

(2022, R for language throughout, some violent content, and brief graphic nudity)

On a small Irish isle in the early 1920s, folk musician Colm Doherty decided he was weary of the company of longtime, affable but dull drinking buddy Padraic Suilleabhain—and told him so. The hurt Padraic's insistent efforts to get back in Colm's good graces take a series of bizarrely violent turns that put their tiny community up in arms.

### April 14 – *Miss Pettigrew Lives for a Day* (2008, PG-13 for some partial nudity and innuendo)

When her gruff demeanor costs her yet another nanny position, desperate Guinevere Pettigrew lands a job as the assistant of an aspiring American actress and soon gets swept up in a dizzying world of glamour and high society.

### April 21 – *The Shawshank Redemption* (1994, R for language and prison violence)

Framed for murder, upstanding banker Andy Dufresne begins a new life at Shawshank prison, where he comes to be admired by the other inmates—including an older prisoner named Red—for his integrity and unquenchable sense of hope.

### April 28 – *The Internship* (2013, PG-13 for sexuality, some crude humor, partying, and language)

Two out-of-work salesmen, lacking the digital-savvy skills they need to find jobs, sign on as interns at a high-tech company. While their new assignment may give them the training they need, it also means staying one step ahead of their ignorance.



# LIFE ENRICHMENT



Time flies when you're having fun and spring has just arrived. Residents and Life Enrichment staff have been busy with plenty of activities. In this edition of *Heron's Flight*, we're sharing photos of the St. Paddy's Day parties. We also got to enjoy an entertaining piano duet from Toby and Sarah, which was a treat that even pup Mr. Bojangles enjoyed. We are looking forward to spring and counting on some warm sunny days to enjoy the garden, outdoor activities, and a few local field trips. With Theresa's extended absence, Life Enrichment's Molly, Brenda, and Morghan did a great job as they kept the fun going. They appreciated the help of our faithful volunteers from Independent Living.



**BENEVOLENT BREW**  
at Syren's Grille  
Wednesdays,  
Fridays & Saturdays  
8-10am  
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  
9-10am



**PENROSE COFFEE NEWS & TRIVIA**  
Skilled Nursing  
11am

# OFF-CAMPUS EVENTS

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*Register for an off-campus event on the Resident Portal.*

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

*If registration for a trip is full, feel free to still sign up. Doing so will place you on the waitlist and help increase your chances of being able to participate in an off-campus trip if other registrants cancel.*

## ENJOY THE ARTS AND LOCAL AREA

### Met Opera at Galaxy Theatres: *Falstaff*

Wednesday, April 5 from 12:15-4:15pm | *Sponsored by Performing Arts*

In Verdi's glorious Shakespearean comedy, baritone Michael Volle stars as the caddish knight Falstaff, gleefully tormented by a trio of clever women who deliver his comeuppance. Maestro Daniele Rustioni takes the podium to oversee a brilliant ensemble cast that features sopranos Hera Hyesang Park and Ailyn Pérez, mezzo-soprano Jennifer Johnson Cano, contralto Marie-Nicole Lemieux, tenor Bogdan Volkov, and baritone Christopher Maltman.

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

### Lunch, Bowling & Mini-Golf at Tower Lanes Entertainment Center

Wednesday, April 12 from 11:30am-3:30pm | *Sponsored by Resident Services*

Spend an afternoon playing a round of mini-golf or a game of bowling with your neighbors at Tower Lanes Entertainment Center. You'll also find a restaurant and bar here to eat lunch while you play.

**Register on the Resident Portal by Friday, April 7 at 3pm.**

### Dinner at Pineapple Bistro & Bar and

### PNB's Dress Rehearsal of *A Midsummer Night's Dream*

Thursday, April 13 from 2:30-11pm | *Sponsored by Performing Arts*

Before starting the showings of a new ballet, Pacific Northwest Ballet gives audience members a sneak preview of the final dress rehearsal for the dancers, including an opportunity to witness an exclusive interview prior to the rehearsal. Get swept away to an enchanted realm with a ballet that's equal parts drama, romance, and comedy.

In George Balanchine's witty adaptation of *A Midsummer Night's Dream*, joy reigns supreme (no disrespect to Oberon). Add Felix Mendelssohn's glorious score, lavish sets, and dazzling costumes, and it's no wonder this exuberant production has been captivating PNB audiences for over 25 years. Prior to the show, we will enjoy an early dinner at Pineapple Bistro & Bar before strolling a couple of blocks to the theater.

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

### Photo Outing to Bloedel Reserve & Lunch at Kachai Thai

Friday, April 14 from 9am-3pm | *Sponsored by the Photography Group*

Bloedel Reserve is a 150-acre wonder of nature, created by the imagination, vision, and a passionate love of the natural world shared by founders Prentice and Virginia Bloedel. Working with the rugged geography of the land, they artfully transformed a rough-hewn Northwest forest into a harmonious series of curated gardens, structural features, and distinctive landscapes with nature as canvas and paint. After photographing the surrounding nature and take in the natural beauty, we will have lunch at Kachai Thai.

**Register on the Resident Portal by Monday, April 10 at 3pm.**

# OFF-CAMPUS EVENTS

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## Lunch at Razzi's Pizzeria & Taproot Theatre's *As It Is In Heaven*

Wednesday, April 19 from 10:30am-5:30pm | Sponsored by Performing Arts

"Tis a gift to be simple," sing the Shakers of Pleasant Hill. But, as the young women in the community claim new spiritual gifts, Sister Hannah and the other elders must judge whether these gifts are real or rebellion. Set during America's surge of utopian communities, the play wrestles with belief and doubt in a swiftly changing world. We will have lunch at Razzi's Pizzeria before taking a short stroll to the theatre to watch the production.

**Register on the Resident Portal by Monday, March 27 at 3pm.**

## Admiral Theatre's *Hotel California: A Salute to the Eagles*

Saturday, April 22 from 6:30-11pm | Sponsored by Performing Arts

**Participants must purchase their own tickets at <https://tinyurl.com/uwn277aw>.**

With their extraordinary vocal and musical talent, Hotel California faithfully and accurately reproduce the sound of The Eagles while recreating a classic sound that transcends the boundaries of rock, R&B, and country. Authorized by the Eagles, this highly respected show delivers a modern, action-packed, fully produced performance. Their great reputation, sold-out performances, and audience acclaim stamp this as the ultimate salute. All live and using no backing tracks, their show of excellence has taken Hotel California to a level of international recognition normally reserved only for gold and platinum recording artists. **Register on the Resident Portal by Wednesday, April 5 at 3pm.**

## Tacoma Musical Playhouse's *Titanic The Musical*

Friday, April 28 from 6:30-10:30pm | Sponsored by Performing Arts

The musical play *Titanic* examines the causes, conditions, and characters involved in this ever-fascinating drama. This is the factual story of that ship—of her officers, crew and passengers, to be sure—but she will not, as has happened so many times before, serve as merely the background against which fictional, melodramatic narratives are recounted. The central character of our *Titanic* is the *Titanic* herself. **Register on the Resident Portal by Monday, April 3 at 3pm.**

## Pilchuck Glass School's "Off the Beaten Path" Tour

Wednesday, May 3 from 8:45am-5pm | Sponsored by Performing Arts

Pilchuck Glass School is excited to once again welcome the public to tour their scenic, private campus and watch renowned glass artists at work. During Spring Tours, visitors can view the fascinating processes of glass making, talk with working artists, tour the studios, and hear about the history and the future of the school.

They are excited to welcome back glass artists Douglas Burgess, Patricia Davidson, William Passmore, and Ann Potter. The artists welcome the public to observe as they display examples of their latest designs and create new work. We are taking the "Off the Beaten Path" tour, which consists of an extended tour and light hike (approximately 90 minutes). In addition to visiting the main campus buildings, we'll visit the Chihuly Cabin, Buster Simpson's Treehouse, and the Trojan Horse. We'll end the tour at Inspiration Point, which has a breathtaking view of Puget Sound. Following our tour, we will be able to watch live art-making demonstrations in the Hot Shop. We will also be eating a picnic-table lunch after the tour, so **make sure to bring your own sack lunch.**



# OFF-CAMPUS EVENTS

Spring Tours take place rain or shine. One of Pilchuck's allures is its location on a rugged, forested campus. It does not have paved walks, so be prepared for steps and uneven terrain. If you or anyone in your group has mobility restrictions and are unable to continue the tour, you are welcome to enjoy the glassblowing demonstrations while you wait for your party to return.

**Register on the Resident Portal by Wednesday, April 26 at 3pm.**

## OPPORTUNITIES TO DINE & SHOP

### Gig Harbor Library

Tuesday, April 4 at 11am

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

### Frozen Treat Trip: Ice Cream Social

Tuesday, April 4 at 2:15pm

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

### Men's Pie & Coffee at Shari's

Friday, April 7 at 1:30pm

**Register on the Resident Portal by Wednesday, April 5 at 3pm.**

### Morning Coffee: Mocambo Coffee

Monday, April 10 at 9am

**Register on the Resident Portal by Friday, April 7 at 3pm.**

### Lunch at Norm's Kitchen & Bar & Theo Chocolate Factory Tour

Monday, April 17 from 10:15am-4pm | *Sponsored by Resident Services*

Taste your way through the incredible cocoa-farm-to-chocolate-bar journey on Theo Chocolate's version of a factory tour. During this hour-long interactive experience, you'll discover the origins of cacao, see how they craft their chocolate from scratch in Seattle, and learn about the close partnerships they've cultivated with the farmers from which they source their main ingredient. Plus, you'll get an inside view of the factory to see where the magic happens. And, what chocolate experience would be complete without tasting? During your visit, you'll indulge in a wide range of treats, from their nationwide best-sellers to hand-crafted confections. Prior to the factory tour, we will enjoy lunch at Norm's Kitchen & Bar. **Register on the Resident Portal by Monday, April 10 at 3pm.**

### Lunch Outing with TC to Ho Soon Yi Korean Restaurant

Thursday, April 20 from 10:30am-1pm | *Sponsored by Resident Services*

Join driver TC for a traditional Korean lunch experience at Ho Soon Yi Korean Restaurant in Lakewood. We are pre-ordering the following non-spicy dishes for this family-style occasion:

- Beef bulgogi (marinated beef) & short ribs
- Seafood pancake: A savory pancake with green onions, shrimp, squid, and other seafood
- Japchae: A savory and slightly sweet stir-fry dish with noodles, vegetables, and more

**Register on the Resident Portal by Monday, April 17 at 3pm.**

## Need Tech Help?

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



# OFF-CAMPUS EVENTS

## Women's Pie & Coffee at Shari's

Friday, April 21 at 1:30pm

Register on the Resident Portal by Wednesday, April 19 at 3pm.

## Shopping & Lunch: Trader Joe's Silverdale & Kitsap Mall

Monday, April 24 at 10:30am

Register on the Resident Portal by Friday, April 21 at 3pm.

## Reuben Fan Club: The Loose Wheel Bar & Grill

Tuesday, April 25 from 11:10am-1pm | *Sponsored by the Reuben Fan Club*

Who Loves Reubens? We do! By now, you've heard of us, the Reuben Fan Club. We are true aficionados of the best sandwich ever created and we explore nearby restaurants, hunting for the best Reuben. The upcoming outing is at The Loose Wheel in Tacoma. Register on the Resident Portal by Friday, April 21 at 3pm.



## Shopping at Target

Wednesday, April 26 at 10am

Register on the Resident Portal by Tuesday, April 25 at 3pm.

  
**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



**Take advantage of our free hearing aid cleaning services at HK. Walk-ins welcome.**

# GROCERY SHOPPING

## GROCERY SHOPPING

*Register on the Resident Portal by 12pm on the day prior to the scheduled trip on the Resident Portal or at the Concierge Desk.*

- **Mondays at 1pm** – This weekly shopping trip varies between 60-75 minutes. When you are done shopping, find Sheree in the front coffee shop area of the store. She will happily visit with you while you wait for others to finish shopping. By 2:15pm, everyone will head to the vehicle to come home.
- **Thursdays at 1:30pm** – We offer “express” shopping once a week at Albertsons for those who only need to pick up a few items at the store. By 2:10pm, everyone will head to the vehicle to come home.

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

### April Grocery Shopping Trips

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

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

- 3 – Port Orchard Fred Meyer
- 6 – Albertsons
- 13 – Albertsons
- 17 – Gig Harbor Fred Meyer
- 20 – Albertsons
- 24 – Shopping & Lunch at Trader Joe’s and Kitsap Mall in Silverdale (see details above)
- 27 – Albertsons



# NURTURING THE SOUL

## STAYING CONNECTED TO OUR SPIRITUAL COMMUNITIES

When a resident moves into Heron's Key, they move into an existing community. This can be a wonderful gift in that it provides you with easily accessible ways to connect with others. It can also become limiting at times. When things are so enmeshed, it can be easy to stay in the same mentality or viewpoint. There are many who are not able to physically go to another location for worship, but even so, they can connect through virtual means. One resident told me about how he participates virtually in religious services located in another state because he enjoys the opportunity to hear other perspectives.



**Suzi Entwistle**  
*Wellness &  
Spirituality  
Coordinator*

Monday—Thursday  
8:30am—5:00pm

253.313.0733  
SuzetteE@heronskey.org

There is value in connecting with communities outside of our own when we are able. It provides us with new and fresh perspectives. It engages us with people we may not otherwise meet and provides opportunities for us to mentor or be mentored by others. If you are already connected to a spiritual community, we encourage you to keep going. If you are hoping to find one, below is a limited list for you to check out. Also included are some local Puget-Sound-area programs for engaging in virtually or in person. If you have any additions, please let me know for future reference.

### **Harmony Hill Retreat Center (Hood Canal)** - <https://www.harmonyhill.org/>

“Today, we serve thousands every year: people living with cancer, seeking a retreat from daily life or wanting to make healthy lifestyle changes. To help support our mission, we rent to individuals and groups for everything from parties to personal retreats to conferences. We're proud to be known for generous hospitality and nurturing staff, as well as delicious meals and our spectacular site. Inspiring healthy living for all and transforming lives affected by cancer.”

### **Selah Contemplative Community (Virtual/Edmonds)** - <https://selahcenter.org/>

Selah is a welcoming community that pauses, encounters the Spirit through contemplative practice, and grows together toward wholeness and loving others. It provides educational opportunities, seminars, individual and group spiritual direction, and contemplative contemplation practice opportunities.

### **Sacred Groves for Women's Mysteries (Bainbridge Island)** - <https://sacredgroves.com/>

“Sacred Groves is a ten-acre forest sanctuary located on Bainbridge Island, in Washington state, a small wilderness park where you can feel the sacredness of the earth. We welcome people from all races and cultures who share the belief that the earth is sacred and that music, dance, prayer, ceremony, and time in the natural world are essential for personal and community health. This is a place to deepen your relationship with Mother Earth and your personal spirituality, reconnecting body, heart and mind, also with Mother Earth and Great Spirit.”

# NURTURING THE SOUL

## SPIRITUAL COMMUNITIES IN THE GIG HARBOR AREA (Listed in alphabetical order)

### Buddhist

- Khmer Theravadin Buddhist Temple (T)
- SGI – USA Tacoma Buddhist Center (T)
- Tacoma Buddhist Center (T)
- Tacoma Buddhist Temple (T)
- Vietnamese Buddhist Meditation Center (T)

### Catholic

- St. Nicholas Catholic Church

### Christian Science

- Christian Science Reading Room
- First Church of Christ Scientist

### Church of Jesus Christ of Latter Day

#### Saints

- 3 locations in Gig Harbor

### Eastern Orthodox Church

- St. Nicholas Greek Orthodox Church (T)

### Jewish

- Temple Beth El (T)

### Muslim

- Islamic Center of Tacoma (T)

*(T) signifies Tacoma location;  
all else in the Gig Harbor area*

### Non-Denominational

- Believer's Fellowship
- Calvary Fellowship
- Gig Harbor Foursquare
- Harbor Christian Center
- Harbor Life Church
- Harborview Fellowship
- One Hope Church
- Peninsula Christian Fellowship
- Wellspring Fellowship

### Protestant

- Agnes Dei Lutheran Church
- Chapel Hill Presbyterian
- Fox Island United Church of Christ
- Gig Harbor Church of the Nazarene
- Gig Harbor United Methodist
- Gig Harbor United Reformed Church
- Harbor Covenant Church
- King of Glory Lutheran Church
- Peninsula Baptist Church
- Peninsula Lutheran
- Rosedale Reformed Bible Church
- St. John's Episcopal Church

### Spirituality

- Center for Spiritual Living (T)

We recently said  
goodbye to the  
following residents.

They will be  
remembered and  
missed.

George Baker  
Ralph Wozniak  
Woody Holt  
Dale Douglass  
Jackie Klotz  
Linda Furber  
Jim Hooker  
Susan Hopkins  
Howard Polen

Anita Bader  
Nancy Day  
Haven Doane

# WELLNESS: COMMUNITY ENGAGEMENT

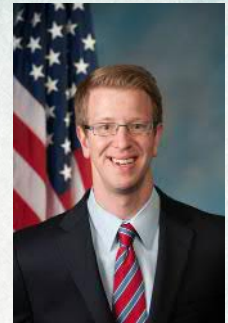
## EVENTS

*We encourage you to attend these events in the Maritime as a show of appreciation and support for our guest speakers.*

### Visit from Congressman Derek Kilmer

Thursday, April 6 at 10am (M & HKTU 370) | *Sponsored by Resident Services*

Come meet Congressman Derek Kilmer. Derek is focused on getting our economy and our Congress back to work. He has a strong record as a problem solver for Washington families and he's been recognized by veterans organizations for his support of our troops, their families, and those who have served. As a dad of two, Derek is working to make sure all our children receive a quality education, and he is committed to honoring our promises to seniors by protecting Social Security and Medicare.

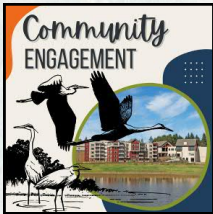


### Mobilizing For Our Neighbors: Community Engagement Roundtable

Wednesday, April 12 at 1pm (M & HKTU 370)

*Sponsored by the Community Engagement Standing Committee*

As part of the April focus on community engagement, the Heron's Key's Community Engagement Standing Committee is delighted to host a round-table discussion featuring some of Gig Harbor's most dedicated leaders/volunteers caring for the community.



**Bob Vollbract**, who labels himself as a “Community Volunteer” and the co-chair of the Key Peninsula/Gig Harbor Homeless Coalition, has assembled an all-star cast to inform us about the needs of people living in our area and the ways various agencies reach out to serve. Joining Bob will be **Robyn Denson**, former Gig Harbor Councilperson, who is currently a newly elected member of the Pierce County Council; and **Larry Seaquist**, a retired Navy captain who served as a member of the Washington House of Representatives from 2007 to 2015 and is deeply connected to serving the community. Also on the panel will be **Zaida Woodworth**, a dynamo representing Food Backpacks 4 Kids; a representative from Multicare's Greater Lakes Mental Health's PATH/Host outreach team who serves those experiencing homelessness; and a Bridge of Hope YMCA initiative partner.

Don't miss the opportunity to meet some of the people making a difference in the lives of those in our community for whom housing and food security are not a given. You will be inspired—and hopefully moved to action!

### Gig Harbor Parks Department Presentation

Tuesday, April 25 at 1pm (M & HKTU 370) | *Sponsored by Resident Services*

Gig Harbor Parks Manager Jennifer Haro and Public Works Director Jeff Langhelm will join us to present on the Gig Harbor Parks system and talk about what's coming up this summer.

## HIKE

### **Banner Forest Hike**

Thursday, April 27 from 9–11:30am | *Sponsored by Fitness*

This is a mostly shaded dirt-road hike through Banner Forest Heritage Park. This will be an out-and-back hike. “Banner Forest Hiking and Equestrian Park is a beautiful 635-acre public open space in the Olalla area. The forest, which includes trees, ponds, and wetlands, was acquired by Kitsap County in October 2000 after ten years of a community effort to preserve this resource in its present state for all citizens in perpetuity.” Like most trails in Washington, this path is not completely flat. There is uneven terrain with slight incline and decline sections. Hiking shoes or sneakers with good grip are encouraged.

- Driving Duration to Trail: 20 mins
- Walking Duration: 1 ½ hours
- Bathrooms: No
- Wheelchair Accessible: No
- Footwear: Hiking Shoes
- Extra: Water

**Register on the Resident Portal by Monday, April 24 at 3pm.**

## TAI CHI CLASS CHANGES

Starting April 4<sup>th</sup>, Tai Chi will move their Tuesday and Thursday sessions from 7am to 8am. Saturday will remain at 9:15am.

## HAVE AN IDEA FOR A HIKE?

We’re starting to plan our late-spring and summer trips. If you have any ideas or recommendations for hikes or parks you’d like to visit, please reach out to Chuck or Heidi at 253.313.0781.



Photo: Chuck Abbey

## 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.

# LIFELONG LEARNING

## WHO ARE WE?

When you think, “I wish I knew more about...,” the programmers of the Lifelong Learning Interest Group are at your service. Our mission includes “encouraging openness and bold thinking through our programming.” We are good for your brain; we think of ourselves as “creatives.” In mid-March 2020, Sarah Whitmarsh and Amy Webb asked us in a memorable conference call to start offering programming on Zoom. We attracted eminent speakers from near and far, a true bright spot early in the pandemic. We also created and began offering at the beginning of April 2020 the Zoomed Heron’s Key Radio Hour. Its segments live on today as Reading Aloud, Wordplay, and Nature Hour. We’ve added short courses and themed series to our repertoire, virtually and in-person. Large audiences for David Fenner in January and David Smith in March suggest these offerings are hits.

A dozen group members typically attend our monthly meetings, and each of us is an active receiver, suggester, and nurturer of ideas and suggestions for speakers; a gatherer of background information; and a person who invites speakers. Think of us as amateur sleuths, always looking for new ideas. We are also gatherers of resources, with notable recent suppliers being the UW-Osher Institute, the Bainbridge Island Oatmeal Club, and One Day University. We love it when another interest group asks us to partner with them. And, we sometimes refer ideas to other groups and Resident Services when the idea is a better fit for them.

Are you willing to participate in a “Who Am I?” as

an individual or participant in a small group effort? Pilots, nurses, educators, and boaters were past hits in the small-group category. Do you want to suggest a speaker from Humanities Washington? Programmer Joan Moffat is your guru. What about a topic for our new series, “Let’s Talk?” Programmers Linda Helmer and Barb Pine are your go-tos. You may have ideas from visiting friends and family, from civic or church groups you belong to, or from online talks (TED, UW-Osher, One Day University, Enlighten Kitsap). Let programmers Lee Magid, Linda Helmer, Barb Walton, or Bill Sams hear about these ideas.



Relationships between our in-person programming and our offerings on HKTU will continue to be strong. In May, we will have on HKTU 370 UW Professor Nathan Roberts’s four-session short course on Pacific Northwest history, followed by his two-hour in-person presentation on May 30. Talks on local history will feature the Key Peninsula and the Purdy Bridge. On May 2, documentary filmmaker Jessica Plumb will discuss the removal of the lower Elwha River dams. Steve Olson from Humanities Washington comes on May 9 to speak about the state’s role in the nuclear era, and resident Bill Sams speaks about artificial intelligence on May 23. Both of these presentations will have related programming on HKTU. For the late spring/early summer, we are working with Abby Phillips to arrange tours, notably a tour with sculptor John Jewell of his local installations and a tour of the Port of Tacoma.

Give us your ideas, and happy learning!



## FEATURED SPEAKERS

### “Audiobooks: Their Origins and Narration”

with Jannie Meisberger

Tuesday, April 4 at 1pm (M & HKTU 370)

Join Jannie as she discusses the origins of audiobooks, Audible, and her personal experiences as an award-winning narrator of audiobooks.



Born in England, Jannie spent most of her life studying, working, or living abroad. British boarding school taught her to play the piano, dabble in drama, and love languages, including Latin, French and German. As a young adult, Jannie worked in Cyprus and Germany before relocating to France and later Belgium to work for an international organization. After moving to the States, she worked in a number of different fields, including translator of foreign-language articles, tour director for American tours in Europe, top-selling product demonstrator, co-founder of a non-profit organization Buckle Up

Babes (her presentation helped convince a governor to lift his veto!), and university study-abroad director. Now happily settled in Gig Harbor, Jannie works as an audiobook narrator and voice actor.

### “Cerebral Cinema: Movies on the Mind” with Lance Rhoades

Tuesday, April 11 at 1pm (M & HKTU 370)

Movies can provide insight into the world, other points of view, or become a playground for the imagination and visualizing the impossible. Just how do movies actually engage the mind? Join film scholar Lance Rhoades in a multimedia presentation and conversation about movies, intelligence, and creativity.



Lance Rhoades (University of Washington) has taught in U.W.'s Cinema Studies, Comparative History of Ideas, Ethnic Studies, American Indian Studies, and Comparative Literature Departments, and was a recipient of the university's Excellence in Teaching Award. Rhoades regularly presents talks throughout North America, Asia, and Europe on cultural history in film, and each year he teaches a course in the humanities at the Massachusetts Institute of Technology. In addition to his work at universities in the U.S. and abroad, Rhoades is a three-time featured scholar with Humanities Washington's Speakers Bureau, has served as Director of Film Studies at the Seattle Film Institute as a faculty member of the Pacific Northwest Film Scoring Program, and as a program director for the Mercer Island and Newcastle Arts Councils.

# LIFELONG LEARNING

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## RESIDENT-LED PROGRAMS

### Who Am I?: De Sparks, “Learning About Life: Teaching and Counseling”

Wednesday, April 5 at 2pm (M & HKTU 370)

Being a teacher and counselor, I have learned a lot. Yes, I lived in a tent from June until October or November when it got too cold. Come see why!



### “Let’s Talk about Travel Misadventures,”

#### Episode 2 in the “Let’s Talk” Series, Facilitated by Linda Helmer and Barb Pine

Monday, April 17 at 4pm (M)

Planes, trains, automobiles, ships, skis, or hiking boots... Who hasn't had a cancelled flight, a flat on the way to the wedding, a lost passport, a currency crisis, surprises at sea, tiff with TSA, a stranger in your assigned seat, a missing suitcase, an untidy Air B&B that didn't match the photos about it online?

It's only funny once it's past, right? But then it is funny, and we are ready to talk, listen, and laugh together over tales of travel. Join us!



### Rebroadcast of “The Winter Nature Hour with Andy Mauro”

Tuesday, April 18 at 1pm (M & HKTU 370)

This wonderful program features an almost-mythical denizen of the Gig Harbor underground, plus insects, birds, and winter wildlife in western Washington. Join us in the Maritime to enjoy it in person.

### Wordplay 2.0

Wednesday, April 26 at 2pm (A)

Join your fellow residents who love word puzzles and word games with hosts Bev Cheney, Susan Hoffman, Ron Magid, and Lee Magid. With lots of audience participation, we'll do Wacky Wordies, Will Shortz quizzes, *The New Yorker* cartoon caption contest, creative word definitions and puns, and a few rounds of WORDLE. We may also delve into some MENSA quiz items. Watch for a game sheet in the mailroom's wall-mounted information racks on Friday, April 21.

### Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, April 27 at 7pm (M)

Lucky are we who remember being read to. “Reading Aloud” abandons the current trend of *seeing* a story. It takes you back to the days of radio shows when you had no choice but to imagine the story 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.

## NEW VP OF OPERATIONS, EMERALD COMMUNITIES

Michelle Wood, Emerald Communities' current Corporate Controller, Accounting & Information Systems, accepted the position of Vice President of Operations. She will officially start in her new role on April 17, 2023.



Through Michelle's 10-year tenure with Emerald Communities, she has proven her skills and expertise, and has gained a broad knowledge of operations within Emerald Communities that will serve her well in her new role. As VP-Operations, Michelle will provide leadership, strategic and daily operational support to the Executive Directors at Emerald Heights and Heron's Key, and will oversee Emerald Communities Director of Food & Beverage. She will also ensure proper management, planning, organization evaluation, and control in all operating departments at each community, and will serve as Emerald Communities' Corporate Risk & Compliance Officer. Michelle earned her Bachelor of Business Administration in accounting from Seattle University where she is now pursuing an MBA.



## EVENT: LOOKING FORWARD WITH KATIE

Wednesday, April 26 at 1pm (M & HKTU 370)

As a follow-up to the recent floor meetings, Executive Director Katie Houck will hold an all-resident meeting to address residents' concerns, share any changes that have been made to operations, and provide a summary of how we will move forward in the coming quarter.

## A NEW TEAM MEMBER WITHIN THE CONSONUS TEAM



Hello, residents of Heron's Key! My name is Alex, and I'm excited to be a part of the rehabilitation team as your new physical therapist. I graduated from University of Puget Sound in 2020 with my doctoral degree and have been practicing full-time since then. Before attending school, I served as a health sector Peace Corps Volunteer in Malawi, Africa. There, I helped my community with sustainable projects with grassroots origins to empower people to take measures to keep themselves and their families safer against hardships such as malaria, HIV/AIDS, nutrition, maternal health, and more. One of my favorite special projects was pairing up with a traveling therapist to complete house visits for children with cerebral palsy in my catchment area. In my personal life, I am very social, meeting with friends or family on the weekends to gather outdoors when the weather is nice or stay inside to enjoy board games when Washington decides to show its rainy side. My current hobbies include disc golf, mountain biking, completing DIY house projects, and spending time at home with my family. I'm looking forward to working with all of you and getting to know your stories as well!



# CONCERTS

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## *Living Room Concert with David Salge and Coni Liljengren*

**Sunday, April 2 at 2pm (M) | Sponsored by Resident Services**

Heron's Key residents have a musical treat in store with local musicians David Salge on the clarinet and Coni Liljengren on the piano. The program includes a variety of musical offerings and styles, from klezmer clarinet to John Williams. Come be delighted by an evening with David and Coni, two of Gig Harbor's most talented musicians.

David is the consummate clarinetist, with the ability to make the clarinet sing—and talk. He is a product of the Houston music scene, having played with the Houston Ballet and Grand Opera orchestras, as well as the Houston Pops. David has also accompanied a variety of performers, from the American Ballet Theater to Tony Bennett, the Moody Blues, and the Smothers Brothers. He currently performs with local Harbor Winds and other small groups.

Coni maintains an active piano studio in Gig Harbor. She taught for 10 years at Brattleboro Community Music School in Vermont. She was also an adjunct music professor at Gustavus Adolphus College and Bethany Lutheran in Minnesota. A gifted musician, Coni has acted as a professional accompanist for the Tacoma Symphony Chorus, PLU, and UPS, and has been a church organist since the age of 16.



## Piano Concert with Henri De'Ora

Saturday, April 22 at 4pm (M) | Sponsored by Performing Arts



Henrietta (aka Henri) De'Ora began piano studies as a young child and had intended to pursue music as a career. However, an interest in food, nutrition, and business with college degrees (BS and MS), earned her a Registered Dietitian license, with employment in four school districts. Currently retired in Gig Harbor, Henri is pursuing her love for piano music by studying at the Con Brio Piano Studio under the guidance of Tarra Winslow. A fan of classical music, she will give a short presentation of four different genres of famous composers depicting varying music styles.

### TWO SALON LOCATIONS TO SERVE YOU

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

#### Penrose Harbor

Call 253.313.0788 or fill out  
Salon Appointment Request form

#### Clubhouse Ground Floor

9am—3pm  
Tuesday through Friday  
Call 253.313.0789

#### Services

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



# PERFORMING ARTS

## STREAMED EVENTS IN THE MARITIME & HKTV 370

### Streamed Seattle Symphony: *Berlioz Symphonie Fantastique*

Thursday, April 13 from 7-9pm (M & HKTV 370)

Hear the glamorous yet haunting ballroom waltzes, a dramatic march to the scaffold, and the cackle of witches in Berlioz's thrilling orchestral showpiece, *Symphonie Fantastique*. This exhilarating work is paired with the U.S. premiere of a new work by South African cellist Abel Selaoe, whose genre-crossing style is redefining the parameters of the cello.

### Streamed Ballet: *A Midsummer Night's Dream*

Saturday, April 29 from 1-3pm (M & HKTV 370)

Get swept away to an enchanted realm with a ballet that's equal parts drama, romance, and comedy. In George Balanchine's witty adaptation of *A Midsummer Night's Dream*, joy reigns supreme (no disrespect to Oberon). Add Felix Mendelssohn's glorious score, lavish sets, and dazzling costumes, and it's no wonder this exuberant production has been captivating PNB audiences for over 25 years.



## BROADWAYHD STREAMED PLAYS: SATURDAY MATINEES

### *Jesus Christ Superstar*

Saturday, April 8 at 1pm (M & HKTV 370)

Tim Rice and Andrew Lloyd Webber's rock classic *Jesus Christ Superstar* returns to its roots with this sensational performance filmed in the UK during the Live Arena Tour. An incredible cast—including Tim Minchin as Judas Iscariot, Melanie Chisholm as Mary Magdalene, Chris Moyles as King Herod, and Ben Forster as Jesus Christ—perform hit songs, including "I Don't Know How to Love Him," "Gethsemane," "Heaven on Their Minds," "Everything's Alright," "King Herod's Song," and "Superstar" in an exciting and contemporary interpretation.

### On-Site Counseling Available at Heron's Key



Resiliency and strength spring out of a solid foundation of support given to us from friends, neighbors, family, and trusted providers. Janet Pomeroy, licensed mental health counselor, provides an open and trusting forum to listen, guide, and affirm as you navigate life's hardships and joys. Janet is accepting appointments, which she can conduct in your home or in a private office in our ground floor Health Services Clinic.

Call 253.756.5007 to schedule an appointment.



## MOVIE DATES WITH SCOTT

**Sundays at 5:30pm (M & HKTV 370)**

Scott Maiden is sharing some of his 1,700 movie DVDs by showing them on the big screen in the Maritime Room and on HKTV on Sunday evenings. He is featuring James Bond movies, sci-fi movies like *Back To The Future*, and other favorite genres. Check it out every Sunday for a Movie Date with Scott.

### **April 2 – *Goldfinger* (1964, PG)**

The third installment in the 007 series, which racked up an Oscar for Best Sound Effects, finds superspy James Bond trying to thwart baddie Auric Goldfinger and his elaborate gambit to corner the gold market by contaminating Fort Knox.

### **April 9 – *Back to the Future 2* (1989, PG)**

Time-travelers Marty and Doc head to 2015 to nip some McFly family woes in the bud, but things go awry thanks to bully Biff Tannen and a pesky sports almanac. In a last-ditch attempt to set things straight, Marty finds himself again bound for 1955.

### **April 16 – *Thunderball* (1965, PG)**

With his sights set on a blackmail payday of global proportions, terrorist mastermind Emilio Largo hijacks two nuclear weapons. Only James Bond can stop him in this 007 classic featuring Oscar-winning special effects.

### **April 23 – *American Hustle***

**(2013, R for pervasive language, some sexual content and brief violence)**

This fictionalization of the "Abscam" scandal of the early 1980s follows con man Irving Rosenfeld and his lover, Sydney Prosser, as they help an eccentric FBI agent expose corruption among several members of Congress in New Jersey and Pennsylvania.

### **April 30 – *Music Man* (1962, G)**

It doesn't get any better than this slice of Midwestern Americana: Charming con man Harold Hill (Robert Preston) wants to steal River City citizens' money with a boys'-band scam, but finds it hard to skip town when lovely librarian Marian Paroo (Shirley Jones) steals his heart. Composer Meredith Willson's valentine to his own hometown packs great songs and wonderful performances from, among others, Buddy Hackett and a young Ron Howard.

# INTEREST GROUPS

## ARE WE DISASTER READY?

We're all aware of the importance of being prepared for a disaster. News from around the world and here in the U.S. reminds us of this.

At Heron's Key, we have a team of residents who have taken a closer look at how prepared we are as a community. A number of our neighbors have volunteered to be "first responders" when an emergency occurs. One identified need is to restock our Disaster Ready Kits. An inventory of the current kits has revealed missing first aid supplies, responder safety gear, and necessary communication tools.

To replace these items as soon as possible, the Emergency Preparedness Standing Committee is requesting your help. During April, we are asking for donations to purchase the missing supplies needed to replenish our Disaster Ready Kits.

**Will you please consider helping fund this one-time endeavor?** Make your check payable to the Heron's Key Residents' Association, with "Disaster Ready Kits" on the memo line, and place it in the blue box in the mailroom by the end of April. With your help, we can all feel safer knowing we are better prepared.



## SCHOLARSHIP NEWS

Thanks to the generosity of Heron's Key Residents, the Scholarship Committee will be able to award 10 graduating seniors from Gig Harbor High School and Peninsula High School scholarships of \$1,500 each, in addition to renewing scholarships for two prior awardees. **Fifty-nine Heron's Key households contributed a total of \$18,116 to the February Dollars for Scholars drive.** Bravo, Heron's Key! We have demonstrated once again we are a community that cares deeply about the future. Thank you, Heron's Key, for your continued support. The Scholarship Committee now moves to the next phase of our work: reviewing the portfolios of qualified seniors and making decisions about who will be awarded 2023 scholarships.

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

**Mondays, April 24–May 15, from 12-1pm (A) | Hosted by Resident Services**

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

### **April 24: Maria Kliavkoff: "Creating Compassionate Grief Communities"**

Based on her book, *Healthy Mourning, Happy Loving*, Maria will shine a light on a topic that has remained buried for too long, sharing clarity in the chaos and hope for the grief journey. *This series is organized by the King County Library System and sponsored by the KCLS Foundation in partnership with Aging Wisdom, Northwest Center for Creative Aging, and Era Living*



# INTEREST GROUPS

## FOOD DRIVE UPDATE



The latest food drive benefitting Backpacks 4 Kids resulted in the donation of \$8,241—a record—and 615 pounds of food. Last year, we donated \$7,000 and 455 pounds of food. Every item makes a difference to the organization, which will use the monetary contribution to purchase food for its Care Cupboards and Food Backpacks. The food will be included in the 500-plus food backpacks that students in the school district receive. Thank you for your generosity!

## Interest Group Fair

Thursday, May 25  
10am-11:30am (M)

Join us in May to learn  
about the various  
interest groups at  
Heron's Key.

The Heron's Key Benevolence Fund Invites All Residents to a Party!

## *Mardi Gras in May*

Monday, May 8 from 4-5:30pm (SP)

*Come celebrate spring with your friends and neighbors.*

*Featuring the music of File' Gumbo - Zydeco Soul, Rockin' Cajun music.*



- Enjoy Louisiana-style appetizers
- Sip a glass of your favorite beverage
- Share a resident made dessert with your table

Karen Cohoe will share information about the Benevolence Fund and its importance in providing financial assistance to residents in need.

# UPCOMING EVENTS



## Wine & Cheese Social

Thursday, April 13 at 4pm (SP)

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



## Birthday Celebration

Thursday, April 27 at 3pm (SP)

Come for a slice of vanilla or chocolate cake and enjoy the coffee and tea service as we celebrate April birthdays.

## Traditional Life Plan Contracts and Modified Contracts Q&A

with Katie Houck and Marketing

Friday, April 7 at 1pm (M & HKTv 370)

## BEGINNER'S BRIDGE CLASS COMING IN APRIL

Fridays at 1pm in Spinnakers

If you are interested in learning bridge or refreshing your game from years-ago playing, please contact Cindy Thayer.

## PLANNING FOR SUMMER 2023

Resident Services is beginning to plan for the summer months and would appreciate your ideas for the Community Exploration theme. Have you discovered a favorite destination? Tried something new and want to share the experience with others? Interested in kayaking or a ride on the Harbor Gondola? Challenge yourself to be a tourist in your own town and share your suggestions with Abby, Heidi, Chuck, Sheree, or TC. They're excited to provide a variety of adventures and new experiences for you as the summer weather arrives.



## GET WEEKLY UPDATES FROM EXECUTIVE DIRECTOR KATIE HOUCK

New updates: Wednesdays by 5pm

Call the hotline at any time  
for the message of the week.



## MONTHLY GAMES

### Bingo

Sunday, April 16

3-4pm (SP)



(Photo: Susan Inui)

### Mexican Train

Friday, April 28

2-3pm (SP)

## WEEKLY GAMES

### Mah-Jongg

Mondays

12-4pm (CA)

### Pinochle

Thursdays

1-3pm (CA)

### Bridge

Fridays

1-3pm (CA)

# 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:** 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.

### Primary Care at Heron's Key

F&M Healthcare: Drs. Floyd and Maggie Sekeramyi

Thursdays 10am–2pm

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

### Harbor Audiology & Hearing Services

**Free hearing aid cleaning; walk-ins welcome**

253.851.3932

In the Health Services Clinic

on April 19 (9-11am)

Other services available by appointment

### Sound Dental Care Mobile Dental Hygienist

206.745.3808

### Three Services from VillagePlan

253.756.5007

### Home Care

Extra help to manage daily activities within your IL residence.

### Licensed Counseling with Janet Pomeroy

On-campus support for maintaining mental wellness and independence.

### Care Management

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

## New Primary Care at Heron's Key



F&M Healthcare is a small group of providers based in western Washington. Our mission is to provide compassionate and holistic care to patients and residents. Accomplishing such a goal requires a dedicated team that understands the integration of physical and psychological health in overall patient care and well-being. We are excited to take care of your needs.

Drs. Floyd and Maggie Sekeramyi (pronounced *seh-ker-ah-may-yay*) are excited to join the Heron's Key community as medical providers. We are committed to working with you. Your main medical provider is Dr. Maggie Sekeramyi. She is a board-certified internal medicine doctor with more than 16 years of experience working in both hospital and post-acute care settings, including skilled nursing and long-term care facilities. She enjoys working with and taking care of older adults in our communities. They look forward to meeting with you soon.

Thursdays 10am–2pm

Call or email to make an appointment.

Phone: 253.448.9423 Email: Appointments@fmhealthcare.org

# DINING SERVICES

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Find the latest menus and hours on the Resident Portal.

## EASTER BRUNCH

**Sunday, April 9, 11am—3pm**

Join us for a special Easter Brunch Buffet on Sunday, April 9 from 11am until 3pm. Bring your families and guests to a delicious spread complete with a Bloody Mary and Mimosa Bar. Make your reservations by calling the host stand 253.313.0797 or stopping by the host stand during normal hours.

Residents: \$17 | Guests: \$20 | Kids 5-12: \$9 | Kids under 5: Free

Find the menu on the Resident Portal under “Holiday Menus” or pick up a copy at the host stand.

## CHEF DEMO

**Monday, April 10 at 2pm (SP)**

We're featuring a demonstration from one of our culinary experts on our new salmon, Una King Salmon. The price per resident is \$11, and there are limited spaces available. Sign up at Syren's Grille or by calling 253.313.0797.

## NEW BRUNCH MENU

On April 16<sup>th</sup>, we are featuring a new brunch menu, which we will publish the first week of April. Visit the “Dining” page on the Resident Portal or pick up a copy at the host stand.