

February 2022

Heron's Flight

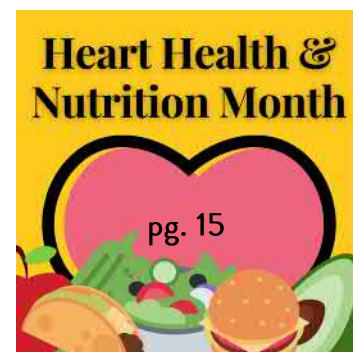
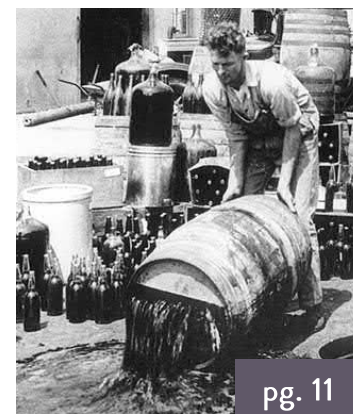
Taking Community News to New Heights

Heart Health & Nutrition Month

Get expert tips on a holistic
approach to heart health



INSIDE THIS MONTH'S ISSUE



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CONCIERGE / SECURITY 253.313.0700

PENROSE HARBOR FRONT DESK: 253.313.0800

Billing: 253.313.0703

Resident Services: 253.313.0793

Transportation: 253.313.0792

Housekeeping: 253.313.0795

Restaurant: 253.313.0797

Fitness: 253.313.0781

Facilities: 253.313.0798

Spiritual Care: 253.313.0733

Consonus (Therapy): 253.313.0749

PLEASE HELP US MAINTAIN OUR ILLNESS PREVENTION STRATEGIES

If you are diagnosed with COVID-19 or have any illness symptoms—even the mildest of symptoms—please call the Concierge Desk (253.313.0700) so we can ensure all housekeeping and maintenance visits are postponed. By reporting your illness, you enable the management team to take all the necessary precautions for keeping staff and other residents safe, and your call is kept confidential.



SPECIAL GUEST OF EMERALD COMMUNITIES

Sarkis Garabedia, Managing Director, Ziegler

Thursday, February 10 at 1pm

(Zoom details removed for privacy)



Ziegler

CAPITAL :: INVESTMENTS :: ADVICE

Overview & Outlook: Senior Living Mega Trends

Ziegler is one of the country's leading underwriters of financing for non-profit senior living providers. On Tuesday, February 10, Managing Director Sarkis Garabedia will highlight Ziegler's strategic and industry-based research findings for the not-for-profit senior living sector. He will share insights on key threats and trends, and explore how communities across the country are responding proactively to these influencers through partnerships and affiliations, home and community-based services, campus repositioning and development, and technological innovation.

TWO SALON LOCATIONS TO SERVE YOU

Penrose Harbor

Call 253.313.0788 or fill out
Salon Appointment Request form

Clubhouse Ground Floor

9am—3pm
Tuesday through Friday
Call 253.313.0789

Services

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



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

RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

Welcome to February, a momentous month offering lots to celebrate and commemorate. You may be unaware that specific days of the month have been set aside to celebrate one of the best things in the world, chocolate. National Chocolate Mint Day is celebrated on February 19, and National Chocolate Covered Nut Day is observed on February 25—but please don't confuse either with the ever-popular National Dark Chocolate Day on February 1. How these days get created is a mystery (Hallmark? The National Confectioners Association?), but they do complement Valentine's Day (a mashup of the pagan celebration of Lupercalia and the Christian feast day honoring one of three martyred St. Valentines) nicely.

February is also American Heart Month, the origins of which are less murky. President Lyndon Johnson established American Heart Month by proclamation in 1963, and various national organizations work throughout the year to educate the public about heart health, a topic of particular importance to seniors. We can all probably recite in our sleep the good heart health behaviors we should practice (eating and sleeping well, staying active, etc.), and, coincidentally or not, it has been reported that eating dark chocolate can also have heart-health benefits (<https://tinyurl.com/2p998s2m>). So be kind to your heart and enjoy a bit of dark chocolate this month!

—Pat Curtis, Resident Council Secretary



Residents' Association Meeting

Thursday, February 10 at
10am via Zoom & HKTV 370

*(Zoom details
removed for privacy)*

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

GET TO KNOW YOUR RESIDENT COUNCIL

Mary Kazlusky, President



Mary is originally from Ypsilanti, Michigan, and received a bachelor's degree in Physical Education with a minor in English from the University of Michigan. She also has a master's in Human Movement Studies from the University of Massachusetts. Mary completed further study at Syracuse University in Instructional Design, Development, and Evaluation.

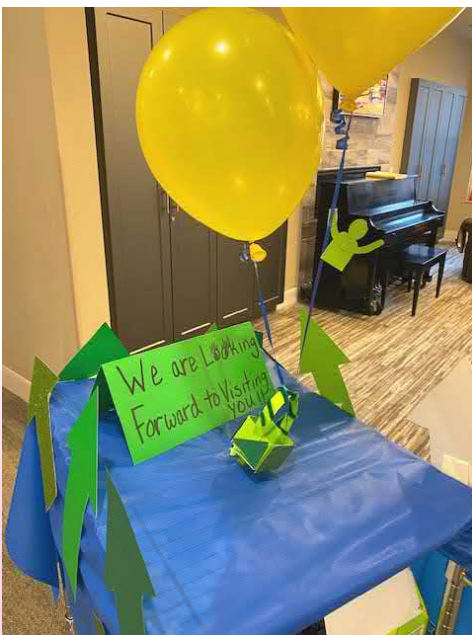
Mary's career has taken many turns, with each one opening the door to new opportunities. She has been a teacher, realtor, financial planner, stockbroker, tax preparer, trust officer, and (most recently) an estate settlement specialist.

Mary moved to Seattle in 2005 and worked in the finance industry until her retirement in 2013.

NAVIGATING AN EVER-CHANGING LANDSCAPE

On a typical day in Penrose Harbor, residents gather for meals, fitness classes, movies, and engaging events facilitated by the dedicated Life Enrichment team. One of the realities of living in a pandemic, however, is that these activities can change in a moment's when we learn about a positive COVID-19 diagnosis in a staff member or resident.

To protect the health of residents when there is a positive COVID-19 diagnosis in Penrose Harbor, group activities often stop. Because of the importance of socialization and connection, Life Enrichment staff quickly switch gears and complete one-on-ones with residents. During one-on-ones, staff members spend time with each resident in their private residences, bringing engaging activities with them. In the pictures below, Life Enrichment team members don personal protective equipment and visit residents with fun props, snacks, stimulating activities, and engaging conversations.



Amy Webb
Executive Director

Karen Rose
Health Services Administrator

Edie Morrison
Director of Nursing

Gayle Robinson
Penrose Resident Care Manager

Sandi Semler
Social Services Coordinator

Shauna Estep
Admissions Coordinator

Paul Velasquez
Rehab Therapy Director

Sarah Whitmarsh
Director, Resident Services

Theresa Broxton
Manager, Life Enrichment

Dave Charbonneau
Director, Facilities

George Smith
Facilities Operations Supervisor

Stacy Edwards
Director, Sales & Marketing

Matthew LeCours
Director, Food & Beverage

Kristina Christenson
General Manager of Dining

HKTV OPEN TO RESIDENT REQUESTS

Over the last few months, you may have enjoyed programming on HKTV 370, including past Lifelong Learning presentations and One Day University videos. We'd like to extend a big thank-you to residents who helped us test channel 370, submitted the HKTV survey, and provided reports on their viewing experiences.

May Residents Make HKTV Video Requests?

Absolutely. To help ensure the content (e.g., videos) we show is appropriate, there are a few parameters in place. Content must:

- Be sponsored by an interest group.
- Be appropriate for the general Heron's Key audience.
- Be legally obtained (e.g., not pirated).
- Align with our license. Thanks to our comprehensive license, we are able to broadcast a variety of movies, TV shows, documentaries, and other programs from a variety of distributors. However, there is a short list of content we may not show. If you'd like to show a video on HKTV that is not available on YouTube, a member of the HKTV Programming Group can let you know if our license allows us to do so.

How to Make HKTV Event & Content Broadcasting Requests

1. Pick up an "Event Form" from the Concierge Desk and fill out the appropriate sections on the front and back of the sheet.
2. Communicate with the appropriate interest group to obtain sponsorship of the event or content.
 - On the "Event Form," an interest group representative must sign on the line next to "Endorsement from interest group" before you move to the next step.
3. Connect with a member of the HKTV Programming Group to see if your desired date and time are available. If you wish to show a video on HKTV that is not on YouTube, the individual in the Programming Group can tell you if it falls under our broadcasting license.
 - The member of the Programming Group assisting you will submit the "Event Form" to Resident Services by the deadline. Read more about deadlines below.

The deadline for event and HKTV requests is the first week of each month for the following month. (For example, March event and HKTV requests are due the first week of February.) In general, requests received after the 10th of the month will not be approved. If you have an HKTV request for March, now is the time to start filling out the "Event Form" and connecting with an interest group and member of the HKTV Programming Group.



HKTV

Programming Group Members

Bev Cheney (Chair)

Karen Coles

Oscar Roberto

Pam Rowland

Lee Magid

Mary Kazlusk

Bob DeLaney

HKTV Tech

Group Members

Oscar Roberto (Chair)

Mary Kazlusk

John Krouse

Don Conner

Al Vazquez

Scott Maiden

Craig Russell

Ron Hoppes

JT Curtis

Kerry Smith

Tom Tamparo

Note: Requests to broadcast live events on HKTV will take priority over requests to broadcast other types of content, such as videos. If you make a request to show content between 9am and 7pm on a week-day, please keep in mind we may need to change the day or time if a live event takes place at the same time.

There's an Event on the Clubhouse Calendar that Looks Interesting, But It's Not on the HKTV Schedule

This will happen on occasion. HKTV requests are subject to deadlines, and every Heron's Key interest group has the right to not broadcast an event on HKTV. There also may be times when an event is not appropriate for HKTV because of low lighting conditions in the Maritime, the type of sound system used, the event's location, and the nature of the event.


The broadcasting of an event on HKTV is also subject to Tech Helper availability. Read more about this below.

More HKTV Tech Group Members Needed

HKTV is a resident-led program. Currently, we only have a small number of tech volunteers to run the camera during live events and broadcast content. Therefore, there's a chance a member of the HKTV Tech Group may not be available to fulfill your TV-related request. If you anticipate your interest group will have several requests to broadcast events or show content on HKTV, we highly recommend having a member or two from your group join the HKTV Tech Group to help fulfill these requests. As the Tech Group grows, so will its capacity to accommodate more requests. If you'd like to join the HKTV Tech Group, please contact resident Oscar Roberto at xxxxxx@gmail.com.

Channel 370 Not Working? Let Us Know

If you did not complete the HKTV survey in January and have problems viewing channel 370 or encounter difficulties with the channel (e.g., the screen freezes or you cannot change the channel), please fill out one of the HKTV surveys located in the mailroom's brochure racks and submit it to the Concierge Desk as soon as possible. Completing the survey will help us know if you need a different cable box for viewing channel 370.



Get Mail Alerts & Event Reminders Sent to Your Cell Phone

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

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

INTEREST GROUPS

DOLLARS FOR SCHOLARS: HERON'S KEY SCHOLARSHIPS

In 2018, a small band of residents, mostly living on the Garden Level and led by the intrepid **Peter Bulkeley**, raised \$3,000 for eight scholarships of \$375 each to eight Peninsula School District graduating seniors. The dream began. And it grew. Each succeeding year, the goal increased, with more students granted greater dollar amounts. In 2021, Heron's Key residents contributed \$10,000 toward scholarships given to 10 graduating seniors—students like Alexander W. who wants to study psychology and neurology so he can help those who are mentally ill; Julie M. who aspires to become an airline pilot; Erik L. who plans on studying fish and wildlife ecology and management; or Sydney M. who, after attending community college, wants to major in political science and eventually go to law school. The support given to these young men and women assisted measurably in helping shape their college plans—and ultimately their careers and lives!

This year, our goal is **\$15,000**, an attainable goal for a community of generosity and compassion—the Heron's Key residents! These young people have had a school experience unlike no generation of students we can recall: their last *real* school experience ended early in the second semester of their sophomore year. No school musicals. No "Fish Bowl" football games with cheering crowds. No proms or homecoming celebrations. No choir concerts or marching band competitions. And they have struggled. We can be a means for these young people to find a positive trajectory through higher education.

And, we have very good news! We are so excited to announce that the Scholarship Fund has entered into a fiscal sponsorship with the Greater Gig Harbor Foundation, a 501(c)(3) organization. **All donations made to the Heron's Key Scholarship Fund are tax deductible to the extent allowed by law!** So, in the spirit of generosity and community outreach, this is what you will want to do:

1. Take out your checkbook.
2. Write your check payable to **Greater Gig Harbor Foundation**, with "**Heron's Key Scholarships**" on the memo line.
3. Place your check in the blue box in the mailroom.

Join the Scholarship Interest group as we work together to exceed the goal of **\$15,000 DOLLARS FOR SCHOLARS**, thus helping to make the future brighter for students in our community.



Illustrations: Jeannie Grisham



EXPLORE ART ON CAMPUS

4th Floor Art Walk Led by Resident Joyce Bernheim

Saturday, February 19 at 1pm (Meet on the 4th Floor at Elevator 4)

Sponsored by Performing Arts

As the group walks along, Joyce will speak about the paintings, photographs, and other art objects displayed on the fourth floor of Heron's Key.

Assemble by Elevator #4 outside Syren's Grille. The walk will head east toward Penrose, go through Spinnakers, and then proceed west on the 4th floor to the end. This event is limited to 10 persons. **Register for this event on the Resident Portal by Friday, February 18 at 3pm.**



OFF-CAMPUS TRIP

Symphony Tacoma's Classics III: Classical Influences from Bohemia

Saturday, February 26 at 6:30pm | *Sponsored by Performing Arts*

Join us on a journey starting with the Moldau River and ending with classic folk melodies by Mahler. Smetana's "Vltava" is a love letter to his homeland, depicting the flow of the river from the mountains of Bohemia, through the Czech countryside to the city of Prague. Bulgarian native Bella Hristova performs her husband David Ludwig's violin concerto that he wrote for her at the time of their marriage. Mahler's Symphony No. 1 is inspired by Jean Paul Richter's novel, *Titan*, and reflects themes of his life and upbringing, including irony, skepticism, and an obsession with death. **Register for this event on the Resident Portal by Friday, February 18 at 3pm.**

Participants are required to purchase their own tickets at [SymphonyTacoma.org](https://www.symphonymtacoma.org). All patrons are required to wear a mask while attending performances and show proof of vaccination or results of a negative COVID-19 test (physical or electronic, with ID) taken within 72 hours of the concert date.



Shopping Trips in February, Departing at 10am

Now on Mondays and Fridays

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

- 4—Trader Joe's in University Place
- 7—Gig Harbor Fred Meyer & Metropolitan Market
- 11—Trader Joe's in University Place
- 14—Gig Harbor Fred Meyer & Metropolitan Market

- 18—Trader Joe's in University Place
- 21—Gig Harbor Fred Meyer & Metropolitan Market
- 25—Trader Joe's in University Place
- 28—Gig Harbor Fred Meyer & Metropolitan Market

MOVIE NIGHT

FRIDAY MOVIES 7pm in the Maritane

February 4: *Nomadland* (2020, R for brief full nudity)

Following the closure of a gypsum mine in the rural Nevada town she calls home, Fern packs her van and sets off on the road. Exploring life outside conventional society as a modern-day nomad, Fern soon discovers a resilience and resourcefulness that present her with experiences unlike any she's known before. Along the way in this story of hope, she meets other nomads who become mentors in her life amidst the vast, sometimes-breathtaking landscape of the American West.

February 11: *Passing* (2021, PG-13 for thematic material, some racial slurs, and smoking)

Childhood chums Irene and Clare—both of mixed race—reconnect as adults on divergent paths in 1920s New York City, with Clare passing for white and Irene living on the other side of the color line. But, their renewed friendship imperils their carefully crafted truths.

February 18: *Ma Rainey's Black Bottom* (2020, R for language, some sexual content, and brief violence)

In this adaptation of August Wilson's play, blues legend Ma Rainey is in top form as she reports for a recording session in Chicago—and she's not about to be controlled by her white manager or her ambitious trumpet player.

February 25: *Judy* (2019, PG-13 for substance abuse, thematic content, some strong language, and smoking)

Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sold-out run at The Talk of the Town. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans while bravely struggling to overcome intensifying anxiety and physical decline.



A NOTE FROM LIFELONG LEARNING

We are so grateful to you, our fellow residents, for your resilience and good cheer in sticking with us through scheduling changes. We are a bit like your favorite migratory birds—we sometimes change locations on short notice. We are especially grateful to Abby Phillips and Flora Richards-Gustafson for reporting updates on our whereabouts—Maritime, Zoom, HKTV—via KeyNotes, featured speakers' lobby posters, info slides on HKTV and the video monitors, and of course on the Portal!

FEATURED SPEAKER

Heidemarie M. Stefanyshyn-Piper: “My Story”

Tuesday, February 1 at 1pm via Zoom & HKTV 370

(Zoom details removed for privacy)

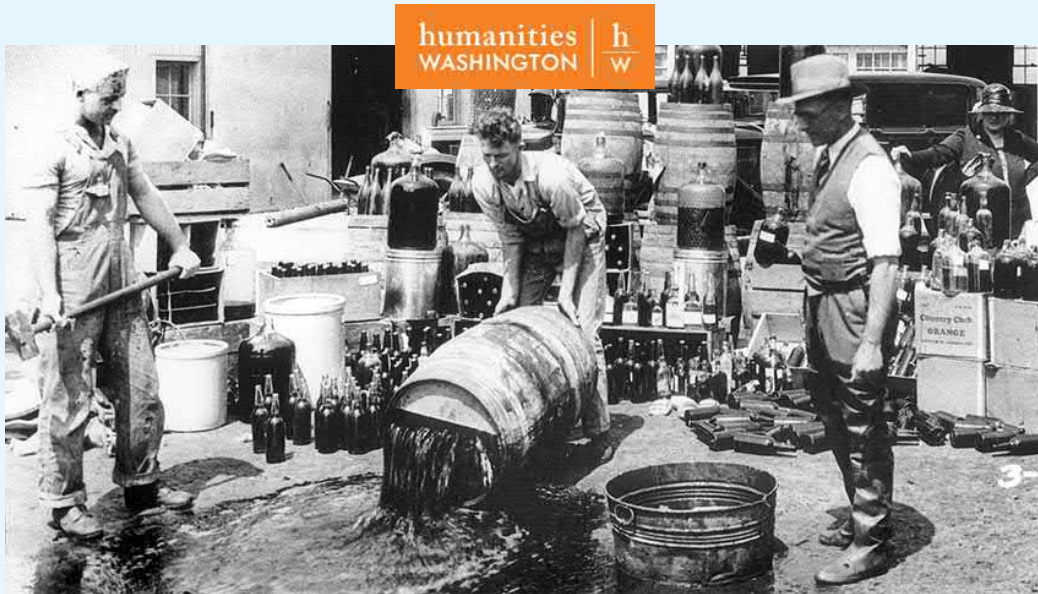
Piper, a retired U.S. Navy Captain, will talk about her path from high school to MIT to U.S. Navy diver to space shuttle astronaut.

Captain Piper was born and raised in St. Paul, Minnesota. She attended the Massachusetts Institute of Technology on a Navy ROTC scholarship, earning a Bachelor of Science degree in mechanical engineering in 1984 and a Master of Science degree in mechanical engineering in 1985. She served in the U.S. Navy for 30 years, retiring in July 2015. As an Engineering Duty Officer, she served at various ship repair facilities and on maintenance staffs. She is an experienced Navy diving and salvage officer.

Selected as an astronaut by NASA, she is a veteran of two space flights: STS-115 on the space shuttle Atlantis in September 2006 and STS-126 on the space shuttle Endeavour in November 2008, logging over 27 days and 15 hours in space. She has completed five spacewalks, totaling 33 hours and 42 minutes of extra-vehicular activity (EVA) time.



FEATURED SPEAKER



Steve Edmiston, Humanities Washington Speakers' Bureau, Presents
"Whiskey and Wiretaps: The Northwest's Rumrunning King"

Tuesday, February 8 at 1pm via Zoom and HKTV 370

(Zoom details removed for privacy)

On Thanksgiving Day, 1925, Roy Olmstead was trapped by federal prohibition agents and their Tommy guns on a lonely Puget Sound dock. His reign as the Northwest's most prolific bootlegger had ended. But, big questions—political, cultural, and legal—remained. Why did Olmstead, the youngest lieutenant in Seattle Police Department history, form a secret gang to take over Prohibition bootlegging in the Northwest? What can we learn today from "The Good Bootlegger's" story of whiskey-driven politics, culture wars, the criminalization of popular social behavior, illegal surveillance, spies, sensational trials, and Constitution-bending trips to the Supreme Court? Using photographs, documents, newspapers, and court cases, Steve Edmiston breathes life into Olmstead's story by exploring the historical context, his entrepreneurial brilliance, his code of conduct, and the profound impact of his legal battles today.

Steve Edmiston (he/him) is a business and entertainment lawyer with Bracepoint Law, an indie film screenwriter and producer, founder of Quadrant45, and co-founder of The Good Bootlegger's Guild. He has keynoted for the Washington State Historical Museum, Smith Tower Rumrunner's Club, McMenamins History Pubs, and on the Travel Channel's *Legendary Locations*. Edmiston lives in Des Moines, near the site of Olmstead's final arrest.

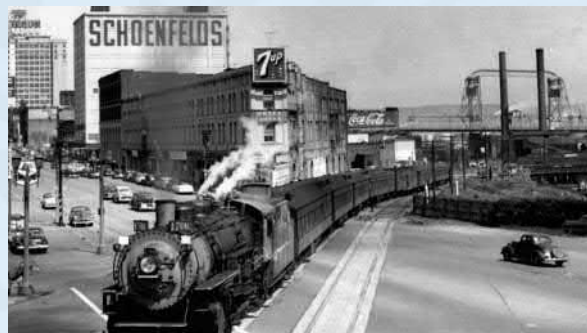


FEATURED SPEAKER

Gary Emmons' Railroading Family

Tuesday, February 22 at 1pm (M and HKTV 370)

Can you believe being born into a family where nearly everyone worked for the railroad: father, mother, grandparents, aunts, uncles, cousins, and second cousins totaling more than 500 years of rail employment for the Northern Pacific in the greater Tacoma area? Well, that's what happened to me on July 2, 1946. And, of course, I, too, went to work for the Northern Pacific Railway on the day I could legally work for the company—July 2, 1962—at the age of 16.



So, this presentation isn't merely a one-dimensional accounting of names, dates, and places, but a rather-intriguing story about a family with a strong work ethos, chance friendships, strange events, fate intervention, and a passion for steel-flanged wheels supported by two standard-gauge steel rails, 4 feet 8½ inches apart. Join me for a fun afternoon with lots of old-time railroad pictures and an opportunity to reflect on the mythos of this Tacoma railroad family.

RESIDENT-LED EVENTS



Who Am I?: Jean Hansen

Wednesday, February 2 at 2pm (M and HKTV 370)

Jean Hansen was born in Liverpool, England, survived the war, and immigrated to Canada and then the United States in her early 20s. There she married and began a life of excitement and adventure for the next 63 years (now). Let the good times continue to roll!

Andy Mauro & Friends Present "Nature, 90 Minutes"

Wednesday, February 9 at 2pm via Zoom and HKTV 370

(Zoom details removed for privacy)

Join Andy and friends for the 90-minute edition of the "Heron's Key Nature Hour" in February. Are mushrooms among your favorite foods? Have you ever wondered if some of the wild ones you see in the woods could be safely featured on your table? Karen Coles will help you decide with her segment "Foraging for Edible Mushrooms." And, in honor of Valentine's Day, we'll do a tabloid dive into the love connections that define the lives of some of our favorite woodland critters. As always, there will be plenty of time in the end for folks to share their personal tidings of nature's joys and mysteries.



Picture: Karen Coles

LIFELONG LEARNING

Wordplay 2.0

Wednesday, February 23 at 2pm via Zoom

(Zoom details removed for privacy)

Join your fellow residents who love word puzzles and word games. Bev Cheney and Susan Hoffman host Wacky Wordies and reverse Wacky Wordies. Ron Magid leads participants in matching wits with Will Shortz. Lee Magid does alternate definitions of common words. There will also be paraproverbs, still more alternative uses for face masks, and Wordplay-related cartoon or video humor. Watch for a game sheet in the mailroom's wall-mounted information racks about a week beforehand.



Reading Aloud with Gee Heckscher & Your Neighbors

Thursday, February 24 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, and Linda Helmer) ring the magic of hearing the voice of one holding a book, tackling tone, using thumb and index finger to turn the pages that, line by line, carry listeners through humor, suspense, sorrow, surprise, or joy. Poems, prose, pulp, or Pulitzer Prize materials are presented in their entirety or as a serial. *Milo of The Phantom Tollbooth*, anyone? Recommended attire includes tasteful loungewear and fuzzy slippers. To volunteer to read something you’d like to share, please contact Gee (Apt. 1539 or gheckscher@gmail.com).

SHORT COURSE

David Smith’s Course on the Old Testament/Tanakh Continues For Those Already Enrolled

David will be here live, COVID willing, on Thursday, March 3. **On February 3, the session will take place on Zoom** due to the high levels of COVID-19 activity in the community.

There are no classes on February 10 and March 10. The final lecture is on March 17.

WELLNESS: HEART HEALTH & NUTRITION MONTH

EVENTS

Healthy Habits for a Happy Heart with Dietician Amber Hall

Friday, February 18 at 11am via Zoom

(Zoom details removed for privacy)

February is American Heart Month, a time when all people can focus on their cardiovascular health and prevent heart diseases and stroke, which are leading causes of death in the United States. Having hypertension (high blood pressure) and/or hyperlipidemia (high cholesterol) puts you at risk for a cardiac event. Nearly half of adults in the United States (47%) have hypertension, and about 38% of adults have high cholesterol.

In this Zoom presentation with Amber Hall, Heron's Key Registered Dietitian, you will learn the risk factors for heart disease, what it means to have heart disease, and simple lifestyle solutions to help prevent heart disease or improve a pre-existing heart condition. You will also learn how to identify realistic lifestyle changes that you can make and how to implement these changes to experience long-lasting health benefits to improve your longevity and quality of life.



Over the past ten years, Amber's clinical experience working with patients in a variety of clinical settings has proved that when people commit to making small and healthy lifestyle changes, they can achieve the desired health outcomes. The little things really do matter!



Heart Health & Emotional Wellness

with Jenifer Nazarowski and Janet Pomeroy

Wednesday, February 23 at 1pm (M)

Are you noticing that you are easily triggered, feeling more agitated, or overwhelmed? Emotions are normal and a sign of healthy engagement. Join Jenifer Nazarowski and Janet Pomeroy, counselors at Villageplan, to discuss how frustrations and anger can not only affect our brain and emotional health, but also our hearts. They will share tips on how to identify healthy coping skills and ways to implement them.



NURTURING THE SOUL

MATTERS OF THE HEART:

HOW EMOTIONAL WELLNESS IMPACTS HEART HEALTH

Suzi Entwistle, Spiritual Wellness Coordinator

What are the first things that come to mind when you think of heart health? Perhaps it's thinking you need to eat less red meat, exercise more, or lower your cholesterol. Many factors play into heart health. Although these physical aspects are important to consider, it's important to consider your *emotional wellness*, too.

Emotions Play an Active Role in Heart Health

A 2014 article from Harvard Health Publishing¹ refers to a study in which researchers found that the rate of death and hospitalizations among individuals diagnosed with depression and heart failure was higher than in those who didn't show signs of depression. When we experience ongoing (not just temporary) feelings of hopelessness, it can take a toll on our bodies.

In a 2014 study published in the *European Heart Journal*², researchers discuss the connection between angry outbursts and the higher risk of cardiovascular events. They found that individuals were five times more at risk for a cardiovascular event (e.g., heart attack, stroke, ventricular arrhythmia) in the two hours following an outburst of anger. Finding healthy ways to process anger—not ignore it or let it rage out of control—proactively promotes heart health.

The great news is that individuals with depression or anger-related struggles and a heart condition may see improvements in their heart condition if they treat their depression or learn to control their anger in a healthy manner. Similarly, when we are able to recognize ongoing emotional challenges—such as depression, anxiety, anger, or loss—we can bring them into the light by talking with a good friend, neighbor, family member, primary care provider, or licensed mental health professional. There are resources available to you here at Heron's Key, and I am here to support you and offer tools or resources as you process difficult emotions.

We also have an upcoming presentation on February 23 with Jenifer Nazarowski and her new colleague, Janet Pomery, of Villageplan. During the event, they will explore helpful techniques to help you cope with negative emotions and provide insights into how you can work through them in a healthy way (see page 15 for more details). Villageplan's counseling services are also available on campus. Please let me know if you'd like to meet with me or if I can connect you to Villageplan's counseling services.

Our heart works each day to provide us with the life we have. We have the opportunity to care for this gift each day in how we choose to live.

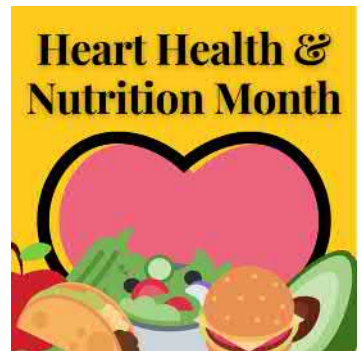


Suzi Entwistle
Spiritual Wellness
Coordinator

Monday – Thursday
8:30am-5:00pm

253.313.0733

SuzetteE@heronskey.org



¹"Your Emotions and Your Heart." Harvard Health Publishing, November, 17, 2014. <https://tinyurl.com/2p8syymz>.

²"Outbursts of Anger as a Trigger of Acute Cardiovascular Events: A Systemic Review and Meta-Analysis." *European Health Journal*, Volume 32, Issue 21, June 1, 2014. <https://doi.org/10.1093/eurheartj/ehu033>.

NURTURING THE SOUL

JOIN US FOR AN EXPLORATION OF THE BOOK

THE GIFT OF YEARS

Starts March 2 at 11am via Zoom

It's great to have a variety of book groups at Heron's Key. The Spiritual Wellness Book Group is interested in exploring books pertaining to life's questions: *What are we here for? How do we find meaning in life? How do we connect?* The residents involved recommend and then choose each book together.



Our upcoming book is *The Gift of Years* by Joan Chittister. It is a collection of writings that helps us not only accept growing older, but also find ways to celebrate it. It also explores many perspectives of the aging process, including topics around the purpose of life, regret, joy, adjustment, ageism, fulfillment, and freedom.

If you are interested in joining, please sign up with Marilyn Colyar at ###.###.#### or xxxxxxxx@comcast.net by **February 18**. Starting in March, we will meet over Zoom on the first and third Wednesday as we take a few months to explore the writings. We invite you to join us for lively discussions and honest reflections on some of life's most interesting questions.

VISION SUPPORT GROUP

The Vision Support Group is a newly developed group designed to provide support and encouragement, as well as share resources with fellow Heron's Key residents. The mission of the group is to advocate for Heron's Key residents with vision challenges. We invite you to join us.

Some items we have or will explore include:

- Improvements to make Heron's Key a safer campus for the visually challenged
- Sharing resources that help with communication and connection
- Resident-led training on how phone technology can make daily tasks easier (thank you, Karen Coles)
- Continued acknowledgement and support so you know you are not alone as you navigate vision loss and the impacts of it in your life
- Possible upcoming speakers or resource representatives to expand our knowledge and opportunities for better living

Our next meeting is scheduled for Tuesday, February 15th at 1pm in the Maritime Room. We hope you can join us!

If you would like to be on our contact list to receive resources or reminders for meetings, please contact group facilitator Sue Engen at (###.###.####)or xxxxx@gmail.com.



SPOTLIGHT GROUP OF THE MONTH: BIBLE STUDY GROUPS

There are three formal Bible Study groups at Heron's Key. They meet weekly or bi-weekly and welcome any interested newcomers. If you would like to explore the Bible more in-depth with fellow residents, please reach out to the following facilitators:

- **Co-Ed Bible Study:**
Bruce Schmitz
(###.###.####)
- **Women's Bible Study:**
Betty Holt
(###.###.####)
- **Men's Bible Study:**
Randy Valentine
(###.###.####)

Please see the Clubhouse calendar or Resident Portal to learn when and where these groups meet on campus.

UPCOMING EVENTS

Emergency Preparedness Seminar

Wednesday, February 16 at 1pm via Zoom & HKTV 370

(Zoom details removed for privacy)

Sponsored by Heron's Key

Join us for the Heron's Key Emergency Preparedness Seminar to become familiar with our emergency protocols. If you didn't previously attend or would like a refresher, join Dave Charbonneau, Director of Facilities, for a review of:

- Emergency response for IL residents
- Earthquake preparedness
- Fire evacuations
- Power outages
- Hygiene

Finance Update with CFO Matt McArthur & Executive Director Amy Webb

Friday, February 25 at 11am
via Zoom & HKTV 370

(Zoom details removed for privacy)

Join Matt and Amy for the quarterly financial presentation.



Transportation Options at Heron's Key Monday, February 28 at 2:30pm (M-P)

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

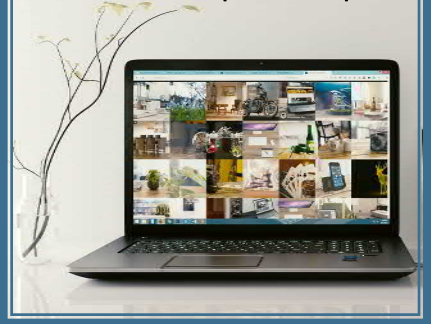


Need Tech Help?

Visit the Lobby on
Wednesdays

(10am-12pm)

to receive assistance from a
Resident Computer Helper.



**WEEKLY UPDATES
FROM EXECUTIVE
DIRECTOR AMY WEBB**

New updates:

Wednesdays by 5pm

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

Interest Group Fair
Join us in April to learn about the
various interest groups at Heron's Key.



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, February 15: 8am-1pm
253.857.6166

Sound Dental Care

Mobile Dental Hygienist

206.745.3808

Harbor Audiology & Hearing Services

253.851.3932

Penrose Harbor on February 16 (9-11am)
by appointment

Alan Anderson, D.P.D., Denturist

253.588.2721

Three Services from VillagePlan

253.756.5007

Home Care

Extra help to manage daily activities
within your IL residence.

Licensed Counseling with

Jenifer Nazarowski

On-campus support for maintaining
mental wellness and independence.

Call to schedule an in-person appointment for
February 11 and 23 in Jenifer's office
in the Health Services Clinic.

Care Management

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

SAVE THE DATE



Senior Living and Staying Independent:

Discovering Your Options and How to Navigate These Chapters of Life

Thursday, March 3 at 10am (M)

Join Kelly Hammond for an interactive discussion about Villageplan's services, including:

- Home Care
- Palliative Care
- Geriatric Care Management
- Home Health
- Hospice Care

Kelly has more than 20 years of experience in senior health care and is passionate about helping you live your best, most independent life.

DINING SERVICES

Find the latest menus and hours on the Resident Portal.



A NOTE FROM THE DINING TEAM

As we traversed through 2021, it was hard to imagine the difficulties the food and beverage industry would face later in the year and while welcoming 2022. From supply-chain issues to labor shortages, we've experienced firsthand many of the unprecedented challenges the pandemic has brought. While times feel a bit rough right now, we hold onto the hope illuminating our paths.

We are grateful to Heron's Key residents and staff. Thank you for your continued patience and understanding as we adjust our hours of operation and the services we're able to provide based on the resources available and best practices created to help keep you healthy and fed. While some of the temporary changes may have not been convenient, we appreciate the grace you have extended.

The decisions the Dining team makes when we need to adjust our hours of operation and selection of goods available are not ones we make lightly. We will continue to keep you aware of updates through KeyNotes and the Resident Portal and enthusiastically look forward to a returned sense of normalcy.

EMPLOYEE OF THE MONTH

Jessica Mikels, Lead Environmental Service Tech



Jessica has been with the company for over four years, and she has many years of experience in the EVS industry. She is hardworking and truly cares about the residents at Heron's Key. Jessica has come in on her days off multiple times to help cover sick coworkers and help with urgent matters. During a past large snowstorm, Jessica came in and stayed a few nights to ensure residents received services and laundry, and helped other departments with their shortcomings due to weather. This season, she did the same. She stayed a few nights, offered staff rides to work, and covered shifts all while her supervisor was on vacation. Thank you, Jessica, for all you do!