

July 2022

Heron's Flight

Taking Community News to New Heights



Mayor Tracie Markley
Exploring the Heartbeat of Gig Harbor

photo credit: City of Gig Harbor

INSIDE THIS MONTH'S ISSUE

- 3. Concierge News
- 4. Resident Council Connection
- 5. Life Enrichment
- 6. Wellness: Community Exploration
- 10. Grocery Shopping
- 11. Performing Arts
- 12. Gig Harbor Mayor
- 13. Lifelong Learning
- 16. Fitness
- 18. Nurturing the Soul
- 20. Movies
- 21. Living Room Concert
- 22. Meet Your Neighbors
- 24. Scholarship Interest Group
- 25. Upcoming Events
- 27. On-Campus Providers
- 28. Dining Services



Amy Webb
Executive Director

Karen Rose
Health Services Administrator

Angela McCloskey
Director of Nursing

Heather Sydnor
AL Manager

Sandi Semler
Social Services Coordinator

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Penrose Resident Care Manager

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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

URGENT ALERTS FROM HERON'S KEY

If there is ever an emergency on campus or in the local area that impacts operations at Heron's Key, Administration will send out an urgent text to residents who have subscribed to the opt-in text messaging system. On your smartphone, text the one-word phrase **HKUrgentAlert** to **###.###.####**. This may be the fastest way for you to hear about any last-minute change to dining, housekeeping, facilities, and resident services.

REMINDER: PLEASE WEAR YOUR NAME TAG

Please help new residents and staff members get acquainted with you by wearing your name tag to events and in common areas. If you see anyone with the blue stripe, they are inviting you to introduce yourself as you approach because their vision impairment can make it difficult to recognize others.



KEYBANK CHANGES

KeyBank Due to low usage, we have been informed that the ATM located by the Windward Room will be removed from our campus in August.

GIG HARBOR GRUB: RESTAURANT FOOD 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 with tax and a 20% gratuity. If you have suggestions for restaurants, please send them to Gig Harbor Grub Coordinators Cindy Thayer or Nelva Shandera.

Restaurant & Delivery Date	Deadlines
<u>Gig Harbor Thai Cuisine</u> Tuesday, July 12 between 12-1pm	Order Deadline: 12pm on Friday, July 8 Forms available on July 5
<u>Krispy Kreme</u> Monday, July 25 at 10am (no gratuity added)	Order Deadline: 12pm on Sunday, July 24 Forms available on July 18

SIGN UP FOR TEXT MESSAGE ALERTS

Text **###.###.####**

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



RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

"The essence of life is to serve others and do good." – Aristotle (born 384 BCE)

Volunteering is a great way to engage with our larger community. In addition to fulfilling the Aristotelian goal of doing good, we can learn much about others and different social conditions by volunteering. Sometimes engaging in volunteering also imparts to us new insights about our own character. Alexis de Tocqueville even went so far as to posit that civic engagement through volunteerism and other activities is foundational to American democracy.

According to a 2019 report by AmeriCorps, about 25 to 30% of Americans volunteer some of their time at least once a year. In Washington state, 35.7% of residents volunteer, ranking our state 17th in volunteerism among all states (Utah is ranked number one; Florida ranks last). In the Seattle-Tacoma-Bellevue metropolitan area 38.1% of residents volunteer, which is the eighth highest ranking of resident volunteer participation among America's major metropolitan areas. Interestingly, Baby Boomers are more likely to volunteer than folks in any other generation. Not all volunteer work is done through organized charities; in fact, 70% of volunteer work is performed informally (think neighbors helping neighbors). The most supported volunteer causes are hunger and homelessness, with 15% of Americans volunteering time and money to ease those conditions. Health and wellness causes are supported by 13% of Americans.

Beyond the statistics, I am continually impressed by the breadth and commitment of our residents to charitable and volunteer causes. Anne DeLaney and Ginny Eilers head our resident volunteer engagement efforts and I encourage you to reach out to them for guidance on local community volunteer opportunities.

—Pat Curtis, Resident Council Secretary

GET TO KNOW YOUR RESIDENT COUNCIL

Jim Richards, Buildings & Grounds Committee Chair

A true Northwest native, Jim was born in Seattle, and is a grad of Roosevelt High School. He has Education Degrees from Washington State University and the University of Washington. Jim met his wife Jo Ann while in college; they married in 1955 and have three sons and five grandchildren.

He started his teaching career in 1958 at Bellevue High School, where he was also the Head Wrestling Coach. While at Bellevue his teams were very successful, winning several league championships and a state championship. In 1974, Jim attended the University of Washington during a sabbatical leave to become a Certified Athletic Trainer dealing with athletic injuries.

Jim was selected to the Washington State Coaches Hall of Fame in both Wrestling and Athletic Training. In 2019 he was selected to the National Wrestling Coaches Hall of Fame in Stillwater, Oklahoma.

The Richards moved to Heron's Key in the Spring of 2019 after living in the same house in Bellevue for 42 years.



Resident Council Meeting

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

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

LIFE ENRICHMENT



BENEVOLENT BREW at Syren's Grille

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

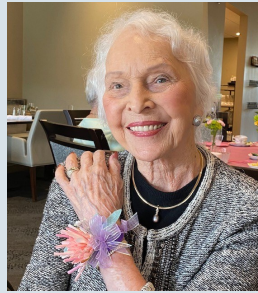
All net proceeds support the
Heron's Key
Benevolence Fund.

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

Penrose Coffee
News & Trivia
Skilled Nursing
11am

PENROSE HARBOR

We had a wonderful month in Penrose. Our amazing volunteers had a special Mother's Day Tea with beautifully decorated tables, delicious snacks, and live music from our very own Don Ransom. Thank you, Judy McMillian and your team, for all your efforts.



In June we celebrated Beach Days and enjoyed many activities like building shell creatures, walking along Point Ruston in Tacoma, and celebrating summer with a Beach Party. We also celebrated our men with a Father's Day lunch.



PENROSE HARBOR OFF-CAMPUS EVENTS

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

- **Breakfast Out:** July 5 at 9am at Original Pancake House
July 19 at 9am at Original Pancake House
- **Picnic @ Ruston Way:** July 8 at 11:30 am
- **Picnic @ Ruston Way:** July 13 at 11:30 am
- Scenic bus tours of the local area, see printed calendar
- 1:1 personal shopping at local stores, see the Life Enrichment team for schedule

WELLNESS: COMMUNITY EXPLORATION



This summer feels particularly precious to us, in light of all the cancelations we experienced during the last two years. Wellness themes usually rotate every month, but this time we're enjoying a full summer of Community Exploration designed to get us outside and involved in our local area. Invite a neighbor along, sign up on the Resident Portal or at the Concierge Desk, and get ready to enjoy a summer like no other.

EXPLORE THE LOCAL AREA & BEYOND

Seattle Mariners v. Toronto Blue Jays

Sunday, July 10 from 11:30am to 6:00pm | Sponsored by Resident Services

Warm weather, hot dogs, the company of neighbors, the crack of the bat, and the roar of the crowd are the ingredients for an excellent evening out as we cheer on the Mariners from the stands.

Register by Friday, July 1 at 3pm.

Photo Outing: Manchester State Park

Monday, July 11 from 2-4:30pm | Sponsored by Photography Group

Take photos and enjoy time with neighbors at Manchester State Park, set on the shore of Rich Passage. **Register by Friday, July 8 at 3pm.**

Harbor Boat Tour & Dinner

Wednesday, July 13 from 2:15 to 7:30pm | Sponsored by Resident Services

This is a captivating cruise through the calm waters and intimate passages among South Sound islands and exclusive bays, under bridges grand and small: Gig Harbor, Narrows Bridges, Point Fosdick, Cromwell, Fox Island Bridge, Henderson Bay into Horsehead Bay and then we head back to the dock. Be sure to bring a jacket. After the tour, we will walk up to Tides Tavern for dinner. Because of parking restrictions, please expect to walk downhill about two blocks from the bus to the boat. The boat tour is two hours long; please keep in mind that there is no restroom on the boat.

Register by Wednesday, July 6 at 3pm.

WELLNESS: COMMUNITY EXPLORATION

Walk: Chalk the Harbor & Drinks at Heritage Distilling Co.

Saturday, July 16 from 1:30 to 3:30pm | *Sponsored by Resident Services*

Chalk the Harbor is a fun and free event for all ages, sponsored by the Gig Harbor Downtown Waterfront Association. This is an annual event where Gig Harbor residents are invited to pick a square on the sidewalk and make it their own using sidewalk chalk. A Heron's Key bus will drop you off along the waterfront and you will have an opportunity to see everyone's chalk creations as they are almost finished. Once you've walked the perimeter of the harbor, stop and have a drink at the local Heritage Distilling. **Register by Wednesday, July 13 at 3pm.**

Waterfront Farmers Market

Thursday, July 28 from 12:45 to 3pm | *Sponsored by Resident Services*

Heron's Key is providing monthly trips to the Waterfront Farmers Market in downtown Gig Harbor during the summer months. The Waterfront Farmers Market provides our community with fresh, locally grown farm products and specialty foods while at the same time providing local growers with a community-supported venue for their crops and products. Give back to your community. Buy fresh and local. **Register by Tuesday, July 26 at 3pm**

Beach Walk with Harbor WildWatch at DeMolay Sandspit Nature Preserve

Friday, July 29 from 11:30 to 2pm | *Sponsored by Resident Services*

Get to know the unique animals that inhabit the intertidal zone with local biologists and volunteer naturalists. Guided beach walks are approximately 60-90 minutes and include a lesson on beach etiquette. No two beach walks are the same; you never know what amazing animals we will find!

Register by Wednesday, July 27 at 3pm

Special Notes: Please dress for the weather. Boots or footwear that can get wet are recommended. Flip flops or other open-toed footwear are not recommended for safety reasons.

WELLNESS: COMMUNITY EXPLORATION

Opportunities to Dine & Shop

Gig Harbor Library on Pt. Fosdick

Tuesday, July 5 at 11:15am | *Sponsored by Resident Services*

Register by Monday, July 4 at 3pm.

Trip to the Beer Vault

Thursday, July 7 from 2:45pm to 4:45pm | *Sponsored by Resident Services*

Register by Tuesday, July 5 at 3pm.

Men's Breakfast at Original Pancake House

Wednesday, July 13 at 8:30am | *Sponsored by Resident Services*

Register by Monday, July 11 at 3pm.

Morning Coffee: The Cup at Ocean 5

Monday, July 18 at 9am | *Sponsored by Resident Services*

Register by Thursday, July 14 at 3pm.

Shopping at Walgreens

Tuesday, July 19 at 11:15am | *Sponsored by Resident Services*

Register by Monday, July 18 at 3pm.

Women's Breakfast at Original Pancake House

Thursday, July 21 at 8:30am | *Sponsored by Resident Services*

Register by Tuesday, July 19 at 3pm.

Shopping in Silverdale and Lunch @ Olive Garden

(stores including Trader Joe's, Home Goods, and Barnes & Noble)

Wednesday, July 27 at 9am | *Sponsored by Resident Services*

Register by Monday, July 25 at 3pm.



WELLNESS: COMMUNITY EXPLORATION

OFF-CAMPUS CARPOOLING EVENTS

Carpooling opportunities are in the white “Carpool Sign-Up Binder” at the Concierge Desk. In the binder are sign-up sheets for local events you can carpool to with a neighbor; sign-ups include those who need a ride and those willing to drive. After signing up, you are responsible for making the final transportation arrangements together. To learn more about carpooling opportunities, please see page 7.

SUMMER IN THE HARBOR

Summer Sounds at Skansie Concert Series

July 5 – Good Co re-imagines today’s dance music by taking the sound and style of the past and flipping it on its head, traversing Funk, Pop, Electro Swing, and everything danceable.

July 12 – ABBAGraphs recreates the pop magic of ABBA’s chart-topping, classic pop songs of the 70s and early 80s, plus top hits of the disco era.

July 19 – The Profits – the popular Gig Harbor-based cover band plays danceable hits from across several genres.

July 26 – The Paperboys – music from a freewheeling blend of influences from Celtic and bluegrass, Mexican son jarocho, brass bands, and Canadian roots, called everything from Cajun slamgrass to worldbeat.

Uptown Summer Concert Series

July 7 – Budapest West- World Beat/Rock

July 14 – The Retro Rockets – Classic Rock

July 21 – WEPA – Latin Jazz

July 28 – Indigo Jazz – Swing Jazz

Summer Sips at Uptown: July 9

Join in the fun at the first annual Summer Sips at Uptown on Saturday, July 9, from 12pm – 7pm, and enjoy an afternoon of locally crafted libations and great live music! Whether you’re into cider, beer, wine, spirits, sodas, kombuchas or other sips, Summer Sips is the one-stop taste n’ shop event of the summer. Find a new favorite? Stop by the Sips Pop-Up Bottle Shop and grab a bottle or two to take home and enjoy - or share at your next summer BBQ.



GROCERY SHOPPING

GROCERY SHOPPING

Register by 12pm on the day prior to the scheduled trip.

- **Mondays at 3pm** – 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 4:15pm, 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.

Shopping Trips in July

Mondays at 3pm & Thursdays at 1:30pm

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

7 – Albertsons

11 – Safeway

14 – Albertsons

18 – Met Market & Garden Room

21 – Albertsons

25 – Fred Meyer

28 – Albertsons



OFF-CAMPUS EVENTS

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

The Infinite Experience: An Out-Of-This-World Immersive Experience

Friday, July 1 from 11am to 1:30pm | Sponsored by Performing Arts Group

The Infinite is an out-of-this-world immersive experience that transports you into space aboard the International Space Station through an awe-inspiring journey. After immensely successful runs in Montreal and Houston, the world's largest multi-sensory, collective VR experience is coming to Tacoma! Explore a life-sized re-creation of the International Space Station. Encounter mind-blowing views of the Earth in the first-ever cinematic spacewalk captured in 3D, 360 degree virtual reality. Witness the daily life of astronauts in never-seen-before virtual reality footage. Experience an exclusive installation from world-renowned Japanese artist Ryoji Ikeda.

Warning: The virtual reality experience is safe and enjoyable, but can be uncomfortable for some people. It is not recommended for people with claustrophobia, heart problems, a history of seizures, or epilepsy and/or sensitivity to flashing lights or 3D. One of the installations uses strobe lights. People who are prone to motion sickness are more likely to experience discomfort when using a virtual reality headset. Vertigo may persist and increase within a few hours of use. Symptoms may also include drowsiness. These symptoms may increase the risk of injury when undertaking normal activities in the real world. **Register by Wednesday June 29 at 3pm.**

Dinner and Downtown Tacoma Museums

Thursday, July 21 from 4:30 to 8pm | Sponsored by Performing Arts Group

Every third Thursday of the month, three museums in downtown Tacoma offer free admission in the evenings. We'll eat an early dinner at Indochine Asian Dining Lounge, before heading across the street and having your selection of the Tacoma Art Museum, Museum of Glass, and the Washington State History Museum.

Register by Monday July 18 at 3pm.

Tacoma Musical Playhouse: Kinky Boots

Friday, July 29 from 6:30 to 10:30pm | Sponsored by Performing Arts Group

Charley Price has suddenly inherited his father's shoe factory, which is on the verge of bankruptcy. Trying to live up to his father's legacy and save his family business, Charlie finds inspiration in Lola. A fabulous entertainer in need of some sturdy stilettos, Lola turns out to be the one person who can help Charlie become the man he's meant to be. As they work to turn the factory around, this unlikely pair finds that they have more in common than they ever dreamed possible. **Register by Friday July 8 at 3pm.**

GROUP: HERON'S KEY SKETCHERS

Wednesdays at 1pm (CA)

If you enjoy sketching or drawing, join your neighbors in the Heron's Key Sketchers Group, which meets in the Creative Arts Studio on Wednesdays at 1pm. The materials you need are simple: paper and pencils or pens. All skill levels are welcome to participate.

COMMUNITY EXPLORATION: MAYOR OF GIG HARBOR

GIG HARBOR MAYOR, TRACIE MARKLEY

Wednesday, July 27, 1pm (M and HKTV 370)

As part of our Community Exploration initiative, we are excited to have a visit from our newly elected Mayor, Tracie Markley. You'll enjoy hearing about Mayor Markley's experience of taking on a new role for a growing city that is eager to recover from the two year pandemic. Here's an excerpt from Mayor Markley's biography:

I was just five years old when my family moved to Gig Harbor in 1982. We fell in love with it immediately and knew from our first drive through town that it was a special place where we would live, work and play for many years. Now, as I raise my own family here, I see our city through a new lens. Instead of "What can my city do for me?" I think, "What can I do for my city?" The privilege of serving as Mayor in the town I grew up in is an honor beyond what I ever thought possible.

I attended Peninsula Schools from first through twelfth grade and graduated from Peninsula High School in 1994. Upon graduation, I worked for a couple of real estate top agents and became the youngest licensed real estate agent in Gig Harbor at the age of 18. Whether through my experience in real estate, processing mortgages, advertising, office management, human resources consulting, and even working downtown at William Patrick's Drive Thru Coffee Shop, I have learned to be a great listener and solution finder.

Although the majority of my employment history is outside of government service, I have gained extensive experience serving as a Parks Commissioner for almost two years, followed with being elected as a City Councilmember for over two years, and now, as your Mayor. I have learned how to listen to the heartbeat of our city. Gig Harbor is a true gem. I'm so optimistic for our bright future and so incredibly honored to serve this community with passion and integrity. Thank you for putting your trust in me.

Source: cityofgigharbor.net



Credit: Tacoma News Tribune

FEATURED SPEAKERS

“Growing Up in Tacoma” with Phil Carter

Tuesday, July 12 at 1pm (M & HKTV 370)

Phillip “Phil” Carter is the youngest of six children. He graduated from Wilson High School in 1979 and from University of Notre Dame in 1984. He was twice Captain of the Fighting Irish football team and he rushed for 2409 yards during his career as a running back. Phil still ranks in the top ten of Fighting Irish running backs.



He started working for the YMCA of Pierce and Kitsap County in 1985. While there he developed programs that impacted the Tacoma Community, including the Late Nite Program for youth, sports leagues, and fitness programs. He was able to increase revenues and raised needed money to support programs. He retired from the YMCA in 2020 after 35 years of service and currently does substitute teaching in Tacoma Public Schools. He is a member of the Tacoma #8 Rotary Club, a member of the Tacoma Athletic Commission, and a Manorwood H.O.A. board member. He loves golf and ALL sports. Phil is married to Linda Carter and has two adult children, Kennedy and Garret.

Past, Present, and Future Applications of Hyperbaric Oxygen Therapy

Nicholas Marosek, Mayo Clinic

Tuesday, July 19 at 1pm (Zoom & HKTV 370)



Hyperbaric medicine is fundamentally about leveraging specific gas law principles to affect human physiology, such that the result is healing of injured or diseased tissues. This presentation will inform the curious healthcare consumer about:

1. The rich history of hyperbaric medicine.
2. The scientific evidence for the use of hyperbaric oxygen breathing in treatment in a diversity of conditions.
3. The innovations being explored in the science of hyperbaric medicine.

Nick Marosek, BSN, RN, ACHRN, is the Nurse Manager of the Hyperbaric and Altitude Medicine program at Mayo Clinic in Rochester, Minnesota. Nick is an Advanced Certified Hyperbaric Registered Nurse. He has fifteen years' experience in critical care nursing and ten in hyperbaric medicine. Nick loves his job and the people that he is privileged to work with. The Hyperbaric Medicine Clinic administers hyperbaric services to the patients of Mayo Clinic and Mayo Clinic Hospitals. The Clinic features the largest rectangular triple lock hyperbaric chamber system in the United States.



Credit: Nick Marosek, Mayo Clinic

LIFELONG LEARNING

RESIDENT-LED EVENTS

The Residents' Edition of Who Am I? is taking a break in July and August. So is Wordplay 2.0, but both will be back in September. Reading Aloud with Gee Heckscher will be on break in August, back in September. September brings the next Nature programming, a Nature Walk.

Who Am I? – Staff Edition with Karen Rose, Penrose Harbor Health Services Administrator Thursday, July 21 at 11am (M & HKTV 370)



Karen Rose has been in the long-term care industry for 23 years. She began her career taking a Certified Nursing Assistant course in a long-term care facility. Karen worked as a Med Tech, caregiver, and business office manager in Assisted Living. She went back to Skilled Nursing and worked as a unit clerk, in medical records, admissions and marketing and then went through an extensive Administrator-in-Training program. She has worked in rural and urban facilities and enjoys learning from these experiences.

Karen comes from a background of service. Her mother was volunteer coordinator for 30 years for the Olympia Food Bank. Her family was very involved in scouting. She received several awards in Girl Scouts growing, including the Gold Award, which is the highest award in scouting. She is a life-long learner and an advocate for continuing education, inspired by her father who was a library director his entire career. Her siblings have taken after her parents, with a sister who is a first grade teacher and a brother who is an operations manager for the Olympia Food Bank.

Karen lives in Yelm with her spouse and actually enjoys the drive to and from work. She has two dogs; a mini dachshund and a goldadore. In her spare time Karen enjoys building LEGO, decorating her home, and being with her friends and family.

Reading Aloud with Gee Heckscher and Your Neighbors Thursday, July 28 at 7pm (M)

Lucky are we who remember being read to. "Reading Aloud" abandons the current trend of *seeing* a story, taking 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, Apt 1539, gheckscher@gmail.com.

FEATURED HKTV PROGRAMMING

This month Lifelong Learning is offering the fifth lecture in our UW-Osher virtual lecture series, called “Perpetual Computing: Technologies for Banishing Batteries.” We are also bringing back Prof. Thad Polk of the University of Michigan, speaking on “Understanding Memory.” A new episode of Drain the Oceans will air, as will an archived “Who Am I” from September, 2021, titled “Great Boating Tales, Part 1.” There will also be programs on sports, the flavors of Italy, earthquake early warning systems, and more.

We begin the month with a July 4th program on the Founding Fathers. You can pick up a printed listing of the programming from the mailroom’s wall-mounted information boxes, or look for the schedule on the Portal.



A One Day University Lecture: The Founding Fathers:

What Were They Really Like?

Joanne Freeman, Yale University

Monday, July 4 at 4pm (HKTV 370)

FUTURE PROGRAMMING

September 1:

Humanities Washington speaker Ross Reynolds of KUOW -
“How Audio Technology Changed the World”

September 6:

Author Mary Lou Sanelli - “Every Little Thing: Small Breakthroughs, Big Mistakes, Endless Lessons”

September 15 to November 3:

David Smith’s course on the New Testament

September 19:

A new resident-led program, “Let’s Talk Among Ourselves”

September 27 at 1pm:

President Belton of Pacific Lutheran University

September 27 at 7pm:

Charlotte Basch, Historical Education Coordinator of the Puyallup Tribe, a joint program here with the Harbor History Museum



Our merry band of programmers: Linda Helmer, Lee Magid, Joan Moffat, Barb Walton, Barb Pine, Oscar Roberto, Mary Kazlusky, Bob DeLaney, Kae Paterson, Pam Rowland, Don Hansen, Dot Lintz, Lee Shipp, Irene Hanley, Pat Backlund, John Neiswender, Barbara Cummings, Al Standish

JULY HIKES

Register on the Resident Portal for a hike. For assistance with registering, visit or call the Concierge Desk.

Nisqually Estuary & Boardwalk Hike

Wednesday, July 6 from 9am to 12:30pm | Sponsored by Fitness

This trail is a gorgeous and easy walk on either gravel or paved path located in Olympia, Washington. As there is no designated route, a return to bus time will be established before exploring begins. Walking with a spouse or friend is highly encouraged as the group will be spread out. This trail is mostly flat (all less than 5% grade), typically at least five feet wide, and mostly paved (sections of boardwalk and gravel) with minimal grade. Boards may be slippery after there has been rain.

Register by Tuesday, July 5 at 3pm

- Driving Duration to Trail: 45 mins
- Bathrooms: Yes
- Wheelchair Accessible: Yes/Parts
- Footwear: Tennis Shoes
- Extra: Sunscreen, Water

Shadow Lakes Trail Hike on Mt. Rainier

Wednesday, July 20 from 8:30am to 4:30pm | Sponsored by Fitness

Shadow Lakes Trail is a 2.6 mile heavily trafficked trail located in Mt. Rainier National Park. This trail leaves out of Sunrise Visitor Center and features wildflowers, bird watching, mountain goat sightings, a small lake, and amazing mountain top views on a clear day. The terrain is gravel, dirt, stairs, some roots, and contains some slight uphill/downhill sections. On the drive to the park, we will make a pit stop at Safeway to pick up any additional snacks and offer a restroom break. Hiking shoes are recommended as well as sunscreen, bug spray, and a sack lunch (picnic tables at Sunrise). The visitor center offers additional restroom accommodations. **Register by Monday, July 18 at 3pm**

- Driving Duration to Trail: 2.5 hours
- Restroom break 1hr into drive
- Bathrooms: Yes
- Wheelchair Accessible: Only in Parking Lot
- Footwear: Hiking Shoes
- Extra: Walking sticks, Sack Lunch, Bug Spray, Sunscreen, Water

Day at the Park: Point Defiance Rose Garden

Tuesday, July 26 from 1 to 4pm | Sponsored by Fitness

This focal point of Point Defiance Park has more than an acre of rose gardens, the oldest of which was established in 1895. The site includes a garden of miniature roses, arbors of climbing roses, a picturesque wishing well and quaint gazebos. From June through September more than 1,500 rose bushes provide a rainbow of colors including many variegated combinations. **Register by Monday, July 25 at 3pm**

FITNESS CLASS HIGHLIGHTS

Zumba: Now on Mondays and Fridays at 9am (M)

In this lower-intensity version of Zumba, participants have an enjoyable way to start the day with easy-to-learn movements focused on balance, range of motion, and coordination. A typical Zumba class features fun Latin American dance styles like merengue, salsa, reggaeton, bachata, samba, hip-hop, and belly dance.



Chair Yoga: Thursdays at 8am (M)

Chair yoga allows older adults and those with mobility challenges to stay active and improve muscle strength and flexibility without the risk of strain or injury. The gentle slow progressions of chair yoga sequences are ideal for those with a limited range of motion.

Coming This Fall: Barre

Barre is ideal for those just starting an exercise routine. It is a hybrid workout class that combines ballet-inspired moves with elements of Pilates, dance, yoga, and light strength training. Barre focuses on several repetitions of small-range movements.

Join Your Neighbors for a Game of Bocce Ball

Tuesdays & Thursdays at 11am
We'll meet in the Clubhouse Lobby and walk or carpool to the local bocce ball court.

PERSONAL TRAINING

AT HERON'S KEY

*Guidance,
Accountability,
Results
... Just Steps
from Home*

With affordable personal training at Heron's Key, you may gain:

- Increased strength
- Reduced pain
- Everyday injury prevention
- Improved energy and balance
- Enhanced mobility and continued healing after physical therapy
- Reduced risk of falls
- Progress that lets you see what's possible

It all starts with a **FREE** personal assessment.
Call 253.313.0781.

NURTURING THE SOUL

2ND QUARTER WELLNESS UPDATE FROM SPIRITUAL WELLNESS

Suzi Entwistle, Wellness & Spirituality Coordinator

Activities, Meetings & Groups

Silent Stroll: 2nd Tuesday of every month. Join others in the Clubhouse Lobby at 11:00am for a slow walk. Open to all interested for a quiet stroll and casual gathering afterward for reflection and connection. Facilitated by the Mindful Meditation group.

Vision Support Group

The Vision Support Group held a meeting in May with 10 people in attendance. They had a guest speaker from University of Washington Independent Living Services for the Blind and Visually Impaired who shared a wealth of ideas and resources with our residents. As an independent contractor, he can work with you individually if you have specific questions/concerns about adaptive tools that may help you. Call Suzi for his contact information. Our next Vision Support Group meeting will be **Wednesday, Sept 21 at 1pm.**

Presentations

We had 3 in-house presentations this quarter:

- Hospice and Palliative Care
- Estate Planning, Probate, and Trust Administration Essentials
- End of Life Washington

We also sponsored 4 virtual presentations from Pioneers in Aging (thanks to King County Library System):

- Pass It on!
- Healthy Mourning, Happy Loving
- Dementia-Friendly Communities
- This Chair Rocks - A Manifesto Against Ageism



Suzi Entwistle
*Wellness &
Spirituality
Coordinator*

Monday – Thursday
8:30am-5:00pm

253.313.0733

SPOTLIGHT GROUP: BIBLE STUDY

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

Continuing Groups

- Cancer Support Group – Lois Wilson
- Mindful Meditation Group – Barbara Casey
- Bible Studies (Co-Ed, Women's, Men's) – Bruce Schmidt, Betty Holt, Randy Valentine
- Vision Support Group – Sue Engen
- Spiritual Wellness Book Group – Marilyn Colyar
- Serenity Garden – Lenny Anderson

Upcoming Events & Opportunities

Connect with Nature with Intention – Bloedel Reserve Stroll Opportunity

As we seek to process the many things going on in our world, and in our own lives, we long to find ways to quiet the mind and soul. The Bloedel Reserve Wellness Program has created themed self-guided walks to enjoy over the next 3 months on the Heron's Key campus or your favorite trail. You may pick up a different themed walk each Tuesday from the display case in the mail room. You can ask a few friends along or enjoy some time to reflect on your own. Feel free to join us for the monthly Silent Stroll as a group to share your insights!

Spiritual Resource Library – We would like to set up a Spiritual Resource Library that is accessible to those interested. If you have any books to contribute or an idea about where to locate this (there is no longer room in our current library), please contact Suzi.

Men's Group – There has been some interest expressed in the possibility of starting a men's group. The first set of gatherings would be around discussion from the book "*Different Seasons*" by Dale Turner. If you are interested in a men's group, please contact Jerry Walton at ###.###.####.

12 Step Meetings There is some resident interest in attending local AA/12 Step meetings. This is a longstanding, powerful, healing program for those impacted by addiction. We may be able to support local transportation if there are a few interested in attending. Please let us know if this is a service you would like to utilize. Call Suzi at (253.313.0733) or SuzetteE@heronskey.org.

We have recently said goodbye to the following residents. They will be remembered and missed.

Terry Hanley

Eric Nutt

Colleen Silcox

MOVIE NIGHT

FRIDAY MOVIES 7pm in the Maritime

July 1: Marshall (2017, PG-13 for mature thematic content, sexuality, violence, and some strong language)

Recounting an early case of attorney Thurgood Marshall—who would later become the first African American Supreme Court justice—this riveting drama depicts his defense of a black chauffeur accused of sexual assault. ** this was re-scheduled from June, due to a defective DVD.

July 8: No Movie Night

July 15: Cyrano (2021, PG-13 for some strong violence, thematic and suggestive material, and brief language)

Cyrano de Bergerac dazzles with both ferocious wordplay and brilliant swordplay, but is convinced that his appearance makes him unworthy of the love of his devoted friend, Roxanne, who has fallen in love at first sight with Christian.

July 22: Respect (2021, PG-13 for mature thematic content, strong language including racial epithets, violence, suggestive material, and smoking)

Follow the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom in the remarkable true story of her journey to find her voice and become the Queen of Soul.

July 29: 12 Mighty Orphans (2021, PG-13 for violence, language, some suggestive references, smoking and brief teen drinking)

Witness the true story of the Mighty Mites, the football team of a Fort Worth orphanage who, during the Great Depression, went from playing without shoes—or even a football—to playing for the Texas state championships. The architect of their success was Rusty Russell, a legendary high school coach who shocked his colleagues by giving up a privileged position so he could teach and coach at an orphanage. Few knew Rusty's secret: that he himself was an orphan. Recognizing that his scrawny players couldn't beat the other teams with brawn, Rusty developed innovative strategies that would come to define modern football.



LIVING ROOM CONCERT

Living Room Concert with the Dmitri Matheny Quintet

Friday, July 8

No-Host Happy Hour: 4:30pm (CL) | Concert: 5pm (M)

We are excited to announce the much-anticipated return of Dmitri Matheny. This is an exciting show for the Quintet, as they showcase music from their band new album, CASCADIA, just released on June 17. You can take a listen at www.dmitrimatheny.com/music. For those of you new to Heron's Key, we've been awaiting their return since 2020 when we had to cancel due to high Covid case counts. Celebrated for his warm tone, soaring lyricism, and masterful technique, award-winning jazz musician Dmitri Matheny has been praised as one of the most emotionally expressive improvisers of his generation. The soulful sound of Dmitri's horn has garnered praises from critics and audiences alike, drawing frequent comparisons to Miles Davis, Chet Baker, and his mentor, Art Farmer. Dmitri has toured extensively throughout the United States, Europe, and Asia, traveling to 19 countries and performing with many Motown and popular music acts.

This Living Room Concert gives you the unique opportunity to experience this jazz legend in person. Join us for cocktails before the Living Room Concert. The Dmitri Matheny Group includes: Charles McNeal: Saxophone; Bill Anschell: Piano; Phil Sparks: Bass; Mark Ivester: Drums; Dmitri Matheny: Flugelhorn



MEET YOUR NEIGHBORS



BINGO

Sunday, July 24
3-4pm (SP)



MEXICAN TRAIN

Friday, July 15
2-3pm (SP)

Hosted by resident

Pam Rowland

(Photo: Susan Inui)

MAH-JONGG

Mondays
12-4pm (CA)

PINOCHLE

Thursdays
1-3pm (CA)

BRIDGE

Fridays
1-3pm (CR)

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

Richard and Darlene DonMoyer — Richard and Darlene didn't have to travel far to arrive at Heron's Key; they lived nearby in Canterwood for 31 years. Richard and Darlene were married in 1956 and Dick received his military orders the very same day. Dick graduated from Purdue in 1957 and worked as a program manager for missile and space projects, including test launches for the Saturn 5 rocket system. Darlene was an avid golfer and loves to play bridge; Dick's lifelong hobby is photography, which goes hand in hand with his love for travel. Their favorite destinations are Africa, Australia, and New Zealand.

Patricia Headley — Pat is a native of California who came to us from Port Orchard. She lived throughout California before moving to Washington. Patricia loves sports, enjoying college basketball and football the most. She has eclectic musical tastes and loves everything from western music to ABBA. Patricia is an anglophile who loves to watch British Television or programs about England. She enjoys reading and was once an avid gardener.

Lenny and Louise Anderson — Lenny and Louise came from Vancouver, Washington. They own a 31' recreational tug boat and spent 16 months traveling along "America's Great Loop." They enjoyed the Erie Canal and the small inlets in the Northern Mississippi. Lenny was a hospice Chaplain and Louise was an executive project manager with a technology company. They have two friendly dogs named Chip and Dayle.

Nan Erwin — Nan lived just over the Tacoma Narrows Bridge in University Place for 30 years. She loved her job as a Registered Nurse and served her patients until she finally retired at 68. Nan enjoys reading, ice cream, going out with girlfriends, and playing cards. She's grateful to live so close to her grandchildren – three on Fox Island, and three in Anacortes.

Kerry and Anne Smith — Kerry and Anne came to us from Wilsonville, Oregon but have lived all over the east coast following job opportunities. Anne ran a graphic design business and still does work to this day; she is also very involved in the pickle ball community and enjoys genealogy research. Kerry served 28 years as a nurse specializing in cardiac care, with experience in CCUs, hospital telemetry units, cardiology offices, cardiac rhythm management, and training staff in pacemakers and defibrillators. He'll gladly tell you he loved every minute of it!

MEET YOUR NEIGHBORS

Charlie Kuyk — Charlie lived (and still lives part-time) in Leavenworth, WA. He worked as a pilot in the U.S. Airforce and now enjoys gardening and staying physically fit. Charlie has two daughters and a son, plus several grandchildren and great grandchildren.

Steve and Adrienne Casey — Steve and Adrienne are native Californians who eventually settled in Bandon, Oregon, where they ran a B&B. Steve was a journalist who wrote primarily on crimes and corruptions before becoming the special assistant to the District Attorney in San Diego. Adrienne worked as a detective and then became supervising criminal investigator for the District Attorney in San Diego. They recently celebrated their 50th wedding anniversary.

George and Bonnie Llewellyn — George and Bonnie met in the lunch line at Oklahoma State University, married in 1969 and had three children. George started in the Navy where he was stationed in Guam. He then worked for a chemical company for thirty years, which moved his family all over the country. In addition to raising a family, Bonnie was a teacher. Their interests include hiking, wood-working, quilting, and sewing.

Richard and Lynda Lukens — Richard and Lynda, both raised in Spokane, WA, met while they were attending Washington State University. They married in 1968 and moved to San Jose, CA after graduation in 1969. Lynda is a retired 5th Grade Teacher and Richard was a Manufacturing Manager and an Operations Program Manager in the high-tech industry for 44 years. They have two sons and four grandsons. Fun Fact: Lynda is a “city kid” and Richard is a “country kid”, so their house sat on the border of city and country.



WEEKLY UPDATES FROM EXECUTIVE DIRECTOR AMY WEBB

New updates:
Wednesdays by 5pm

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

EMPLOYEE OF THE MONTH—TC KIM



TC Kim, Driver, recently received complimentary feedback from a resident who receives regular transportation services. She shared with us just how much she appreciates TC's kindness when she isn't feeling well, his concern for her, and how much she has enjoyed their long drives when she has a chance to visit. TC has a long history with both Heron's Key and Emerald Heights; this isn't the first time he's been recognized for his genuine care for resident well-being. We're lucky to have staff members who are willing to go the extra mile to create a welcoming and comfortable environment that meets everyone's needs. Thanks TC for your seven years of service!

INTEREST GROUPS

AN UPDATE FROM THE SCHOLARSHIP GROUP

Last month the Scholarship Interest Group highlighted the 6 Peninsula High School students receiving scholarships from the generosity of Heron's Key donors. At the June 6 Awards Night for Gig Harbor High School, the following students received Heron's Key Scholarships:

Elena Weymiller. Elena joined her “forever family” as a toddler, having been born in Russia. She has been a politically active young woman, volunteering for a number of political campaigns and serving as a legislative page for a State Senator. She founded the Next Generation Politics club at Gig Harbor High. She will attend Western Washington University in the fall with plans to become an elementary education teacher with a focus on special education.

Conner Tanksley. Growing up, Conner liked to work with his hands, finding happiness “in tearing apart my alarm clock and radio, and figuring out how it worked...” It is not surprising that he aspires to a career in construction management. He played football at Gig Harbor High all four years and has been involved in community service activities related to football. Conner will attend Washington State University or Central Washington.

Alexis Davis. Alexis was in the fourth grade when she decided she wanted to be a pilot. She is a serious skier, serving as co-captain of the Alpine Ski Race team. She also volunteered as a junior race coach on the mountain each weekend. She works 30 hours a week, has an impressive transcript, and will attend Embry Riddle Aeronautical University.

Hailey Austin. Hailey became interested in medicine as a career while serving as a caregiver for her brother who passed away in January of this year from mitochondrial disease. She enjoys working with people and is employed at The Garden Room as a sales representative. A gifted tennis player, she also works at the Canterwood Tennis Center as a manager. The director of the center states that “She is a great role model for the young people she guides.”

Caitlyn Anderson. Caitlyn is a Running Start student and will get her AA degree from TCC this spring—as well as graduating from high school. She works as a server at the Blazing Onion, is a part time nanny, and plans to attend Washington State University. She aspires to be a high school English/Literature teacher.

Gracie Abernathy. Gracie showed an amazing ability and interest in art as a young child, and then she discovered science—biology, to be exact. This led her down a path toward a future career in genetic counseling. She participated in the GHHS band, playing the French horn. She has been a Running Start student while working at Home Goods and serving as a Zoo Guide at Point Defiance Zoo.

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. Jenifer Nazarowski and Janet Pomeroy, licensed mental health counselors, provide an open and trusting forum to listen, guide, and affirm as you navigate life's hardships and joys. Jenifer and Janet are accepting appointments, which they 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.



FLOOR MEETINGS WITH AMY

1st Floor – Thursday, July 7 at 11am (SP)
2nd Floor – Thursday, July 7 at 1pm (SP)
3rd Floor – Friday, July 8 at 11am (SP)
4th Floor – Friday, July 8 at 1pm (SP)
5th Floor – Monday, July 11 at 10am (SP)
6th Floor – Wednesday, July 13 at 10am (SP)
Cottages – Friday, July 15 at 11am (SP)



INTRODUCING OUR NEW VICE PRESIDENT OF OPERATIONS, ALEX CANDALLA

Alexander (Alex) Candalla has joined the Emerald Communities staff in the new role of Vice President of Operations. Alex 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. As VP of Operations, Alex will ensure proper management, planning, organization evaluation, and control in all operating departments at each community. He will also serve as Emerald Communities' Corporate Risk & Compliance Officer.



Alex brings more than 25 years of experience in senior living, and served in the Executive Director role in Life Plan communities like Emerald Heights and Heron's Key for more than 20 of those years. He comes to Emerald Communities most recently from the Executive Director position with Wesley Homes in Des Moines, WA where he was responsible for managing and directing all operations and supporting a \$200 million redevelopment on their original campus.

Alex received his Bachelor of Arts degree in Kinesiology and a Masters of Arts in Gerontology with an emphasis in Long-Term Care Administration from San Francisco State University. He is a licensed Nursing Home Administrator in both Washington and California. Alex will be spending time at both Emerald Heights and Heron's Key and is looking forward to getting to know everyone in the Emerald Communities family. Please extend a warm welcome when you have the opportunity to meet him!



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)

UPCOMING EVENTS



Wine & Cheese Social

Thursday, July 14 at 4pm (SP)

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

CPR Training for Residents

Thursday, July 14, 12–4pm (M)



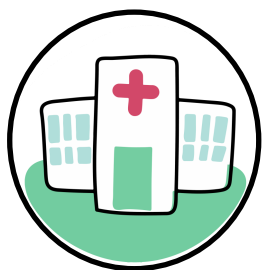
Taught by certified staff member Ray Austin, this course will cover BLS (Basics Life Skills of CPR/AED). Participants will receive a card via email upon completion.

Please sign up on the Resident Portal; space is limited to 9 residents. Register by July 13 at 3pm.

Staff Seminar:

I'm in the Hospital, Now What?

Monday, July 18 at 3pm (M) and HKTV



Life can change in an instant, and before you know it, you are in the emergency room and can't remember who to call and what questions to ask. In this seminar, staff members will provide helpful tips for navigating an overnight stay at the hospital. Discover the most important questions to ask, the benefits of informing our staff, and the advantages of having a short-term rehab stay in Penrose before returning to your IL apartment if needed.



HELLO
my name is

Please wear your name tag to help new residents get acquainted with you.

Birthday Celebration

Thursday, July 28 at 3pm (SP)

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



Goodbye Party for Amy Webb

Tuesday, August 2, 3-5pm



Join board members, residents, and staff as we thank our Executive Director, Amy Webb, for her years of service at Heron's Key and send her off with our very best wishes. This event will be spread throughout the Maritime, Clubhouse Lobby, and upper patio and will include beverages and hors d'oeuvres.

Need Tech Help?

Visit the Lobby on
Wednesdays

10am-12pm

to receive assistance from a
Resident Computer Helper.



ON-CAMPUS PROVIDERS

HEALTH SERVICE CLINIC PROVIDERS

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



COVID Smart Reminder: In Washington State, masks are required in health care settings, like doctors' offices. When visiting a medical provider, please continue to wear your mask within the Health Services Clinic or the location where you are seeing the provider.

Sound Clinical Medicine

Dr. Wingren:

Tuesdays: 2-5pm

PA-C Julia Cathcart-Chang:

Tuesday, July 19: 8am-1pm

253.857.6166

Sound Dental Care

Mobile Dental Hygienist

206.745.3808

Harbor Audiology & Hearing Services

253.851.3932

Penrose Harbor on July 20 (9-11am)

by appointment

Alan Anderson, D.P.D., Denturist

253.588.2721

Three Services from VillagePlan

253.756.5007

Home Care

Extra help to manage daily activities within your IL residence.

Licensed Counseling with

Jenifer Nazarowski & Janet Pomeroy

On-campus support for maintaining mental wellness and independence.

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

Care Management

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



Hearing Aid cleaning & Maintenance

Hearing Screening

On-Site Repair

Function & Insertion Assistance

3rd Wednesday of EACH MONTH

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



DINING SERVICES

Find the latest menus and hours on the Resident Portal.



RESTAURANT NOW OPEN FOR IN-PERSON DINING WITH GUESTS

On July 4, Syren's Grille will be open from 11am-4pm in honor of the holiday.

As of July 5, Syren's Grille is fully open to residents and their guests. After two years, this is much to celebrate!

- **Monday through Saturday: 11am-7pm** — Reservations are strongly encouraged. Please call 253.313.0797, stop by the host desk, or use the Resident Portal's online system to make a reservation.
- **Sunday Brunch: 10am-3pm** — Reservations are strongly encouraged. See the brunch menu on the Resident Portal by hovering over the "Dining" tab, followed by the "Menu" tab, and clicking "Sunday Brunch."
 - ✓ July 10, 24
- **Sunday Cookout Series: 11am-3pm** — Reservations are requested. For the July 3rd Independence Day celebration, see the menu under the "Holiday" tab on the Dining page.
 - ✓ July 3, 17, 31

THREE WAYS TO RESERVE OR ORDER MEALS

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

NEW VEGETARIAN-VEGAN MENU

We are pleased to announce that our new Vegetarian-Vegan menu is now available. See the menu on the Resident Portal by hovering over the "Dining" tab, followed by the "Menu" tab, and clicking "Vegetarian." Copies of the menu will also be available at the host stand.