

June 2023

# Heron's Flight

Taking Community News to New Heights

*Community*  
**EXPLORATION**

Take advantage of the beautiful  
summer days and explore your  
backyard and beyond

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**WE WANT TO HEAR FROM YOU!**

Share your feedback in our first **RESIDENT SURVEY** June 5-26, 2023

**85%** resident participation!

**COMING SOON**  
We are eager to hear your thoughts about living at Heron's Key.

**5**





Katie Houck  
Executive Director

Karen Rose  
Health Services Administrator

Angela McCloskey  
Director of Nursing

Sandi Semler  
Social Services Coordinator

Mary Muñoz  
Penrose Resident Care Manager

Emily Gibbons  
Admissions Coordinator

Marie Sawyer  
Consonus Rehab Therapy Director

Sarah Swift  
AL Manager

Sarah Whitmarsh  
Director, Resident Services

Theresa Broxton  
Manager, Life Enrichment

George Smith  
Facilities, Director

Natalie Hall  
Environmental Services Supervisor

Stacy Edwards  
Director, Sales & Marketing

Matthew LeCours  
Director, Food & Beverage

Kristina Christenson  
General Manager of Dining

## SHOPPING TRIP REMINDER

Please sign up for shopping trips at the Concierge Desk or on the Resident Portal by noon on the day before the trip.

## RESIDENT BIRTHDAYS IN THE NEWSLETTER

In response to resident requests, we are featuring resident birthdays in *Heron's Flight* each month. For example, this issue lists residents with June birthdays.

If you prefer to **not** have your birthday month and day listed in the newsletter, we want to respect your privacy. Please visit the Concierge Desk to fill out an opt-out form.

## RESIDENT SERVICES UPDATES

We're excited to announce a revision to the organizational structure within Resident Services. The Life Enrichment Program Manager role has now expanded to the title of Wellness Program Manager and will include oversight of three divisions within Resident Services: IL Activities, Fitness, and Penrose Harbor Life Enrichment. The individual serving in this role will still report to the Director of Resident Services but will have expanded responsibilities focused on the integration of programming across campus. The Director of Resident Services, Sarah Whitmarsh, will continue directly overseeing communications, transportation, concierge, spiritual wellness, and resident support.

This shift aligns with recent changes at our sister community, Emerald Heights. It will provide increased coordination and support for the team of staff members directly responsible for resident engagement services on our campus.

Within the Fitness team, we recruited a new Fitness Specialist who is starting in early June. Sheree will move into the Transportation Lead role, taking on the responsibility of daily scheduling and vehicle maintenance. We are in the process of recruiting another Driver to support the busy medical appointment and field trip schedules for the summer.

As always, Resident Services will continue to work toward the mission of active engagement, striving to provide a framework of trust, transparency, and rewarding partnership. We love serving you!

## SIGN UP FOR TEXT MESSAGE ALERTS

Text ###.###.####

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



# RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR  
RESIDENT COUNCIL SECRETARY

*The earth laughs in flowers.*  
—Ralph Waldo Emerson

In 1895, a Welshman, E.R. Roberts, invited local Tacoma school children to gather plant clippings to plant in a public garden. Thus was the Tacoma Rose Garden born. Located at the end of Pearl Street in Tacoma in the Point Defiance Park complex, the Tacoma Rose Garden, the largest rose garden in the State of Washington, now boasts more than an acre of rose gardens, creating a riot of color and haven of tranquility beginning each year in June and continuing through September. A charming central gazebo and wishing well enhance the relaxing character of the garden.



Image: Metro Parks Tacoma

The Tacoma Rose Society, founded in 1911, maintains the Rose Garden in partnership with Metro Parks Tacoma. Over 1,500 roses and beautiful arbors and walkways grace the garden, and an adjacent dahlia garden and iris test garden have been planted as well. The Tacoma Rose Garden is accredited by the American Rose Society as an All American Rose selection display garden. It is a beautiful destination for local community exploration, well worth a short trip to Tacoma.

— Pat Curtis, Resident Council Secretary

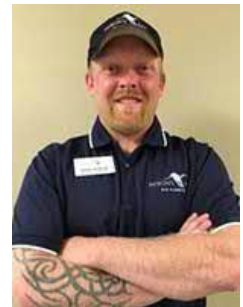


**HERON'S KEY RESIDENT**

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

## EMPLOYEE OF THE MONTH Brad Haskins, Maintenance Tech II

Brad was nominated for Employee of the Month for embracing new learning opportunities and going the extra mile to support Penrose. He has gone beyond expectation in supporting his teammates and had a hand in crafting policies for Penrose.



## Resident Council Meeting

Thurs., June 8  
at 10am  
(M & HKTU 370)

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





**WE WANT  
TO HEAR  
FROM  
YOU!**

**June 5–26,  
2023**

Share your feedback in our  
**RESIDENT SURVEY**



**SURVEY WILL BE  
HELD ONLINE**

and computers will be available for those who need internet access or assistance completing the survey.



**YOUR THOUGHTFUL  
FEEDBACK IS THE KEY**

to creating a thriving, successful community for all of our residents. Please let us know how we can better serve you.



**HELP US REACH  
OUR GOAL OF 85%**

resident participation!  
The opinion and experience of every resident is important to us.

**COMING SOON**

We are eager to hear your thoughts about living at Heron's Key.

Survey will be conducted by an independent research firm.



**HOLLERAN**  
COMMUNITY ENGAGEMENT RESEARCH & CONSULTING



# LIFE ENRICHMENT



## PENROSE HARBOR CELEBRATES SPRING: Painting, Dancing & Outings



**BENEVOLENT BREW**  
at Syren's Grille  
Wednesdays,  
Fridays & Saturdays  
8-10am  
Sit & Sip | Delivery

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



**COFFEE CONNECTIONS**  
at Syren's Grille  
Self-Serve  
Coffee & Tea  
Mondays, Tuesdays  
& Thursdays  
9-10am



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



*Exploration is curiosity  
put into action.*

– Don Walsh



# Community

## EXPLORATION

One of the best things about living in Gig Harbor is its close proximity to interesting destinations. A short drive takes you to the shores of Puget Sound. And, in as little as 1½ hours, you can explore a trail on Mt. Rainier.

Plus, the advantages of getting out and exploring with your neighbors further the benefits of physical activity, social interactions, and mental stimulation.

This summer, you'll have several opportunities to explore various locations in this beautiful area. Check out the places we're exploring in June on the following pages (pages 8-11), including hikes (page 13). We look forward to seeing you on the bus!

# WELLNESS: COMMUNITY EXPLORATION

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

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

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



## ENJOY THE ARTS AND LOCAL AREA

### Local Sculpture Tour of John Jewell's Works & Lunch at MOD Pizza

Friday, June 2, from 10am-3pm | *Sponsored by Lifelong Learning & Performing Arts*

This tour is a follow-up to John Jewell's much-loved presentation, "A Sculptural Journey," given here last October. John will join us on the bus for a visit to his notable local sculptures, including "Forever Friends" in University Place and the sculpture of Meriwether Lewis with his Newfoundland dog, Seaman, at JBLM's Lewis Memorial Park. We will stop at MOD Pizza for lunch. **Register on the Resident Portal by Wednesday, May 31 at 3pm.**

### Point Defiance Zoo & Aquarium

Monday, June 5, from 8:45am-12:30pm | *Sponsored by Resident Services*



Point Defiance Zoo & Aquarium is the only combined zoo and aquarium in the Pacific Northwest. The 29-acre zoological park was established in 1905 and attracts about 700,000 visitors a year. It is nationally accredited by the Association of Zoos & Aquariums, which ensures rigorously high standards of animal welfare, veterinary care, conservation, education, and more.

The Zoo sits within 700-acre Point Defiance Park, offering spectacular views of Mount Rainier, the Olympic Mountains, and Puget Sound. PDZA is operated by Metro Parks Tacoma, the oldest independent park district in Washington. **Register on the Resident Portal by Friday, June 2 at 3pm.**

### Met Opera at Galaxy Theatres: Die Zauberflöte

Wednesday, June 7, from 12:15-4:45pm | *Sponsored by Performing Arts*

Fathom Events and The Met: Live in HD present a broadcast of Mozart's *Die Zauberflöte*, live in select cinemas nationwide. Music Director Emeritus James Levine conducts the full-length, German version of Mozart's magical fable, seen in Julie Taymor's spectacular production, which captures both the opera's earthy comedy and its noble mysticism. **Register on the Resident Portal by Monday, June 5 at 3pm.**

### Tacoma Little Theatre's The Shawshank Redemption

Friday, June 9, from 6:30-10:30pm | *Sponsored by Performing Arts*

Based on the novella by Stephen King, this adaptation of *The Shawshank Redemption* hearkens to the 1994 critically-acclaimed film, bringing audiences to the edge of their seats. Andy Dufresne is convicted of the murder of his wife and her lover and sentenced to life imprisonment at Shawshank prison. While at Shawshank, Andy befriends some of the other inmates, namely a character known as Red. Over time, Andy finds a way to live out life with as much relative ease as one can find in prison, leaving a message for



# WELLNESS: COMMUNITY EXPLORATION

all that while the body may be locked away in a cell, the spirit can never be truly imprisoned. **Register on the Resident Portal by Wednesday, May 31 at 3pm.**

## Chihuly Garden and Glass Museum & Lunch at MOD Pizza

Monday, June 12, from 9am-4:30pm | *Sponsored by Performing Arts*

Chihuly has shown his artwork in botanical gardens all over the world, but this was his first time working with a landscape designer to create a space unlike that of any garden or exhibition elsewhere. The unique plant collection is specially chosen to complement Chihuly's work, and the striking colors and forms of the trees, plants, and flowers create a rich backdrop for the art. With an ever-changing lush landscape, those who visit will enjoy a distinct experience with each season.

The centerpiece of Chihuly Garden and Glass is the Glasshouse. The 40-foot-tall glass and steel structure covering 4,500 square feet of light-filled space is the result of Chihuly's lifelong appreciation for conservatories. The installation in the Glasshouse is an expansive 100-foot-long sculpture in a color palette of reds, oranges, yellows, and amber. Made of many individual elements, it is one of Chihuly's largest suspended sculptures. The perception of the artwork varies greatly with natural light and as the day fades into night.



After visiting the Chihuly Garden and Glass Museum, we will have lunch at MOD Pizza and then explore Seattle Center. There will be plenty of walking, so please remember to wear good walking shoes. **Register on the Resident Portal by Friday, June 9 at 3pm.**

## Day at the Park: Chambers Bay

Wednesday, June 14, from 1-4pm | *Sponsored by Resident Services*

Bring a snack and enjoy the day as we visit Chambers Bay. This 930-acre park includes over 2 miles of saltwater shoreline, large grassy fields, and paved walkways through the Chambers Bay Golf Course. On a clear day, expect to see a vast view of Puget Sound and the Olympic Mountains. **Register on the Resident Portal by Monday, June 12 at 3pm.**

## Gig Harbor Garden Tour

Saturday, June 24, from 9am-12pm | *Sponsored by Resident Services*



The Annual Gig Harbor Garden Tour is back! Gardens have stories to tell. Each unique garden reflects the heart of the gardener in a Gig Harbor take on a Pacific Northwest garden. The variety, artistry, design, and color will inspire all. **Register on the Resident Portal by Wednesday, June 14 at 3pm.**

# WELLNESS: COMMUNITY EXPLORATION

## Baseball Game: Seattle Mariners vs. Washington Nationals



Wednesday, June 28, from 10:30am-5:30pm

*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 on the Resident Portal by Wednesday, June 7 at 3pm.**

## OPPORTUNITIES TO DINE & SHOP

### Reuben Fan Club: Chambers Bay Grill

Thursday, June 8, from 11am-1:30pm

*Sponsored by the Reuben Fan Club*

Who Loves Reubens? We do! By now you've heard of us, the Reuben Fan Club. We are true aficionados of the best sandwich ever created (or maybe we're just gluttons) and we explore nearby restaurants, hunting for the best Reuben. That search goes on: Next up is lunch at Chambers Bay Grill in University Place, where we will enjoy their "Standup" Reuben. For more information on the club and future outings, email resident Kerry Smith. **Register on the Resident Portal by Tuesday, June 6 at 3pm.**

### Frozen Treat Trip: Iscreamery

Thursday, June 15 at 3pm

**Register on the Resident Portal by Tuesday, June 13 at 3pm.**

### Morning Coffee: The Coffee Oasis in Port Orchard

Monday, June 19 at 9am

**Register on the Resident Portal by Saturday, June 17 at 3pm.**



### International Tastings Group: Bruno's European Restaurant

Tuesday, June 20, from 11am-1:30pm | *Sponsored by the International Tastings Group*

The International Tastings Group offers camaraderie while sampling cuisines from around the world. We are fortunate to have so many restaurants nearby dishing up international foods: Eastern European, Norwegian, Asian, and—you name it.

Are you interested? Our first outing is to Bruno's European Restaurant in Lakewood for German and Polish fare. Find out more information about future outings by contacting resident Kerry Smith. **Register on the Resident Portal by Friday, June 16 at 3pm.**

## Need Tech Help?

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





# WELLNESS: COMMUNITY EXPLORATION

## Waterfront Farmers Market

Thursday, June 22 from 12:45-3:15pm | *Sponsored by Resident Services*

Heron's Key is providing monthly trips to the Waterfront Farmers Market in downtown Gig Harbor during the summer. 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 on the Resident Portal Tuesday, June 20 at 3pm.**



## Lunch Outing: Chemicum Café

Monday, June 26 at 11am

**Register on the Resident Portal by Saturday, June 24 at 3pm.**

## Finnriver Farm & Cidery

Friday, June 30, from 4:30-9pm | *Sponsored by Resident Services*



Finnriver is an organic farm, orchard, and craft cidery located along a salmon stream in the Chimacum Valley on the north Olympic Peninsula of Washington—the traditional and contemporary territories of the S'Klallam (Nəxʷsłáyəm) and the Chemakum (Aqokúlo or Čəməqəm). They seek to create deep-rooted and fruitful connections at their farm-based gathering space at their Cider Garden, open year-round with cider on draft, live music, and local food. **Register on the Resident Portal by Wednesday, June 28 at 3pm.**

## 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)



# GROCERY SHOPPING

## GROCERY SHOPPING

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

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

**Reminder**  
*Please sign up for shopping trips at the Concierge Desk or on the Resident Portal by noon on the day before the trip.*

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.

## May Grocery Shopping Trips

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

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

- 1 – Albertsons
- 5 – Port Orchard Fred Meyer
- 8 – Albertsons
- 12 – NO SHOPPING
- 15 – Albertsons
- 19 – Emish Market in Fife
- 22 – Albertsons
- 26 – Trader Joe’s
- 29 – Albertsons





## FITNESS EXCURSIONS

### Cedar River Trail Hike

Friday, June 23, from 9am-1:30pm



This is a gravel trail that runs along Cedar River's northern shoreline in Maple Valley. This hike is almost entirely on hard-pack gravel with adequate shade on a sunny day. There is a scenic bridge crossing roughly 1.25 miles into our walk. This is an out-and-back walk starting at the Cedar River East Trailhead. **Don't forget your lunch.**

- **Driving Duration to Trail:** 1 hour to 1 hour and 15 minutes
- **Bathrooms:** At trailhead and stopping at Safeway afterward, if needed
- **Wheelchair Accessible:** Yes, if you can use the mobility device on a gravel road
- **Footwear:** Tennis shoes or hiking shoes
- **Extra:** Sunscreen, sack lunch, water

**Register on the Resident Portal by Wednesday, June 21 at 3pm.**

### Chehalis Western Trail Hike

Thursday, June 29, from 9am-1:30pm

This is an out-and-back paved walking trail in Lacey, just outside of Olympia. The trail is commonly used for walking, cycling, and even horseback riding. This trail is as flat as a trail can be with only 442 feet of elevation over 20.9 miles. We, however, will be enjoying the outdoors for only a few of those miles. If you make it far enough, there are llamas along the trail just before our turn-around spot. Tennis shoes are recommended. This trail goes in and out of shade-providing trees. **Don't forget your lunch.**

- **Driving Duration to Trail:** 1 hour to 1 hour and 15 minutes
- **Bathrooms at Trail:** At trailhead and stopping at Safeway afterward, if needed
- **Wheelchair Accessible:** Yes
- **Footwear:** Tennis shoes
- **Extra:** Sunscreen, sack lunch, water

**Register on the Resident Portal by Tuesday, June 27 at 3pm.**

## 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.



# DIVERSITY, EQUITY & INCLUSION

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## THE CASE FOR EQUITY, DIVERSITY & INCLUSION: HOW IT BENEFITS YOU

Diversity, equity, inclusion—these words and the ideas behind them have the firepower to trigger anger and heated debates. They also have the power to help people feel respected, safe, and connected, leading to a stronger sense of belonging and community. One thing is certain: Approaching DEI work and conversations around the topic can take emotional preparedness and courage. At Heron’s Key, everyone benefits from the DEI initiatives in place, but some may not recognize how.

One of the misconceptions surrounding DEI initiatives is that they only center on racial, ethnic, or cultural minorities. Some perceive the initiatives as unfair. While there are important DEI programs that focus on race, ethnicity, and cultures, the DEI Committee at Heron’s Key takes a holistic approach that encompasses the different ages, abilities, religions, cultures, gender identities, sexual orientations, races, and ethnicities on campus.

### Equality vs Equity

Equity and equality are not the same. Equality relates to sameness and fairness—everyone receives the same resources and opportunities. Equity recognizes each person is different, and one may need to receive or experience resources or opportunities that are different for an outcome to be fair, accessible, or equal.

At children’s parties with piñatas, we often see equity in action. An adult lowers the piñata for the smaller children and raises it for the older children. If the adult treated each child equally, the piñata would be the same height for everyone, regardless of their size.

### Equity, Diversity & Inclusion at Heron’s Key

In the September 2022 issue of *Heron’s Flight*, the DEI Committee defined diversity, equity, and inclusion and outlined the group’s commitment statement. One of the great things about this community is we all have the opportunity to see, experience, and benefit from DEI initiatives daily. Below are some examples of how these compare to their “equal” counterparts. You might find that the equitable solutions offer you the greatest benefits.

**Equity & Inclusion:** Ramps in the patio and elevators throughout the buildings

**Equality:** Staff and residents can only use stairs.



## Diversity

Countless dimensions of human differences with a broader view toward differing perspectives

## Equity

Eliminating barriers that prevent equivalent access or full participation of all individuals

# DIVERSITY, EQUITY & INCLUSION

**Equity & Inclusion:** The Hearing Loop in the Maritime Room

**Equality:** Sound only comes from the speakers.

**Equity, Diversity & Inclusion:** Diverse programming on HKTV

**Equality:** Programming would not reflect a variety of topics and viewpoints. Without HKTV, those with compromised immune systems, individuals recovering from surgery or an injury, or those who do not feel well must go to the Maritime to participate in live events.

**Equity & Inclusion:** Wide doors that open automatically or open with the push of a button

**Equality:** All staff and residents must push or pull heavy doors open, which may not be wide enough for mobility devices.

**Equity & Inclusion:** Public restrooms have grab bars in a large stall, hands-free automatic paper-towel dispensers that are low enough for those using a mobility device, and floor space under sinks that offers sufficient knee clearance.

**Equality:** The restrooms follow a standard design that doesn't take into account those with different accessibility needs, similar to what you might find in a housing development.

**Equity, Diversity & Inclusion:** Administration recognizes that not all employees begin from the same starting point and provides staff with tools, resources, and accommodations that empower them to continuously add value to the community.

**Equality:** All staff receive the exact same treatment, opportunities, and resources without regard for abilities, religious practices, special needs, gender identities, or employee lifecycles.

**Equity, Diversity & Inclusion:** Hard-copy, large-print, and audio KeyNotes

**Equality:** Everyone receives a digital copy of KeyNotes, regardless of their technical abilities or vision needs

**Equity, Diversity & Inclusion:** A variety of menu items offered at the restaurant and dishes that reflect different cultures and countries

**Equality:** The restaurant serves a limited selection of the same food every day.

*(continued on next page)*

## Inclusion

Conditions where all individuals feel accepted, safe, empowered, and affirmed

## Belonging

An emotional state where individuals feel a true sense of group connection as their authentic self

Content used with permission by the Contra Costa Water District (<https://www.cwater.com/1054/Diversity-Equity-Inclusion>)



# DIVERSITY, EQUITY & INCLUSION

**Equity, Diversity & Inclusion:** Events encourage engagement at different times of the day and feature a variety of topics, participation levels, and individuals from the greater community with diverse backgrounds and expertise

**Equality:** Interest groups are limited to a specific number of events per month with the same presenters.

**Equity, Diversity & Inclusion:** Fitness programming offers opportunities at different times of the day to stay active, work on reducing falls, and focus on the goals participants want to achieve, regardless of physical fitness levels

**Equality:** All the fitness classes are the same and do not offer modifications for those with different needs.

**Equity, Diversity & Inclusion:** Residents and staff members represent a variety of cultures and ages and have diverse backgrounds, thoughts, ideas, expertise, and talents that support continued improvements, growth, and engagement

**Equality:** Staff members and residents must conform to specific societal norms and receive the same resources as their neighbors or coworkers. Special needs are not taken into consideration. Residents are similar in age.

**Equity, Diversity & Inclusion:** Employees may customize their benefits package so it best supports their needs.

**Equality:** All staff members receive the same standard benefits package.

Can you identify more ways Heron's Key reflects a culture of equity, diversity, and inclusion?

Our commitment to DEI allows us to have policies and programs that promote the participation and representation of different groups of individuals as equality cannot exist without equity, inclusivity, diversity, and a sense of belonging. If you have ideas on how Heron's Key can be a more diverse, inclusive, and equitable community for those who live and work here, we'd love to hear them.

## EVENT

### **"Language, Privilege, and Intersectionality" with Julia Kagochi**

**Thursday, June 8, from 1-2:30pm (M & HKTU 370)**

***Sponsored by the DEI Committee***

Julia Kagochi of Kagochi Consulting will present on language with a specific emphasis on privilege and intersectionality. This even's goal is to help residents and staff understand the concept of identity and privilege and how they impact the ways every person navigates the world. The key lesson focuses on learning how to acknowledge and honor people's lived realities without negating different experiences.



**K** KAGOCHI  
CONSULTING



CONGRATULATIONS!

Class of 2023

The following Heron’s Key employees on the Dining team are graduating from high school this year:

- Chris Middleton
- Emma Rosinski
- Alissa Long
- Alex Miller
- Kaylee Ferrera
- Samantha Bryant
- Hailee Neiswender

JOIN US IN CONGRATULATING OUR GRADUATES

**Senior Graduation Celebration**

Tuesday, June 13 at 4pm (SP)

*Sponsored by Dining*



Join us in congratulating our Heron’s Key high school grads by stopping by to wish them well and enjoy cake and refreshments. No RSVP required.



# LIFELONG LEARNING

## FEATURED EVENTS

### “On Key” with Lisa Bryan and Ted Olinger, Key Peninsula News

Tuesday, June 6 at 1pm (M & HKTU 370)

Discover the rich and fascinating history of the nonprofit *Key Peninsula News* as editors Lisa Bryan and Ted Olinger share their take on what makes the Key Peninsula unique—a place filled with interesting characters and history that only local news captures. Founded by the KP Civic Center Association as its newsletter, learn how the newspaper evolved to deliver quality news to everyone with a mailbox on the peninsula and beyond. *KP News* highlights the stories of old-timers and newcomers alike to create a vibrant community where everyone can experience a genuine sense of belonging. *Key Peninsula News* is a little bit different, and we like it that way, blue tarps and all.



Award-winning journalist Lisa Bryan joined the *Key Peninsula News* team as a volunteer reporter in 2016 and was named executive editor in January 2018. A lifelong Puget Sound native, her passion is connecting people to engage and celebrate a more locally focused life. Under her leadership, the *Key Peninsula News* team expanded its depth of coverage and earned greater respect and community support than ever before. Lisa lives in Longbranch.

Ted Olinger is the associate editor of the *Key Peninsula News*. His work has appeared in *Canoe & Kayak*, *House* magazine, *Wedawg.com*, and other local and national periodicals. He has received 10 state awards for journalism and one obscure national award for his book of short stories about the Key Peninsula, *The Woodpecker Menace*. He joined the *KP News* team in 2009 as a reporter, became executive editor in 2016, and now assists part-time. He lives in Vaughn.



### Bona Fide Potents: All-Natural, Nearly Mystical Drink Mixers with Albert McMurry (Reverend AI)

Thursday, June 8, from 4-5:30pm  
(M & HKTU 370)

Albert McMurry, maker of all-natural drink mixers, will discuss how he started his company, Bona Fide Potents, and why. Join us for a discussion of Bona Fide Potents' mission to highlight our region's amazing ingredients and strengthen our local food economy. Samples of their most popular products will be provided.

There will be a tasting of Bona Fide Potents' nonalcoholic mixers following Albert's presentation. Syren's will bring its mobile bar cart and offer for purchase your choice of non-alcoholic drinks and cocktails using the mixers.

Albert McMurry is an Army brat whose family settled in Washington in the '80s. He's a long-time resident of Tacoma and a recovered tech worker, formerly a systems engineer at Apple and product manager at the *Seattle Times*. Now he spends his days as the Founder and Chief Bottle Washer of Bona Fide Potents, makers of exciting drink mixers to make non-alcoholic drinks and spirited, original cocktails.

## “Earthquake Stabilization of Brick Buildings” with Daniel Say

Tuesday, June 13 at 1pm (M & HKTV 370)

Discover how structural engineering stabilizes existing buildings for improved community safety and historic preservation. Swenson Say Fagét (SSF) structural engineering provides seismic retrofit (earthquake) design for existing buildings—from single-family homes to retail, offices, religious, and multi-family projects. SSF delivers engineering solutions for renovating existing and historic buildings that make them safer and enable them to remain part of each community’s heritage.



A native of Seattle and a founding principal of Swenson Say Fagét, Dan’s diverse experience includes structural studies and seismic assessments, renovations and tenant improvements, historic preservation, and new

construction. He approaches every project with an appreciation for architecture and a healthy respect for the project’s goals, costs, and time constraints. Dan’s clients value his collaborative spirit and timely responsiveness. Dan and resident Gee Heckscher know each other through involvement with the Washington Trust for Historic Preservation.



Georgetown Brewery  
Adaptive Reuse for  
Fran’s Chocolates

## “Reflections of an Internet Pioneer” with Bob Kahn, CEO of Corporation for National Research Initiatives

Tuesday, June 27 at 1pm via Zoom & HKTV 370

Dr. Bob Kahn will begin by briefly summarizing the background leading to the creation of the internet. Then he will review the social structures established to help maintain and evolve the internet. Finally, you will learn more about some of his more recent work on information management to make digital objects first-class citizens in the internet, with particular concern for persistence, security, and interoperability.

Dr. Kahn is an electrical engineer and internet pioneer. While working at the Defense Advanced Research Projects Agency (DARPA) in the early 1970s, he demonstrated the ARPANET by connecting 20 different computers. Along with Vint Cerf, he then proposed the Transmission Control Protocol (TCP) and the Internet Protocol (IP), the fundamental communication protocols at the heart of the internet. TCP/IP played a major role in forming the basis of open-architecture networking, allowing computers and networks all over the world to communicate with each other. Kahn and Cerf won the Turing Award in 2004 for this work.



Dr. Kahn went on to serve as head of DARPA and in 1986, formed the Corporation for National Research Initiatives (CNRI). Kahn is a member of the National Academy of Engineering, the Internet Hall of Fame, and the National Inventors Hall of Fame. He won the Presidential Medal of Freedom in 2005 and has received numerous other prizes and honorary degrees, including the Japan Prize, the Alexander Graham Bell Medal, and the Queen Elizabeth Prize for Engineering. To learn more about Dr. Kahn, please see the respective event in the Resident Portal.



# LIFELONG LEARNING

## RESIDENT-LED EVENTS

### Who Am I?: “Lessons in Science”

Narrated by Bev Ringenberg and Mike Pfaller

Wednesday, June 7 at 2pm (M & HKTV 370)

Bev and Mike offer this online artwork (pictured right) for the word science as a visual prompt for the topics they may cover. “Lessons in Science” is inspired by the recent best-selling novel by Bonnie Garmus, *Lessons in Chemistry*.



Graphic: Unknown Author; Licensed under CC BY-NC

### Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, June 22 at 7pm (M)

Lucky are we who remember being read to. “Reading Aloud” abandons the current trend of *seeing* a story. It takes you back to the days of radio shows when you had no choice but to imagine the story in your mind’s eye. Gee and your neighbors bring the magic of hearing the voice of one holding a book, using thumb and index finger to turn the pages that, line by line, carry listeners through humor, suspense, sorrow, surprise, or joy. To volunteer to read something you’d like to share, please contact Gee.

### Wordplay 2.0

Wednesday, June 28 at 2pm (A)

Join your fellow residents who love word puzzles and word games with hosts Bev Cheney, Susan Hoffman, Ron Magid, and Lee Magid. With lots of audience participation, we’ll do Wacky Wordies, Will Shortz quizzes, the *New Yorker* cartoon caption contest, creative word definitions and puns, and the *NYT* spelling bee. Watch for a game sheet in the mailroom’s wall-mounted information racks on Friday, June 23.

## TRIP

### Local Sculpture Tour of John Jewell’s Works &

#### Lunch at MOD Pizza

Friday, June 2, from 10am-3pm | *Co-sponsored with Performing Arts*

This tour is a follow-up to John Jewell’s much-loved presentation, “A Sculptural Journey,” given here last October. John will join us on the bus for a visit to his notable local sculptures, including “Forever Friends” in University Place and the sculpture of Meriwether Lewis with his Newfoundland dog, Seaman, at JBLM’s Lewis Memorial Park. We will stop at MOD Pizza for lunch. **Register on the Resident Portal by Wednesday, May 31 at 3pm.**



## SURGEON GENERAL DRAWS ATTENTION TO LONELINESS EPIDEMIC

One of our three focus points of support in the Heron's Key Wellness & Spirituality Department is connection; connection to ourselves and to that which is beyond ourselves (e.g., others, nature, the divine). How we *feel* about our connections impact our physical, emotional, and spiritual selves. It is important to distinguish the difference between *being alone* and *experiencing loneliness*. Being alone is when you are physically by yourself. Being lonely is an emotional experience when you feel disconnected from others, whether you are alone or in a large group of people. Many have shared they feel lonely, even in a community like Heron's Key that has many people and opportunities to connect.

### How Often Do You Feel Lonely?

Feeling lonely is inevitable at times. There may be certain moments or stages of life when we feel less connected. This is normal. The concern lies when loneliness is an ongoing feeling, one that perpetuates and lasts more than just a season. Katherine Dillinger discusses the impact of loneliness in a recent CNN article (<https://tinyurl.com/4uy3bkew>):

*“Research has showed that loneliness and isolation are linked to sleep problems, inflammation and immune changes in younger adults. In older people, they're tied to symptoms such as pain, insomnia, depression, anxiety and shorter life span. In people of all ages, they may be associated with higher risks of heart disease, stroke, diabetes, addiction, suicidality and self-harm, and dementia.”*

The HK Spirituality & Wellness book group is reading *The Gift of Years* by Joan Chittister and, coincidentally, explored the chapter about loneliness the same week the Surgeon General came out with a plan to combat the negative impact of isolation in our country. Residents mentioned how we can live in a community with lots of people but many times still feel lonely. When they were middle-aged, they felt a different sense of purpose—one defined by what they did. Now it has become more focused on who they are and how they live. They also shared that feeling connected didn't always require “traditional” ways, like getting together in large groups or having parties. Residents mentioned they feel connected through writing a card to someone, coming alongside a common cause, or even in prayer.

If you find yourself strongly identifying with the common feeling of loneliness, consider taking a look at the CNN article on ways to address it. You can start or continue counseling. *The Gift of Years* book suggests, “*Then we discover that if we're lonely, it may be because we have not looked around to see who needs us.*” Maybe next time you are at an HK event, look around and see who might need someone to talk to, or stop by the apartment of someone who lives alone and invite them to come along.

Reach out in a way that is meaningful for you. Whether you are an introvert or extrovert, meeting that human need for belonging is key to a healthy and fulfilling life.



### Suzi Entwistle

**Wellness &  
Spirituality  
Coordinator**

Monday—Thursday  
8:30am—5:00pm

253.313.0733

[SuzetteE@heronskey.org](mailto:SuzetteE@heronskey.org)

### SPOTLIGHT GROUP OF THE MONTH

#### Silent Stroll

Tuesday, June 13  
at 11am (CL)

*Facilitated by the  
Mindful Meditation  
Group*

Join others in the  
Clubhouse Lobby  
on the second Tuesday  
of each month.

This groups is open to all  
who are interested in a  
quiet stroll and casual  
gathering afterward for  
reflection and  
connection.



# PERFORMING ARTS

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## STREAMED EVENTS IN THE MARITIME & HKTV 370

### Streamed Ballet: *Worlds to Come*

Saturday, June 17, from 1-3 pm (M & HKTV 370) | *Sponsored by Performing Arts*

In the final production of our 50<sup>th</sup> Anniversary Season, we turn our eyes to the future. This mixed bill features choreographers on the cutting edge who help us imagine what ballet may become over the next century. What voices will be featured? Whose stories will be told? Discover the beginnings of answers in the world-premiere works from Annabelle Lopez Ochoa and Kiyon Ross, as well as the on-stage premiere of Edwaard Liang's innovative take on human connection, *The Veil Between Worlds*.



## BROADWAYHD STREAMED PLAYS: SATURDAY MATINEES

*Enjoy streamed Broadway plays every 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month at 1pm in the Maritime and on HKTV 370.*

### June 10 – *The Glass Menagerie*

In Tennessee Williams' seminal classic, an aging Southern belle's preoccupation with her past and her dreams for her children's futures threaten to smother her painfully shy daughter and her aspiring writer son. A gentleman caller's visit offers false hope and disrupts the family's precarious balance. Starring the legendary Katharine Hepburn as Amanda Wingfield and Sam Waterston as Tom Wingfield.

### June 24 – *Allegiance*

A mysterious envelope leads Sam Kimura back 60 years to a time when he and his sister Kei strive to save their family from the wrongful imprisonment of Japanese Americans during World War II. Inspired by the true-life experience of George Takei, *Allegiance* follows one family's journey in this untold American story.



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



**June 4 – *Diamonds are Forever* (1971, PG)**

When he discovers that his archenemy is stockpiling the world's supply of diamonds for use in a deadly laser satellite, secret agent James Bond sets out to thwart the madman with help from beautiful smuggler Tiffany Case.

**June 11 – *The 6<sup>th</sup> Day***

*(2000, PG-13 for strong action violence, brief strong language, and some sensuality)*

"Ah-nuld" is back and brawnier than ever in this futuristic thriller from director Roger Spottiswoode. This time, Schwarzenegger is a helicopter pilot who finds himself on the to-do list of a murderous tycoon. The good news is that the hit gets botched. The bad news is that Goldwyn has cloned Arnold, who must fight to get his life back. An action-packed spin on the ethical quandary of cloning, *The 6<sup>th</sup> Day* is future-perfect.

**June 18 – *Live and Let Die* (1973, PG)**

Roger Moore debuts as suave secret agent James Bond, who's sent to the United States to go after a master criminal scheming to take over the country by turning the populace into heroin junkies. Paul McCartney provides the Oscar-nominated title tune.

**June 25 – *9 to 5* (1980, PG)**

Three women fed up with their "sexist, egotistical, lying, hypocritical bigot" of a boss entertain fantasies about revenge. But fantasy turns into reality when they think they've inadvertently poisoned Mr. Hart's coffee and try to cover their tracks.



# INTEREST GROUPS

## SIGN UP TO DONATE BLOOD AT HERON'S KEY



*Sponsored by the Volunteer Group*

**Blood Drive: Thursday, June 15, from 9am-3pm**

**Location: Parking lot outside the Clubhouse Lobby**

**Sign Up Online: Now through June 5**

Cascade Regional Blood Services is coming back to Heron's Key, making it simple for residents and staff to donate life-saving blood. Register online at <https://tinyurl.com/HKBloodDriveJune2023> or scan the QR code with a smart device. For assistance, please visit the Concierge Desk.

Registering online helps guarantee you'll have the opportunity to donate blood at the time that's most convenient for you. **Please bring a photo ID with you to your appointment.**

## AN ANNOUNCEMENT FROM PET PARTNERS

### A Reminder To Those With Canine Companions & Those Who Have Visitors with Canine Companion

As the weather brings all of us outside more often, it is a good time for a reminder that leashing your pet increases the safety of your pet and others. It helps reduce the chances of:

- A dog being hit by a car
- A neighbor, visitor, or passerby falling, getting injured by accident, or being startled
- An altercation between two dogs



On our HK campus, **non-retractable leashes** are required everywhere with the exception of the grassy area between The Lighthouse/E Wing and Assisted Living, on the backside of Penrose Harbor. The retention pond area falls under the jurisdiction of Gig Harbor leash laws. This applies to Heron's Key residents and off-campus visitors.

If you or a visitor would like to give a dog an opportunity to run and play, we highly recommend visiting a local dog park. See the Concierge Desk if you'd like a list of nearby parks.

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



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

**Call 253.756.5007 to schedule an appointment.**



# FRIDAY IS MOVIE NIGHT

7pm in the Maritime

**June 2: *Sophie Scholl: The Final Days* (2005, NR)**

Arrested for participating in the White Rose resistance movement, anti-Nazi activist Sophie Scholl is subjected to a highly charged interrogation by the Gestapo, testing her loyalty to her cause, her family, and her convictions. Based on true events, director Marc Rothemund's absorbing Oscar-nominated drama explores maintaining human resolve in the face of intense pressure from a system determined to silence whistle-blowers.

**June 9: *Ticket to Paradise* (2022, PG-13 for strong language and brief suggestive material)**

Love is in the air on Bali as recent-college-grad Lily prepares to wed a local guy, and her friend Wren finds herself falling for an island doctor. But Lily's parents—now divorced—speed to the island to put a halt to the festivities.

**June 16: *Women Talking* (2022, PG-13 for mature thematic content, including sexual assault, bloody images, and some strong language)**

In 2010, the women of an isolated Mennonite religious community grapple with reconciling their reality with their faith when some of the local men are accused of rape and sexual assault.

**June 23 – *Triangle of Sadness* (2022, R language and some sexual content)**

A model-influencer couple gets a ticket to the luxe life when they're invited aboard an all-expenses-paid cruise alongside a coterie of the rich and ghoulish—but an act of fate turns their Insta-perfect world upside down.

**June 30: *All Quiet on the Western Front* (2022, R for bloody war violence and grisly images)**

Based on the world-renowned bestseller of the same name by Erich Maria Remarque comes the gripping story of a young German soldier on the Western Front at the end of World War I. Paul and his comrades experience first-hand how the initial euphoria of war turns into desperation and fear as they fight for their lives—and each other—in the trenches.



# UPCOMING EVENTS



## Wine & Cheese Social

Thursday, June 15 at 4pm (SP)

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



## Birthday Celebration

Tuesday, June 27 at 3pm (SP)

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

## MONTHLY GAMES

### Bingo

Sunday, June 11  
3-4pm (SP)

### Mexican Train

Friday, June 23  
2-3pm (SP)



## WEEKLY GAMES

### Mah-Jongg

Mondays  
12-4pm (CA)

### Pinochle

Thursdays  
1-3pm (CA)

### Bridge

Fridays  
1-3pm (CA)



(Photo: Susan Inui)



## June Birthdays

- Web Sergeant: 6/1
- Karilyn Duarte: 6/2
- Margie Mohoric: 6/3
- Lee Shipp: 6/6
- Selma Rattner: 6/6
- JT Curtis: 6/10
- Florence Helliesen: 6/12
- Mike Pfaller: 6/12
- Don Ransom: 6/13
- Anne Liepman: 6/15
- Hilda Woolley: 6/17
- Joyce Couper: 6/18
- Sharon Brehan: 6/20
- Josie Vallarta: 6/23
- Keith Eilers: 6/24
- Marilyn Bower: 6/24
- Linda Krouse: 6/27
- Ron Hoppes: 6/28



## GET WEEKLY UPDATES FROM EXECUTIVE DIRECTOR KATIE HOUCK

New updates: Wednesdays by 5pm

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



# ON-CAMPUS PROVIDERS

## HEALTH SERVICE CLINIC PROVIDERS

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



**COVID Smart Reminder:** When visiting a medical provider, please continue to wear your mask within the Health Services Clinic or the location where you are seeing the provider.

### Primary Care at Heron's Key

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

Thursdays 10am–2pm

253.448.9423

Appointments@fmhealthcare.org

**Walk-ins welcome.**

### Consonus Healthcare

Physical therapy and occupational therapy services in Penrose Harbor.

*Requires a referral from a health care provider.*

253.313.0749

### Harbor Audiology & Hearing Services

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

253.851.3932

In the Health Services Clinic

on June 21 (9-11am)

### Other services available by appointment

**Sound Dental Care Mobile Dental Hygienist**

206.745.3808

**Three Services from VillagePlan**

253.756.5007

### Home Care

Extra help to manage daily activities within your IL residence.

**Licensed Counseling with Janet Pomeroy**

On-campus support for maintaining mental wellness and independence.

### Care Management

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

## Primary Care at Heron's Key Serving IL & AL Residents



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

Dr. Maggie Sekeramyi (pronounced *seh-ker-ah-may-yay*) is happy to serve the Heron's Key community as a medical provider for IL and AL residents and is committed to working with you. She is a board-certified internal medicine doctor with more than 16 years of experience working in hospital and post-acute care settings, including skilled nursing and long-term care facilities. Dr. Maggie enjoys working with and taking care of older adults in our communities.

Thursdays 10am–2pm

Call or email to make an appointment.

Phone: 253.448.9423 Email: Appointments@fmhealthcare.org



# DINING SERVICES



Find the latest menus and hours on the Resident Portal.

## EPICUREAN PICNIC LUNCHESES NOW AVAILABLE

Order a picnic lunch for two or four people, and get outside and dine! Lunches feature gourmet sandwiches, fruit salad, pasta salad, chef's choice dessert, and your choice of still or sparkling water neatly packed in one of our picnic baskets for only \$8 per person. Call 253.313.0797 or stop by Syren's Grille to order yours. Please order at least 24 hours in advance.

## CHEF DEMO

**Monday, June 12 at 2pm (SP)**

This month's event features a lamb demonstration. This is a resident only-event, and the cost includes a meal; price to be determined. You'll find more information on the Resident Portal during the last week of May. To sign up, please call or stop by Syren's Grille.

## SENIOR GRADUATION CELEBRATION

**Tuesday, June 13 at 4pm (SP)**

See more details on page 13.

## FATHER'S DAY COOKOUT

**Sunday, June 18, from 11am-3pm (M & CL Patio)**

Join us for a Father's Day Cookout in the Maritime Room and patio (weather permitting). We're also offering a limited to-go menu from 11am until 3pm. You'll find the menus at the host stand and posted under "Special Events" on the Resident Portal's "Menu" page the first week of June. **Reservations are strongly encouraged;** call 253.313.0797 or see a team member in the restaurant.

**Note:** The restaurant closes at 3pm and will not be open for dinner service; please plan accordingly.

## RESIDENT FOOD & BEVERAGE ORIENTATION

**Begins June 13 at 10:30am (SY)**

The Food and Beverage team is hosting an orientation meeting on the **second Tuesday of every month** for those who are new to the community or would like a refresher. You will learn where to find menus, how holidays work, how to leave feedback, and so much more. **Spots are limited; sign up at the host stand.** We look forward to seeing you!

## CHEF'S DINNER

Don't forget to enter our raffle for a Chef's Dinner by dining in person in Syren's Grille. Ask your server for your receipt and place it in the box at the host stand for a chance to win a dinner for four. Winners are drawn at the end of every month.