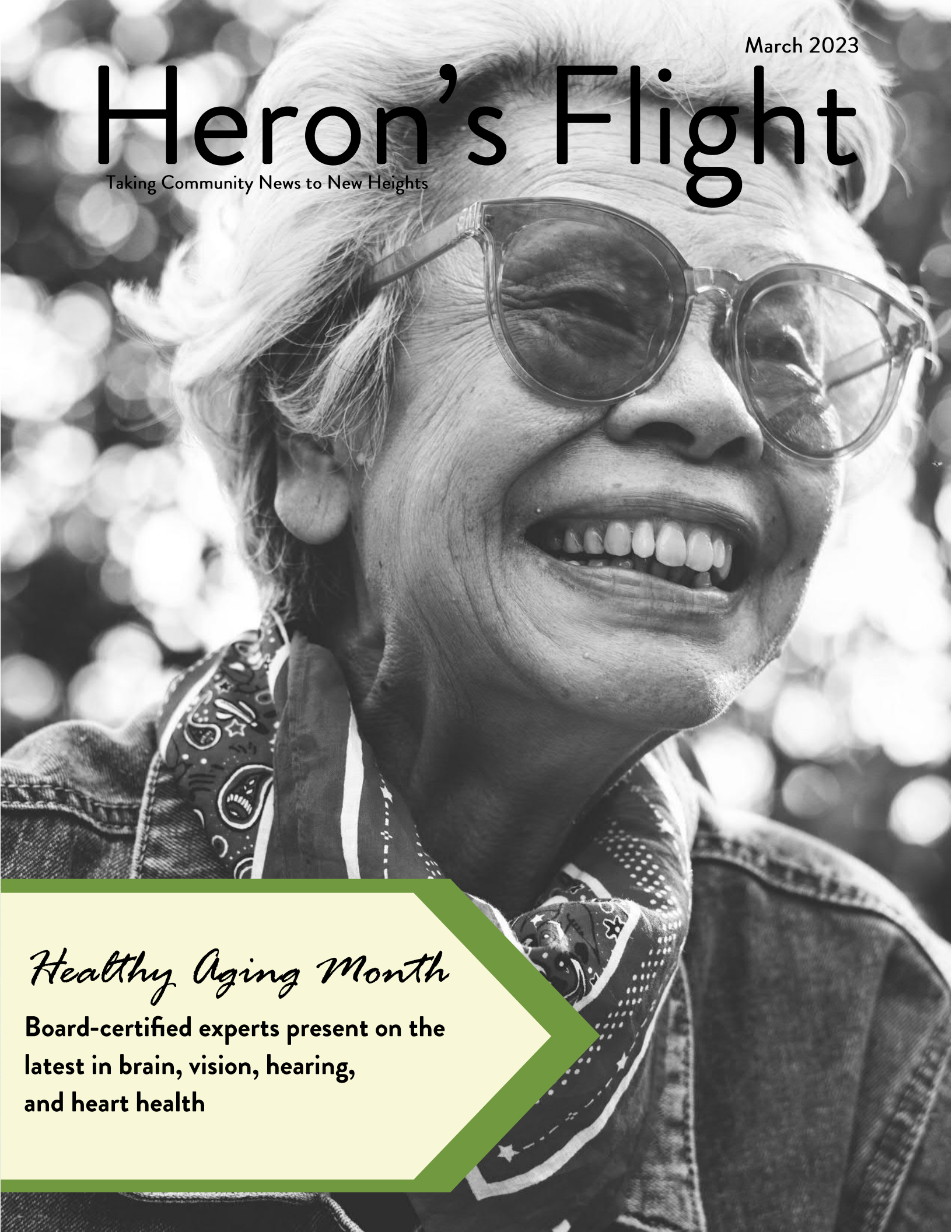
March 2023

Heron's Flight

Taking Community News to New Heights

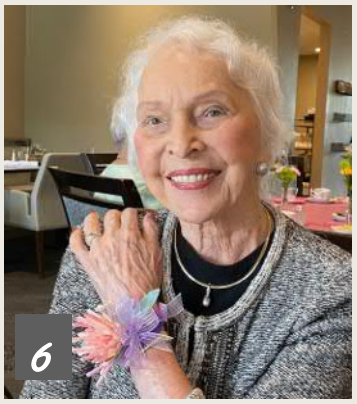


Healthy Aging Month

Board-certified experts present on the latest in brain, vision, hearing, and heart health

Inside this Month's Issue

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



HERON'S KEY
GIG HARBOR
A MEMBER OF EMERALD COMMUNITIES

Concierge / Security 253.313.0700
Audio KeyNotes: 253.313.0790
Billing: 253.313.0703
Consonus (Therapy): 253.313.0749
Housekeeping: 253.313.0795
Facilities: 253.313.0798

Penrose Harbor 253.313.0800
Fitness: 253.313.0781
Resident Services: 253.313.0793
Restaurant: 253.313.0797
Spiritual Care: 253.313.0733
Transportation: 253.313.0792

Katie Houck
Executive Director

Karen Rose
Health Services Administrator

Angela McCloskey
Director of Nursing

Sandi Semler
Social Services Coordinator

Mary Muñoz
Penrose Resident Care Manager

Emily Gibbons
Admissions Coordinator

Rupa Snowden
AL Manager

Marie Sawyer
Consonus Rehab Therapy Director

Sarah Whitmarsh
Director, Resident Services

Theresa Broxton
Manager, Life Enrichment

Dave Charbonneau
Director, Facilities

George Smith
Facilities Operations Supervisor

Natalie Hall
Environmental Services Supervisor

Stacy Edwards
Director, Sales & Marketing

Matthew LeCours
Director, Food & Beverage

Kristina Christenson
General Manager of Dining

Concierge News

A Reminder From Your Transportation Team

If you need to cancel a transportation request for a medical appointment, please do so as soon as possible. Your quick action will help us accommodate residents who may be on a waitlist for a ride to their medical appointment. Letting the Transportation team know about a canceled appointment at least 24 hours in advance will also help you avoid a $30 cancellation fee.

TC Kim: 253.432.3480 | Sheree Gloria: 253.432.2572

Audio Weekly KeyNotes Available on Mondays

In response to resident feedback, we are happy to offer audio KeyNotes to accommodate those with low vision. Audio KeyNotes is a recording with an abbreviated version of the weekly publication on Mondays. Special KeyNotes from Administration, Dining, or Facilities will not be included. New recordings will be available on Monday afternoons. To hear them, call **253.313.0790**. We'd like to extend a big thank-you to the residents who volunteer regularly to read the announcements.

Panera Bagel Delivery

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

Restaurant & Delivery Date	Order Deadlines
Bagels from Panera Bread Monday, March 6 at 10am	Sunday, March 5 at 12pm (Forms available on March 1)

Sign Up for Text Message Alerts

Text 888.449.0214

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

PENROSE HARBOR
AT HERON'S KEY

Resident Council Connection

A Message from Your Resident Council Secretary

"Aging is an extraordinary process where you become the person you always should have been." —David Bowie

Healthy Aging Month

Healthy aging, meaningful aging, successful aging—all of these are concepts of aging that reflect the journey of humans to reach and maintain a state of well-being as we age. The concept of healthy aging reflects a process of aging for which various tools include healthy habits of nutritious eating, physical activity, intellectual stimulation, and social engagement. In the 1990s, scholars John Rowe and Robert Kahn developed the concept of successful aging, positing that persons without significant disease or disability who have a high degree of cognitive function and are actively engaged socially have aged successfully. This concept has been criticized because it sets up a win-lose construct for aging and does not account for factors that persons cannot entirely control, such as genetics, diminishing resources, and similar adverse environmental factors.

HERON'S KEY
GIG HARBOR

Resident Council Meeting

Thurs., March 9
at 10am
(M & HKTV 370)

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

More recent theories of aging have emphasized the meaningful aging concept, which recognizes that the process of aging inevitably entails physical and perhaps mental decline, but that a positive and dynamic mindset that is open to and seeks the activities and relationships that interest us as we age can lead to feeling that we are aging meaningfully. Such a mindset fosters resilience that can allow aging seniors to be responsive in as positive a way as possible to life's changes. Whether we strive to age healthfully, meaningfully, successfully, or in all of these ways, at the end of the day, we strive for a state of contentment that transcends the inevitable physical and mental challenges of aging.

—Pat Curtis, Resident Council Secretary

Employee of the Month

Alyssa Colby, Dietary Aide

Since Alyssa has started here, she has been a tremendous asset. She goes above and beyond to handle her own tasks and ensure the rest of the team has what they need and is supported. Recently, we had some call-outs and, without any hesitation, Alyssa volunteered to cover shifts. She also stays longer if someone is running late. Some of Alyssa's tasks are not glamorous, but she does them with no complaints. And, residents and their families love her. When family members visit the dining room for lunch, they say, "Oh, Alyssa, I'm so glad you are here today," "Alyssa you are so wonderful to us," and "Thank you for being so patient and understanding with my dad." This kind of compassion and gentle caring is definitely a model for all of us. Take a moment to congratulate Alyssa the next time you see her.

FRIDAY MOVIES: ACADEMY AWARD NOMINEES FOR BEST PICTURE

7pm in the Maritime

March 3: *Everything Everywhere All at Once* (2022, R for some violence, sexual material and language)
Evelyn Wang, a flustered immigrant mother, is contacted from a parallel universe and told that only she can save the world. The unlikely hero must learn to channel her newfound powers and fight through the splintering timelines of the multiverse to save her home, her family, and herself in this big-hearted and irreverent adventure.

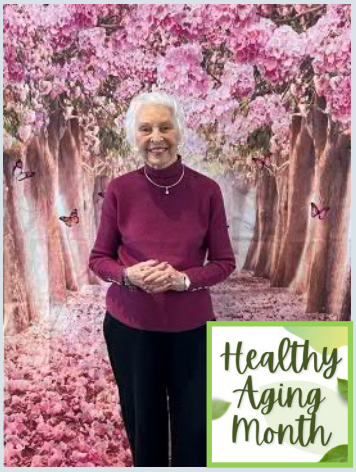
March 10: *Elvis* (2022, PG-13for substance abuse, strong language, suggestive material and smoking)
Elvis's story is seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. As told by Parker, the film delves into the complex dynamic between the two spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the significant and influential people in Elvis's life, Priscilla Presley.

March 17: *TÁR* (2022, R for some language and brief nudity)
In the male-dominated world of classical music, Lydia Tár is a star. But as the first female director of a major orchestra prepares to record a symphony, she confronts the changing nature of power, its impact, and durability in our modern world.

March 24: *The Fabelmans*
(2022, PG-13 *for some strong language, thematic elements, brief violence and drug use*)
Inspired by Steven Spielberg's own childhood, in this coming-of-age story, a young man uncovers a shattering family secret and the power of film and imagination to help us see the truth about ourselves and each other.

March 31: *Top Gun: Maverick* (2022, PG-13 *for sequences of intense action, and some strong language*)
After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

Life Enrichment



Mimi Turns 101

We want to shout a huge happy-birthday to resident Mimi, who turned 101 in February!

Mimi celebrated by watching two great-grandchildren during their cheerleading competitions. The cheerleaders surprised her by singing "Happy Birthday" in the stadium.

Josie's Art Featured in Recent Display

In January, resident Josie Stortini participated in the resident-artist display and shared her beautiful artwork in the Heron's Key Clubhouse. We are so proud of her!

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

PENROSE HARBOR
AT HERON'S KEY

Off-Campus Events

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

Altrusa Empty Bowls

Saturday, March 4 from 11am-1pm | *Sponsored by Resident Services*

Altrusa of Gig Harbor presents the 8th Annual Empty Bowls event. Buy a bowl created by one of our area's fine potters and enjoy a simple meal of soup and bread. Then take home your bowl as a reminder that there are hungry children and families even here. Soups and bread are donated by local restaurants and 100% of net proceeds go to help local organizations feed children and families. **Register on the Resident Portal by Wednesday, March 1 at 3pm.**

Bowling at Ocean5 & Dinner at Table 47

Wednesday, March 8 from 3:10-6:30pm | *Sponsored by Resident Services*

Ocean5 is home to the special Duckpin Bowling, featuring a smaller size set of pins and bowling balls. Enjoy a few rounds of bowling and some fun with your neighbors, followed by dinner at Table 47. **Register on the Resident Portal by Wednesday, March 1 at 3pm.**

Lakewood Playhouse's *Much Ado About Nothing*

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

This romantic comedy revolves around two romantic pairings that emerge when a group of soldiers arrives in Messina. The first, between Claudio and Hero, is nearly thwarted by the villain, Don John. The second romance, between Beatrice and Benedick, takes center stage, with both characters' wit and banter providing much of the humor. **Register on the Resident Portal by Monday, February 27.**

Early Dinner at McMenamins & PNBs Dress Rehearsal of *Boundless*

Thursday, March 16 from 2:30-11pm | *Sponsored by Performing Arts*

Before starting the showings of a new production, Pacific Northwest Ballet gives audience members a sneak preview of the final dress rehearsal for the dancers, including an opportunity to witness an exclusive interview prior to the rehearsal. On the three-year anniversary of the March 2020 closure, some of PNB's favorite pandemic-era collaborators share the McCaw Hall stage. Alejandro Cerrudo, Jessica Lang, and Penny Saunders consistently turn their creative minds toward the dance world and theatrical conventions. They seek to improve upon and play with our expectations and push boundaries—both metaphorically and physically. Savor Saunders' theater-roving Wonderland and world premieres from Cerrudo and Lang. Prior to the show, we will enjoy an early dinner at McMenamins before strolling a couple of blocks to the theater. **Register on the Resident Portal by Friday, March 3 at 3pm.**

Off-Campus Events

Cherry-Blossom-Viewing Visit, Suzzallo Library Vist & Lunch at Chinook's at Salmon Bay

Wednesday, March 22 from 9:45am-4pm | *Sponsored by Resident Services*

It's the time of year for the cherry blossoms to bloom again. Stroll through the quad at the University of Washington campus and experience the bright pink flowers while taking in a great view of Mt. Rainier. We will have a tour of Suzzallo Library before heading to lunch at Chinook's at Salmon Bay. **Register on the Resident Portal by Friday, March 17 at 3pm.**

Met Opera at Galaxy Theatres' *Lohengrin*

Wednesday, March 22 from 11:15am-5:15pm | *Sponsored by Performing Arts*

Wagner's *Lohengrin* returns to the Met stage after an absence of 17 years with this atmospheric new staging by Francois Girard. Yannick Nezet-Seguin conducts a cast led by tenor Piotr Beczala in the title role of the mysterious swan knight. Soprano Tamara Wilson is the virtuous duchess Elsa, falsely accused of murder, going head-to-head with soprano Christine Goerke as the cunning sorceress Ortrud. Bass-baritone Evgeny Nikitin is Ortud's power-hungry husband, Telramund, and bass Gunther Groissbock is King Heinrich. **Register on the Resident Portal by Monday, March 20 at 3pm.**

Opportunities to Dine & Shop

Gig Harbor Library

Wednesday, March 1 at 11am

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

Morning Coffee: Fraîche Cup

Monday, March 27 at 9am

Register on the Resident Portal Friday, March 24 at 3pm.

Men's Breakfast: Family Pancake House

Tuesday, March 7 at 9am

Register on the Resident Portal by Sunday, March 5 at 3pm.

Oyster Lovers Club: The Hub

Tuesday, March 14 from 11:15am-1pm | *Sponsored by the Oyster Lovers Club*

Calling all Oyster Lovers. A group of Heron's Key residents has come together to plan trips to various restaurants in the area to enjoy oysters. (We understand that most people don't like oysters, and that's OK. It means more for us!)

Our first trip is to The Hub at the Tacoma Narrows Airport on March 14. Not only will we enjoy our favorite bivalve mollusks, but the chef is arranging a guest speaker, an oyster farmer who will do a brief presentation about raising the oysters we will be enjoying. If you are interested in further information on the group, contact Kerry Smith. Kerry will inform you of what styles of oysters will be served, expected pricing, and future outings. **Register on the Resident Portal by Friday, March 10 at 3pm.**

Women's Breakfast:
Family Pancake House
Tuesday, March 28 at 9am
Register on the Resident Portal by Sunday, March 26 at 3pm.

Shopping & Lunch:
Port Orchard Waterfront
Wednesday, March 29 at 10am-2pm
Register by on the Resident Portal Monday, March 27 at 3pm

CARPOOL OPPORTUNITY

RAGS Wearable Art Sale & Show at the Mercedes-Benz of Tacoma in Fife
March 10-12 | *Sponsored by Fiber Arts Group*
March 10 & 11: 10am-6pm
March 12: 10am-4pm

The popular wearable art sale returns to an in-person event for its 29th year of supporting YWCA Pierce County's life-saving domestic violence services.

Since 1994, in support of this program, RAGS has:

- Raised over $2.2 million
- Showcased over 650 artists and small-business owners
- Given more than $32,500 in awards to top artists
- Served more than 26,500 in-person and 7,300 online visitors and shoppers

Beautiful jewelry, creative clothing, and distinctive accessories from more than 60 artists of local, regional, and national acclaim are offered for sale at the juried boutique-style show.

Sign-up in the white Carpool Binder at the Concierge Desk.

Grocery Shopping

Grocery Shopping

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

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

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

March 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.

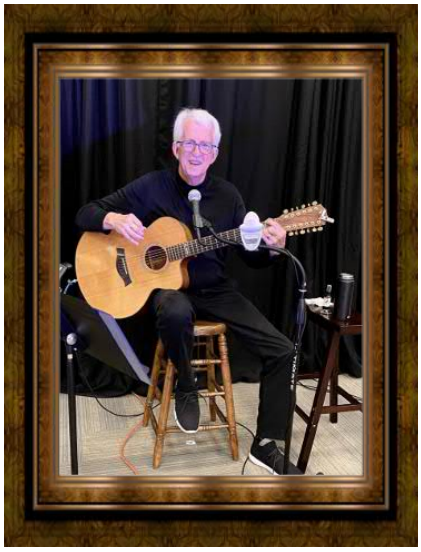
2 – Albertsons
6 – Fred Meyer (Port Orchard)
9 – Albertsons
13 – Metropolitan Market & Garden Room
16 – Albertsons
20 – Fred Meyer (Gig Harbor)
23 – Albertsons
27 – Trader Joe's
30 – Albertsons

Living Room Concert with Don Ransom

Wednesday, March 8 at 7pm (M)

Don't miss an entertaining evening with one of our own residents when Don Ransom shares a musical offering with his voice and guitar. The theme for this evening concert is "The Heart of Music," during which Don will focus on the emotional power of many different types of songs—from the classic American Song Book; to songs from the 60s; to original, country and contemporary songs.

Don has been performing since his college days and he especially enjoys playing in comfortable, intimate settings where songs can be fully shared.



Nurturing the Soul

Parkinson's Support

Multiple members of our Heron's Key community have expressed an interest in receiving more support for those living with the complex and impactful diagnosis of Parkinson's. We are exploring the idea of having a few speakers, a support group, or perhaps just a quarterly gathering. Please let us know if you have any interest, and if so, what would meet your needs the best. Please contact Suzi Entwistle, Wellness & Spirituality Coordinator, at SuzetteE@heronskey.org with your ideas/interest in participating.

Suzi Entwistle
Wellness & Spirituality Coordinator

Monday—Thursday
8:30am— 5:00pm

253.313.0733
SuzetteE@heronskey.org

Lenten Reflections Group

Fridays at 11-11:30am (CR)
Dates: February 24, March 3, 10, 17, 24, 31, April 7

Each year in the Christian liturgical calendar, the season of Lent is observed. Lent is a 40-day period of preparation set aside for prayer, the study of scripture, and practices of simplicity to deepen one's faith.

A group of Heron's Key residents will be providing a weekly gathering for seven weeks that will include scripture, Catholic prayers, and other reflections. Everyone is welcome to join for one or all of the sessions. Please contact Al Standish if you have any questions or inquiries.

Vision Support Group Meeting: **Wednesday, March 8 at 2pm (A)**

Are you experiencing some vision challenges? Do you live with someone who does? The Vision Support Group is a resident group designed to inform, share tips and tricks, and offer resources for Heron's Key residents with vision impairment. We hope you join us!

Interested in an On-Campus Church Service?

A few people have inquired about church services on Heron's Key campus. We encourage you to stay connected to your own place of worship in the community, but understand that may not always be possible. This a reminder that there is a church service every **Sunday at 3pm in the Skilled Nursing common area** of Penrose. All are welcome, whether you live in Penrose or Independent Living, it's open to all Heron's Key residents.

Aging Well

Spotlight Group of the Month:
Mindful Meditation

Would you like to learn to meditate? Most of us have heard that regular meditation can help reduce anxiety, worry, and fear and increase our sense of calm and happiness. This is a simple practice everyone can learn. But like any skill, developing it takes practice. Every Monday from 1-2pm, the Mindful Meditation group practices together and offers support in making meditation a healthy habit. We warmly invite everyone to join us, just once, occasionally, or regularly. We hope to see you on Mondays at 1pm in the Maritime Room.

What Does Aging Well Mean To YOU?

Instead of providing a list of what it means to age well, here's an opportunity to explore how you define it and what it means to YOU. Feel free to do this below, in your journal, take it on a walk with you, or contemplate when you can't sleep at night.

Questions To Explore

Who do I know that is an example of aging well? _____

_____

Someone who ages well...

- Looks like _____

  _____

- Acts like _____

  _____

- Believes _____

  _____

- Spends time doing _____

  _____

One step I can take in the next week toward my vision of aging well: _____

_____

Get curious and engage in conversation with a friend or significant other about what you found and learn more about their perspective as well.

Wellness: Healthy Aging Month

What Does Healthy Aging Mean to You?

The way you view, define, and accept the changes that come with life are crucial to aging positively and your resilience when the expected and unexpected occur. While aging can be difficult to accept at times, the process is an ongoing opportunity to redefine who you are and identify your purpose. In the graphic below, Providence Health & Services offers tips on positive outlooks and practices that will benefit you well into the future.

WELLNESS SEMINARS

Sponsored by Resident Services

You are encouraged to attend these sessions in the Maritime as a show of appreciation and support for our guest speakers.

Heart Health with Dr. Nasir Shariff

Monday, March 13 at 3pm (M & HKTV 370)

Dr. Nasir Shariff, MD, FRCP, a board-certified in cardiology and electrophysiology, will address cardiovasculer concerns and updates that impact adults with atrial fibrillation, or AFib; structural; artery; and other heart-related issues.

Vision Health with Dr. Steven Brady

Wednesday, March 15 at 1:15pm (M& HKTV 370)

Dr. Steven Brady, DO, is board-certified by the American Board of Ophthalmology and the National Board of Osteopathic Medical Examiners. His presentation will include the latest medical treatments and education available to support healthy eyes.

Hearing Health with Dr. Nathan Tritle

Monday, March 20 at 3:15pm (M & HKTV 370)

Dr. Nathan Tritle, MD, will provide a review of medical and surgical treatments for adults experiencing hearing issues, as well as a brief overview on other illnesses of the nose, throat, and related structures of the head and neck.

Brain Health with Dr. Marcus Ponce de Leon

Friday, March 31 at 1pm (M & HKTV 370)

Dr. Marcus Ponce de Leon, MD, FAAN, is a board-certified neurologist with fellowship training in movement disorders. He will discuss the latest in brain health. Dr. Ponce de Leon prioritizes education and the discussion of health and wellness goals to support patient care.

BERRY BLAST PROTEIN SMOOTHIE

Created and recommended by Amber Hall, Heron's Key Registered Dietitian

This recipe features Orgain Organic Protein Powder, vanilla flavor. It is a plant-based protein and is appropriate for those who prefer a Vegan, Vegetarian, or Lactose free diet. It provides a good source of probiotics to promote gastrointestinal health and a healthy gut equals better immunity! This smoothie is an excellent source of fiber at 15 g per serving. We need 25-35 g of fiber per day and most people don't get nearly enough. Also a great source of vitamins, minerals, and antioxidants. Adding chia seeds provides a great source of omega 3 fatty acids, which is great for brain health, heart health, improves good cholesterol, and helps to fight inflammation. Using whole food ingredients delivers a delicious, nutrient dense product that can be a healthy meal replacement or a nutritious snack.

Nutrition facts may vary based off product usage

Ingredient	Calories	Protein (g)	Fiber (g)	Total Carb (g)
1 cup Almond Milk, Unsweet	30	1	0	<1
½ cup plain reduced fat Greek yogurt	75	6	0	8
1 Tbsp Chia seeds	75	2.5	5	6.5
1 large handful of spinach (~1 cup packed)	7	1	0.7	1
1 scoop Orgain Protein Powder	80	10	2.5	10
Dash of cinnamon	-	-	-	-
½ cup frozen sliced banana	60	1	2	16
1 cup frozen triple berry blend	70	0	5	17
Totals	**397**	**21.5**	**15**	**58.5**

Directions

Place all ingredients in a blender and blend on high until very smooth and free of all lumps; it should have a glossy appearance.

Tips & Suggestions

- Orgain Organic Protein Powder is sold in most stores that carry protein supplements and is usually found near the pharmacy or health foods section. I get mine from Costco where you will find you get a lot more for your money. It comes in several flavors, but I prefer vanilla for the versatile flavor.
- A high-quality blender is best for a desirable smooth and lump-free texture.
- Due to the calories and well-balanced nutrients, I consider a full recipe to be a meal replacement. If you are using this smoothie as a snack, I recommend a half serving. A snack is typically 200 calories or less where a meal is typically closer to 500 calories.
- You can use any type of fruit, but I prefer berries for the flavor, the high fiber, and antioxidants. I also prefer to use frozen fruit for the cool, refreshing feel. I also add a little banana for a hint of natural sweetness.

TAI CHI AT HERON'S KEY

Curious About Tai Chi or Want to Work with a Teacher?

An ongoing Tai Chi class is being held **Tuesdays at 3pm in the Maritime Room.** Angela Roggenhofer (pictured above demonstrating the "single whip" movement) is leading our Tai Chi group. You may already know her as she also teaches at the YMCA and for Pen Met Parks. It's a beginner's class that starts with traditional Qi Gong warm-up exercises, followed by the Tai Chi Yang -style 10-step form.

Tai Chi has many benefits for health, concentration, and balance. Join us. You'll like it.

IT'S ALMOST HIKING SEASON

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

Photo: Chuck Abbey

PERSONAL TRAINING

AT HERON'S KEY

Guidance, Accountability, Results

... Just Steps from Home

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

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

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

Lifelong Learning

Featured Speakers

"Old Patsey's Potlatch of July 4, 1891" with David Brownell, Executive Director, North Olympic History Center

Tuesday, March 7 at 1pm via Zoom & HKTV 370

Join us to learn about the final potlatch on Port Townsend Bay that took place at Hadlock and was attended by Tribes from around the Peninsula and Puget Sound, as well as local Port Townsend residents. Old Patsey gave away over $2,000 of goods to his guests, and the occasion was photographed and recorded in the journal of Judge James Wickersham.

David Brownell holds a BA in History from Hanover College and an MA in Public History from Wright State University. After serving as Research Coordinator for the Seminole Tribe of Florida's Tribal Historic Preservation Office, David moved to Washington in 2015 to take a position as Cultural Resources Specialist for the Jamestown S'Klallam Tribe. In 2018, he was designated as Jamestown's Tribal Historic Preservation Officer by Tribal Council, prior to becoming the Executive Director of the North Olympic History Center in fall of 2021.

"Latest Images and Science from the James Webb Space Telescope" with Frank Petrie, Battle Point Astronomical Association

Tuesday, March 14 at 1pm (M & HKTV 370)

Image: NASA

The James Webb Space Telescope (JWST) was launched a little over a year ago, on Christmas Day 2021. It began science operations after a six-month commissioning period, sending back images and data from its station at Lagrange Point 2, one million miles away from Earth in the direction directly opposite the Sun. Like kids in a candy store, astronomers and astrophysicists are overwhelmed with excitement at the

"UW Tacoma: A Place for Everyone" with Chancellor Sheila Edwards Lange

Tuesday, March 21 at 1pm (M & HKTV 370)

For more than 30 years, UW Tacoma has helped the South Sound thrive, giving over 28,000 people the chance to fulfill their educational dreams and helping revitalize downtown Tacoma. Come to hear about how they partner with the community to make it happen and why the future is even more exciting.

Sheila Edwards Lange became Chancellor at the University of Washington Tacoma in September 2021. She has a wide range of experience in higher education administration and has been a leading advocate for diversity and inclusion throughout her career. Prior to UW Tacoma, Dr. Lange served as President of Seattle Central College. While there, she strengthened relationships with community partners to create new academic programs, broadened equity and inclusion initiatives, and enhanced student support services to better promote student success. Dr. Lange was born in the small town of Pachuta, Mississippi. As a first-generation college student, she received a bachelor's degree in social ecology from the University of California, Irvine. Dr. Lange earned a doctorate in educational leadership and policy studies and a Master of Public Administration from the University of Washington in Seattle.

new discoveries already made and yet to come from the firehose of information streaming to Earth from this successor to the Hubble Space Telescope.

Frank Petrie, president of the Battle Point Astronomical Association on Bainbridge Island, is a retired civil engineer with a lifelong love of science, particularly astronomy. He enjoys sharing his fascination at the wonders of the universe with everyone using a conversational style that makes complex concepts easy to understand. In the early 1990s, he and his wife Tracy Dickerson sailed their 43-foot sloop, *Symphony*, through the South Pacific to New Zealand and back, an experience that underscored for them the beauty of our fragile planet and our place in the wide, wide universe.

Lifelong Learning

Featured Speaker

"Jewish Songwriters of Tin Pan Alley" with Dr. David Lee Joyner

Tuesday, March 28 at 4pm (M & HKTV 370) | *Co-Sponsored with Performing Arts*

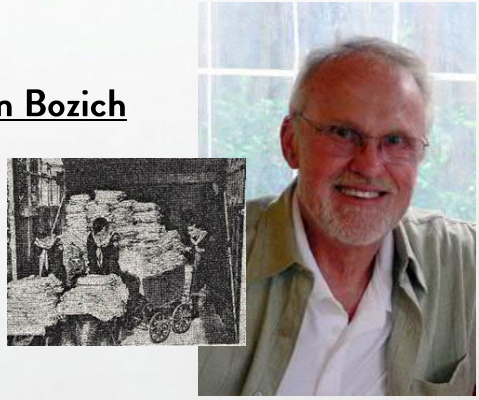
This event features an overview of the enormous contribution of Jewish songwriters to the Great American Songbook, from Tin Pan Alley's earliest days to present day. David Lee Joyner—pianist, vocalist, and American music scholar—will present this topic in a lively combination of lecture, live performance, and multi-media.

Dr. Joyner is an in-demand pianist, composer, vocalist, and educator in the Pacific Northwest region and owner of DLJ Music Services. He is a native of Memphis, Tennessee. David was Associate Professor of Jazz Studies at University of North Texas in Denton (1986-2000) and Professor of Music at Pacific Lutheran University (2000-2017). He received his bachelor's degree in composition and Ph.D. in ethnomusicology from the University of Memphis, and his master's degree in composition from the University of Cincinnati College—Conservatory of Music. Dr. Joyner has performed and lectured all over the world, and has backed up such celebrities as Bob Hope, Henry Mancini, Rich Little, and Danny Thomas. A scholar in jazz and popular music, he has written numerous published articles and books. Dr. Joyner is currently working on a biography of rock 'n roll pioneer Bill Haley, commissioned by the Haley estate. He also serves on the board of directors for Pacific Public Media, which includes independent radio station KNKX. Dr. Joyner's CD, *Up Front*—featuring 14 of his original compositions, his piano artistry, and some of the finest jazz musicians in the Northwest—was released in 2022. Learn more about Dr. Joyner at www.dljmusicervices.com.

Resident-led Programs

Who Am I?: Adventures in Art and Technology with Dan Bozich

Wednesday, March 1 at 2pm (M & HKTV 370)



I have been a lifelong artist, starting to draw and paint at about 5 years old and continuing to today.

I had to know how things worked. I chose Science over art as a career and art as a hobby; I didn't want to starve!

Wordplay 2.0

Wednesday, March 22 at 2pm (A)

Join your fellow residents who love word puzzles and word games with hosts Bev Cheney, Susan Hoffman, Ron Magid, and Lee Magid. With lots of audience participation, we'll do Wacky Wordies, Will Shortz quizzes, *The New Yorker* cartoon caption contest, creative word definitions and puns, and a few rounds of WORDLE. We may also delve into some MENSA quiz items. Watch for a game sheet in the mailroom's wall-mounted information racks on Friday, March 17.

Reading Aloud with Gee Heckscher & Your Neighbors

Thursday, March 23 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.

SHORT COURSE

"Wisdom" with Dr. David E. Smith

Thursdays, March 2, 9, 16, 23 from 1-3pm (M & HKTV 370)

This month, we welcome back our almost-resident philosopher. Lifelong Learning is pleased to offer this course tuition-free, thanks to the generous donations of residents to our Enrichment Fund. Resident Barb Pine offers her thoughts, with David's approval:

Socrates said, "I am wiser than that man. Neither of us probably knows anything worthwhile; but he thinks he does when he does not, and I do not and do not think I do."

Hold it, dear Socrates. You referenced "knowledge," not wisdom. We say to children, "You should have KNOWN better!" And it may be that they did know, but "knowing" is not wisdom. If we want to understand wisdom, this is our opportunity when philosopher Dr. David Smith offers a 4-week adventure discovering what the word means, what it means for a person to have it, exercise it, appreciate it, honor it. If we are to talk about wisdom, if we are to avoid being wise-acres, we talk about wisdom as activity, action, behavior—knowledge put into practice.

And the official description, from www.beliefsandethics.com:

"Wisdom is the ability to apply knowledge in the real world in a constructive way, to enrich our individual lives and to make the world a better place. It is often found at the intersection of theory and experience. How does modern expertise benefit all of us, and how can we convince the general population to value it? How does life experience create wisdom? In this series we explore the biological, philosophical, social scientific, and experiential aspects of wisdom and analyze what ancient and contemporary sources have to say about it."

Streamed Events in the Maritime & HKTV 370

Streamed Play: *Rose*

Sunday, March 12 from 1-3:15pm (M & HKTV 370)

Award-winning actress Dame Maureen Lipman stars as Rose. This sharply drawn portrait of a feisty Jewish woman blends the personal with the political as it traces Rose's story from the devastation of Nazi-ruled Europe to conquering the American dream.

Streamed Seattle Symphony: *Three Continents Cello Concerto*

Monday, March 27 from 2:30-4:30pm (M & HKTV 370)

Premiering in 2019, the dynamic *Three Continents Cello Concerto* celebrates musical styles across a vast cultural space: three composers from three different continents and to nearly three generations. Bartok's Concerto for Orchestra is a thrilling masterpiece that puts the orchestra's virtuosity on full display.

BroadwayHD Streamed Plays: Saturday Matinees

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

Peter Pan

Saturday, March 11 from 1-2:45pm (M & HKTV 370)

The Tony-nominated Broadway revival of *Peter Pan* starring Cathy Rigby tells the classic tale of a young boy who refuses to grow up. When Peter Pan meets the Darling children, he takes them on an adventure to Neverland, where they learn to fly, defeat the evil Captain Hook, and are changed forever. Peter Pan is a delightful musical filled with magic, delight, and a sprinkle of fairy dust.

The Sound of Music Live

Saturday, March 25 from 1-3pm (M & HKTV 370)

An apprentice nun tasked with caring for the children of a retired naval officer finds herself falling in love with him as the Nazi invasion of Austria looms on the horizon.

The beloved family classic comes alive once again! The world's most popular musical, Rodgers and Hammerstein's *The Sound of Music*, comes brilliantly to life in this ambitious, live broadcast production from BAFTA-nominated director Coky Giedroyc. The spectacular Kara Tointon (Mr. Selfridge, East Enders) delivers a mesmerizing performance.

New

MOVIE DATES WITH SCOTT

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

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

March 5: *Dr. No* (PG, 1962)

Sent to locate a colleague who's vanished in Jamaica, debonair Agent 007—in the first of the James Bond films— finds villainous scientist Dr. No plotting to derail the U.S. space program and take over the world.

March 12: *Back to the Future* (PG, 1985)

In this sci-fi comedy classic, an eccentric inventor turns a DeLorean into a time machine that inadvertently sends young Marty McFly back 30 years. In 1955, Marty disrupts his parents' destiny and risks throwing the time-space continuum out of whack.

March 19: *From Russia With Love* (PG, 1964)

James Bond is back—and so are the bullets, beauties and bad guys. You'll be shaken and stirred by Sean Connery's second outing as 007, which finds him paying the price for his previous adventure when SPECTRE seeks revenge for Dr. No's death.

March 26: *Grumpy Old Men* (PG-13 for some sexual references, 1993)

For decades, next-door neighbors and former friends John and Max (Jack Lemmon and Walter Matthau) have feuded, trading insults and wicked pranks. When an attractive widow (Ann-Margret) moves in nearby, their bad blood erupts into a high-stakes rivalry full of naughty jokes and adolescent hijinks. Will this love triangle destroy the two old grumps? Or, will the geriatric odd couple overcome their differences and rediscover their friendship?

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.

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Family First. Better Days.

Interest Groups

Events

Food Backpacks 4 Kids Presentation with Michelle Johnson

Thursday, March 2 at 10am (M) | *Sponsored by the Volunteer Group*

Michelle Johnson is coming to speak to us about the Food Backpacks 4 Kids program, which feeds children and their families on the Key Peninsula and in Gig Harbor. They recently expanded their program due to a 40% increase in the need for food. Join us to hear about a program that makes a difference in the learning ability of the children in our district.

Food Drive

Friday, March 24 from 10am-2pm (CL) | *Sponsored by the Volunteer Group*

Food Backpacks 4 Kids meets the nutritional needs of hungry and food-insecure children and their families living on the Key Peninsula and in Gig Harbor. Children thrive when they have access to healthy food, and community volunteers work hard to collect and distribute food to any family in need with children in the home. As we celebrate National Nutrition Month, it is fitting that we hold our 5th-Annual Food Drive on Friday, March 24th.

Bring your items (see list below) to the Clubhouse Lobby between 10am and 2pm and place them at the table associated with your residence (floor, cottage, or Penrose Harbor). Let's see if we can match or beat last year's donations.

***Please limit donations** to the following items requested by Backpacks4Kids. These are the only items Backpack4Kids is accepting. Also, please **don't bring** items packed in glass.*

Most Needed:

- Canned meats (tuna, spam, or chicken)
- Cans or boxes of soup (beef or veggie)

Also Needed:

- 4-ounce pouches of instant mashed potatoes
- Cans or cartons of broth (any flavor or size)
- Cold cereal (boxes of any size)
- **Shelf-stable** milk (small, 4-oz. boxes of vanilla or chocolate milk)
    - NOTE: You can find these at Albertson's on the bottom self below cocoa, across from the frozen vegetables.
- Money (make checks payable to "Food Backpacks 4 Kids")
    - Please bring monetary donations to the Clubhouse Lobby on the day of the food drive.

Please join us on Thursday, March 2 at 10am (M) when Michelle Johnson joins us to speak to us about the current program of Food Backpacks 4 Kids, which evolved in response to the pandemic.

Game Day

Sunday, March 26 from 3-5pm (M) | *Sponsored by the Activities Standing Committee*

Game Day celebrates neighbors who come to the table in contest or cooperation. It's a time when friends are tasked with war and strangers create bonds as they work to survive through their next turns. Game Day is a time to play, find a new passion, or connect with those with common interests. Come with a winning spirit and sportsmanship as you play classic games or learn new ones.

Gig Harbor New Neighbors Presentation

Wednesday, March 29 at 1pm (M) | *Sponsored by the Community Engagement Committee*

In 1994, new to the area, Barbara Burrows placed an ad in the local paper inviting other newcomers to her home for coffee; thus began the organization that became New Neighbors of Gig Harbor. The organization has nearly 800 members—many of whom are not "new" to Gig Harbor—who participate in their choice of over 60 activity groups, including a variety of art groups, book clubs, hiking, biking, dining, cards and games, men's groups, and regional outings. Member volunteers lead all of the groups. New groups form with board approval when 10 or more members have an interest that isn't already covered by one of the established groups. GHNN also holds monthly luncheons with fabulous speakers covering a wide array of topics. During this event, President Ellen Betit will lead a casual hour that includes a 30-minute presentation, followed by time for questions and visiting. Whether you're new to Gig Harbor or have lived here a while, GHNN provides a great opportunity to expand your network and meet others in the community who share your interests.

Landscape Enhancement Fund Report

The Landscape Enhancement Fund is NOT requesting any contributions this year. There is a current balance of approximately ten thousand dollars in the Fund, which will support landscape projects for this year.

Please accept our sincerest gratitude for your generosity in supporting this fund for the past two years.

Two Salon Locations to Serve You

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

RSS
RESIDENT SALON SERVICES

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, March 9 at 4pm (SP)

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

Birthday Celebration

Thursday, March 30 at 3pm (SP)

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

Floor Meetings with Katie Houck

Join fellow floor-mates in Spinnakers (SP) and enjoy an opportunity for a discussion with Executive Director Katie Houck. Please respect the floor assignments below to allow each group to meet among themselves.

1st Floor
Mon., March 6 at 10:15am (SP)

2nd Floor
Wed., March 8 at 10:15am (SP)

3rd Floor
Mon., March 13 at 10:15am (SP)

4th Floor
Thurs., March 16 at 10:15am (SP)

5th Floor
Mon., March 20 at 10:15am (SP)

6th Floor
Tues., March 21 at 10:15am (SP)

Cottages
Wed., March 8 at 11:15am (A)

Get Weekly Updates from Executive Director Katie Houck

New updates: Wednesdays by 5pm

Call **253.313.0786** at any time for the message of the week.

Monthly Games

Bingo
Sunday, March 12
3-4pm (SP)

(Photo: Susan Inui)

Mexican Train
Friday, March 24
2-3pm (SP)

Weekly Games

Mah-Jongg
Mondays
12-4pm (CA)

Pinochle
Thursdays
1-3pm (CA)

Bridge
Fridays
1-3pm (CA)

On-Campus Providers

Health Service Clinic Providers

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

COVID Smart Reminder: 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.

Primary Care at Heron's Key
F&M Healthcare: Drs. Floyd and Maggie Sekeramyi
Thursdays 10am–2pm
253.448.9423
Appointments@fmhealthcare.org
Walk-ins welcome.

Consonus Healthcare
Physical therapy and occupational therapy services in Penrose Harbor.
Requires a referral from a health care provider.
253.313.0749

Harbor Audiology & Hearing Services
Free hearing aid cleaning; walk-ins welcome
253.851.3932
In Penrose Harbor
on **March 15 (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.

Harbor Audiology
& Hearing Services

Hearing Aid cleaning & Maintenance
Hearing Screening
On-Site Repair
Function & Insertion Assistance

3rd Wednesday of EACH MONTH
CALL to set up your appointment! 253-851-3932

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

SYREN'S GRILLE

Find the latest menus and hours on the Resident Portal.

New Menu Coming Soon

On March 6, we'll feature items from the new Syren's Grille menu. Pick up a copy at the host stand or visit the Resident Portal's Dining Page.

Chef Demos Coming Back

Monday, March 13 at 2pm (SP)

We are excited to announce the return of in-person Chef Demos. The first one is on **Monday, March 13 at 2pm in Spinnakers.** These events will take place every second Monday at 2pm thereafter. Only a limited number of spots available, so **sign up with a team member in Syren's** before it's too late. Please look on the Dining Announcements page for details on the demonstration and cost of event.

St. Patrick's Day

Friday, March 17

Celebrate St. Patrick's Day and join us for a special dinner featuring a special with corned beef and cabbage. Reservations strongly encouraged.

Saturday, March 18

Continue the St. Patrick's Day celebration with a themed mixer with special drinks and a featured bite.

Catering Services Available

For all your catering needs, send an email to hkbanquets@heronskey.org. In the message, include your name, date of event, number of people, budget, and the service style requested (i.e., plated, family style or buffet). You may also stop by the host stand to fill out an event request form. A dining manager will contact you to complete your planning.

To-Go Containers for Your Leftovers

Reminder, to decrease our footprint on the planet, we encourage you to bring your own to-go vessels to the dining room for your leftovers after dining in with us.

Win a Dinner with a Chef

This event is back by popular demand. Beginning in April, we will draw a name every month. The winner and three of their guests will have the opportunity to dine with one of our talented culinary team members featuring a special menu. To participate, request a receipt from your server and drop it in the box at the host stand every time you dine. The more you dine, the more opportunities you have. We will draw a winner at the end of the month and announce who it is on the Portal and in KeyNotes. Details for the dinner will be discussed after a winner is chosen.