

May 2023

Heron's Flight

Taking Community News to New Heights

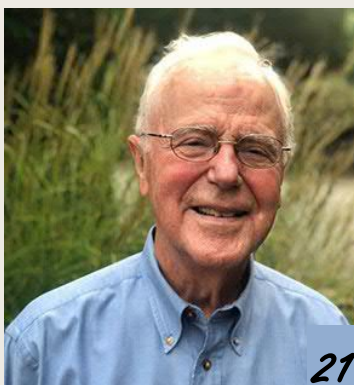


Campus Connection

Learn more about the 40-plus
resident-led groups on campus
during the Interest Group Fair

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. Fitness
- 12. Wellness:
Campus Connection
- 14. Interest Groups
- 16. Lifelong Learning
- 20. Performing Arts
- 21. Nurturing the Soul
- 22. Upcoming Events
- 23. On-Campus Providers
- 24. Dining Services



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 Operations Supervisor

Natalie Hall
Environmental Services Supervisor

Stacy Edwards
Director, Sales & Marketing

Matthew LeCours
Director, Food & Beverage

Kristina Christenson
General Manager of Dining



SHARE YOUR FEEDBACK THIS JUNE

Is there something you love that you want us to keep doing? Is there something you wish were different? Let us know in the upcoming Resident Engagement Survey, which takes as little as 10 minutes to complete.

Holleran, the nation's leading provider of engagement and satisfaction surveys for organizations serving older adults, is managing the survey. Your feedback is anonymous and helps us know how to serve you better.



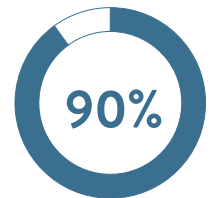
SURVEY WILL BE HELD ONLINE,

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 90%

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

RESIDENT BIRTHDAYS APPEARING IN THE NEWSLETTER

In response to resident requests, we will feature resident birthdays in *Heron's Flight* soon. For example, the June issue will list 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.

SIGN UP FOR TEXT MESSAGE ALERTS

Text 888.###.####

- **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



RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

People will forget what you said and did, but they will never forget how you made them feel.

—Maya Angelou



The key to staying connected on campus is communication. There are many sources of incoming communications to residents from the folks on the Heron's Key administration team, Residents' Association, standing committees, interest groups, other groups and committees, and fellow residents.

The Resident Portal, emails, and HK text alerts impart a wealth of information and communications. The *Heron's Flight* newsletter (also available on the Portal), weekly KeyNotes (also distributed electronically), periodic special KeyNotes reminders (also distributed electronically), informational posters and notices throughout campus, the bulletin display case in elevator 4, and occasional cubby stuffers provide a daily stream of information connecting us to activities, campus and community events, and other communications. The three options for text alerts provide easy ways to stay informed while you're on the go, especially regarding urgent matters that impact operations, such as closures (see the bottom of page 3 for more details).

If you have any difficulties accessing any of these sources of information or need assistance with anything computer-related (which, frankly, we all need from time to time), there are many people standing by who are happy to help. Just reach out and ask. Communicating to stay connected—and to *feel* connected—on campus is a two-way street, and we should all take responsibility for keeping ourselves informed.



HERON'S KEY RESIDENT

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



Residents' Association Meeting

**Thurs., May 11
at 10am
(M & HKTV 370)**

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

EMPLOYEE OF THE MONTH

Chris Middleton, Server



Chris comes to work with a great attitude and always looks for ways to improve his skills. He takes the initiative to learn new things and different staff roles. Chris works with a sense of urgency we appreciate.

Recently, he did a presentation to the Food Service Committee about non-alcoholic drinks. Overall, he is a great team player!

MOVIES IN THE MARITIME

FRIDAY MOVIES

7pm in the Maritime

May 5 – *The Whale* (2022, R for language, some drug use, and sexual content)

Racked with guilt over abandoning his family and grieving the loss of the gay lover he left them for, Charlie is eating himself to death. But the now-600-pound English professor may yet find redemption when he reconnects with his teenage daughter.

May 12 – *Bernie* (2011, PG-13 for some violent images and brief strong language)

In this comedy inspired by a true story, affable Texas mortician Bernie befriends the small town's wealthiest widow and then kills her. But despite the suspicious nature of her death, no one wants to think anything but the best of Bernie.

May 19 – *Her* (2013, R for language, sexual content, and brief graphic nudity)

In this sci-fi romantic comedy starring Joaquin Phoenix, love comes to a lonely young writer in the sleekest of packages when he finds himself falling for the advanced operating system he purchased to run his life.

May 26 – *Interstellar* (2014, PG-13 for some intense perilous action and brief strong language)

From director Christopher Nolan comes this futuristic cosmic odyssey, which follows a band of space explorers who surmount the limits of interstellar travel, using a recently discovered wormhole to pass between dimensions.



LIFE ENRICHMENT

NEW GARDEN CLUB

Penrose Harbor residents started a new indoor garden club with a special raised bed filled with non-toxic herbs and flowers that stimulate all the senses and promote independence. Evidence-based benefits of therapeutic garden environments, or therapeutic horticulture, include improved sleep, elevated self-esteem and mood, enhanced fine motor skills, and reduced falls. Feel free to stop by Penrose Harbor to see the progress of our garden.



SIP & PAINT SESSIONS

We enjoyed a month of getting together and sipping hot coffee and tea while painting on a canvas. Talented Life Enrichment team members Brenda and Molly taught painting techniques, and we had a lot of fun creating art.



MOMENTS FROM THE RECENT SPRING TEA SOCIAL



BENEVOLENT BREW

at Syren's Grille

Wednesdays,
Fridays & Saturdays
8—10am

Sit & Sip | Delivery

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

COFFEE CONNECTIONS at Syren's Grille

Self-Serve
Coffee & Tea
Mondays, Tuesdays
& Thursdays
9-10am

PENROSE COFFEE NEWS & TRIVIA Skilled Nursing 11am

OFF-CAMPUS EVENTS

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

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

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

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

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

Spring Tours take place rain or shine. One of Pilchuck's allures is its location on a rugged, forested campus. It does not have paved walks, so be prepared for steps and uneven terrain. If you or anyone in your group has mobility restrictions and are unable to continue the tour, you are welcome to enjoy the glassblowing demonstrations while you wait for your party to return. **Register on the Resident Portal by Monday, May 1 at 3pm.**

Docent-Led Tour of Pacific Bonsai Museum

Friday, May 5, from 9:20am-12:30pm | Sponsored by the Landscaping Group

Join us to see the current display, "A Gallery of Trees: Living Art of Pacific Bonsai Museum." Curator Arron Packard will lead an abbreviated tour of some of the collection. We'll view the remaining 50 or so trees on our own. **Register on the Resident Portal by Wednesday, May 3 at 3pm.**

Trip to Bainbridge Artisan Resource Network (BARN)

Friday, May 19, from 1-4:30pm | Sponsored by Lifelong Learning

Bainbridge Artisan Resource Network (BARN) is a 50,000-square-foot facility that houses ten studios, ranging from woodworking to fiber arts. This is a unique facility in the United States that provides state-of-the-art resources to the local community. At less than an hour's drive away, BARN activities are open to residents of Heron's Key. Spend an afternoon and prepare to be amazed. **Register on the Resident Portal by Monday, May 15 at 3pm.**

OFF-CAMPUS EVENTS

Met Opera at Galaxy Theatres: *Don Giovanni*

Wednesday, May 24, from 12:15-4:45pm | *Sponsored by Performing Arts*

An encore performance of Mozart's *Don Giovanni* will be shown in select cinemas nationwide on Wednesday, October 26. Simon Keenlyside makes his Met role debut as the unrepentant seducer in Tony Award winner Michael Grandage's staging of Mozart's masterpiece. Met Principal Conductor Fabio Luisi leads a cast that includes Hibla Gerzmava as Donna Anna, Malin Byström as Donna Elvira, Serena Malfi as Zerlina, Adam Plachetka as Leporello, Matthew Rose as Masetto, Kwangchul Youn as the Commendatore, and Rolando Villazón in his Live in HD debut as Don Ottavio. **Register on the Resident Portal by Monday, May 22 at 3pm.**

Trip to LeMay Car Museum & Lunch at Full Throttle Café

Wednesday, May 24, from 10am-2:30pm | *Sponsored by Resident Services*

LeMay—America's Car Museum, a member of America's Automotive Trust, is an international destination for families and auto enthusiasts to celebrate America's love affair with the automobile and learn how it shaped our society. Based in Tacoma, the stunning 165,000-square-foot facility was recognized as one of MSN's 10 Best Automotive Museums worldwide, *USA Today's* 10 Best Museums in Seattle, and KING5's Best Museum in Western Washington. ACM serves as an educational center for students of all ages, features 12 rotating exhibits, and hosts America's Automotive Trust's annual Signature Events. While visiting, we will enjoy lunch at the museum's Full Throttle Café. **Register on the Resident Portal by Monday, May 15 at 3pm.**

Tacoma Musical Playhouse's *Escape to Margaritaville*

Friday, May 26, from 6:30-10:30pm | *Sponsored by Performing Arts*

Escape to Margaritaville is a musical comedy featuring the most-loved Jimmy Buffett classics, including "Cheeseburger in Paradise," "Margaritaville," "It's Five O'Clock Somewhere," "Fins," "Volcano," and many more. With a book by Emmy Award winner Greg Garcia ("My Name is Earl," "Raising Hope") and Emmy nominee Mike O'Malley ("Survivor's Remorse," "Shameless"), this hilarious, heartwarming musical is the party you've been waiting for! **Register on the Resident Portal by Monday, May 3 at 3pm.**

OPPORTUNITIES TO DINE & SHOP

Walgreens

Monday, May 1 at 9:45am

Register on the Resident Portal by Saturday, April 29 at 3pm.

Gig Harbor Library

Monday, May 1 at 11am

Register on the Resident Portal by Saturday, April 29 at 3pm.

Coffee & Desserts: Corina Bakery

Monday, May 8 at 9am

Register on the Resident Portal by Saturday, May 6 at 3pm.

OFF-CAMPUS EVENTS

Breakfast Outing: Manny's Place

Thursday, May 11 at 9am

Register on the Resident Portal by Tuesday, May 9 at 3pm.

Shopping & Lunch: Fondi Pizzeria, Michaels & Kohl's

Wednesday, May 17 at 11am

Register on the Resident Portal by Monday, May 15 at 3pm.

Reuben Fan Club: Elmer's Restaurant

Monday, May 22, 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, and we explore nearby restaurants, hunting for the best Reuben.

An upcoming outing is scheduled for lunch on Monday, May 22. We're going to Elmer's Restaurant in Tacoma. We were surprised that the picture on their menu actually matched what they served! (And it was as good as it looked.) Register on the Resident Portal by Friday, May 19 at 3pm.

Lunch Outing: Duke's Seafood

Tuesday, May 23 at 11am

Register on the Resident Portal by Sunday, May 21 at 3pm.

Frozen Treat Trip: Iscreamery

Tuesday, May 30 at 2pm

Register on the Resident Portal by Sunday, May 28 at 3pm.

CARPOOL OPPORTUNITY

Symphony Tacoma: Classics VI: "Blues, Tangos & Rhapsodies"

Saturday, May 13, from 7:30-9:30pm | Sponsored by Performing Arts

Purchase tickets at <https://tinyurl.com/yrbhsate>.

Multi-instrumentalist and composer Claudio Constantini shares his unique style that fuses classical, contemporary, and Latin music genres in his performance of two pieces: his own tango-inspired *Concerto for Bandoneón* and Gershwin's gem of symphonic jazz, *Rhapsody in Blue*. Written in 1932, Florence Price's *Ethiopia's Shadow in America* expresses the poignant experience of enslaved Africans in the United States. Gershwin's rollicking *An American in Paris* portrays "the impressions of an American visitor in Paris as he strolls about the city, listens to the various street noises and absorbs the French atmosphere." Sign up in the white binder at the Concierge Desk.

Need Tech Help?

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



GROCERY SHOPPING



GROCERY SHOPPING

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

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

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

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 – Port Orchard Fred Meyer
- 4 – Albertsons
- 8 – Metropolitan Market & Garden Room
- 11 – Albertsons
- 15 – Gig Harbor Fred Meyer
- 18 – Albertsons
- 22 – Trader Joe's
- 25 – Albertsons

FITNESS EXCURSIONS

Day at the Park: Owen Beach Picnic & Ice Cream at Ice Cream Social

Wednesday, May 10 from 11am-3:30pm

Sponsored by Fitness

Now that the days are warmer, join us for a day at the park and ice cream. Owen Beach at Tacoma's Point Defiance Park is wheelchair- and walker-friendly with scenic views and a beach to marvel at. It makes up three miles of the Point Defiance waterfront. **We will be having a picnic; please bring your own lunch.** After lunch and some scenic time, we will head to Ice Cream Social for an ice cream treat. They have a variety of flavors, as well as gluten-free and vegan options. **Register on the Resident Portal by Monday, May 8 at 3pm.**

Ruston Way Walk at Dune Peninsula Park (1.5-Hour Walk)

Wednesday, May 31 from 1-4:30pm | *Sponsored by Fitness*

This walk is a paved trail that runs along the northern shoreline of Tacoma and has an elevation gain of 39 feet. This out-and-back walk (1½ hours total) starts at the Dune Peninsula in Point Defiance Park. Take short breaks and enjoy the views of Puget Sound at one of the many benches along the way. If the weather is clear, there is a good chance of seeing Mt. Rainier in all its glory.

- Driving Duration to Walk: 30 minutes
- Bathrooms: Yes
- Footwear: Tennis Shoes
- Extra: Sunscreen, Water
- Wheelchair-& Walker-accessible: Yes

Register on the Resident Portal by Monday, May 29 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.

WELLNESS: CAMPUS CONNECTION

EVENTS

Buddy Tree Get-Together

Monday, May 15 from 1-4pm (CL) | *Sponsored by Resident Services*

Whether you need someone to get your mail, feed your pet, know your medical status, or assist you in the event of an emergency, it is great to know someone has your back. Join us in the Clubhouse Lobby for some summer snacks and to fill out your Buddy Tree. It takes only a minute, and all you need to bring are the names of up to five trusted friends from Heron's Key.



Interest Group Fair

Thursday, May 25 from 10-11:30am (M) | *Sponsored by Resident Services*



We are holding another Interest Group Fair to give you an opportunity to see what we have to offer on campus. With many new residents joining us recently and groups becoming more active, it is a great time to make new introductions and reengage with the wonderful groups here at Heron's Key.

Stop by the fair to understand more about the structure of the Resident Council Standing Committees and learn more about the 40-plus resident-led interest groups. You never know what interesting tidbits you may discover.

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.





INTEREST GROUP FAIR

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



Visit various table displays
and meet resident leaders
of Heron's Key
Interest Groups.



INTEREST GROUPS

EVENTS

Visit from Senator Emily Randall

Saturday, May 13 at 1pm (M & HKTV 370)

Sponsored by the Community Engagement Standing Committee

Senator Emily Randall is visiting Heron's Key to fill us in on this year's legislative session, an event sponsored by the Community Engagement Standing Committee. Elected to the State Senate from the 26th district in 2018, Emily is now the Deputy Majority Leader and chair of the Senate Higher Education and Workforce Development Committee. She also serves as a member of the Senate Health and Long-Term Care Committee and the Transportation Committee—all of vital interest to Heron's Key residents. Emily grew up in Port Orchard. Her dad worked at the shipyard, and her mom began her para-educator career when Emily was in high school. As the first in her family to attend a four-year college, she knows the importance of accessibility to higher education and is dedicated to prioritizing affordable college tuition, apprenticeships, and job training programs to prepare young people for living-wage jobs. In her first session as a legislator, Emily sponsored and passed the Reproductive Health Care for All bill and built a pathway for universal health care, believing that everyone in our state should have access to high-quality, comprehensive, and affordable health care.



Emily will report on the actions of this year's legislature, particularly the new laws affecting seniors in the 26th district. Come to the Maritime Room on May 13 at 1pm to meet our energetic and engaging State Senator, Emily Randall.



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.

INTEREST GROUPS

The Friends of Harbor Hill Environmental Sanctuary nonprofit organization is presenting a



HARBOR HILL ENVIRONMENTAL SANCTUARY UPDATE

Saturday, May 20 at 10am

in Swift Water Elementary School's Community Meeting Room

The Friends of Harbor Hill Sanctuary nonprofit organization is presenting a sanctuary project update on May 20. The three parties owning the North Storm Water Detention Pond parcel—residents of Harbor Hill, Bracera, and Heron's Key—are invited to attend the event at Swift Water Elementary School.

Discussion topics include site enhancements, construction schedules, funding status, and planned operational programs. Learn more about the creation of this unique community asset. Explore how we can enjoy the sanctuary in our lives now, as well as protect and support it as a legacy for future generations.



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

Mardi Gras in May

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

Come celebrate spring with your friends and neighbors.

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



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

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



LIFELONG LEARNING

FEATURED SPEAKERS

“Reawakening A River:

A Decade of Rewilding the Elwha Watershed”

with Jessica Plumb, Plumb Productions

Tuesday, May 2 at 1pm (M & HKTV 370)

Jessica will reflect on her decade-long journey of documenting the restoration of the Elwha River watershed. She will share a short follow-up film, science updates from the project, and excerpts from her essay for *Orion Magazine*, recently re-published in *Best American Science & Nature Writing*, 2022.



Jessica Plumb is an award-winning filmmaker and writer and is the creative director of Plumb Productions, a multimedia storytelling company specializing in short films focused on the environment, people, and place. She is the producer and co-director of *Return of the River*, a feature documentary about the largest dam removal in history, recognized with over a dozen festival awards, including “Best Storytelling” by the International Wildlife Film Festival and “Best Writing” in

science media. Jessica also produces short films for clients, including Nat Geo Learning, HHMI Tangled Bank Studios, the Clean Energy Transition Institute, and numerous nonprofit institutions. Raised on the coast of Maine, Jessica now lives on the Olympic Peninsula, close to wilderness and waters she loves, after stints in Boston and Beijing. She holds a B.A. from Yale University and an interdisciplinary MFA from Goddard College. She is a guest lecturer at the Seattle Film Institute on media and the environment. For more, visit www.plumbproductions.com.

“Atomic Washington: Our Nuclear Past, Present, and Future”

with Steve Olson, Humanities Washington

Tuesday, May 9 at 1pm (M & HKTV 370)



At the center of every nuclear weapon in the United States is a small pit of radioactive material manufactured at a top-secret facility in Eastern Washington, a facility which today remains the most radiologically contaminated site in the Western hemisphere. But Washington State’s role in the nuclear era ranges far beyond the construction, operation, and ongoing cleanup of the Hanford

nuclear reservation. Today, Washington has two operating nuclear reactors, one of which provides us with ten percent of our electricity. Radioactive substances are used in our state to cure diseases, build airplanes, detect pollutants, and power smoke detectors. Further, Naval Base Kitsap has the largest stockpile of nuclear weapons deployed anywhere in the country. Drawing from history, science, and popular culture, author Steve Olson reveals the many influences of nuclear materials on Washington State, and the many ways in which our state has been a pioneer in the atomic age.

Steve Olson is a writer who most recently authored *The Apocalypse Factory: Plutonium and the Making of the Atomic Age*. His books have been nominated in several local and national book awards. Since 1979, he has been a consultant writer for the National Academy of Sciences, the President's Council of Advisors on Science and Technology, and other national scientific organizations.



“The Life and Times of the Purdy Bridge”
with Joseph Pentheroudakis, Key Peninsula News
Tuesday, May 16 at 1pm (M & HKTV 370)

The Purdy Bridge has had to be replaced four times in its 131-year history, and its future is uncertain. In this talk, Joseph Pentheroudakis will present his research on the history of the bridge and its relationship to the communities whose vital transportation needs it has served since 1892.



Washington State Archive, /WSDOT Records

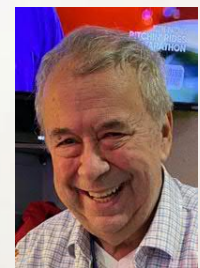


Joseph lives on Herron Island, where he retired after a long career in language software research and development. He serves on the boards of the Washington State Historical Society and the Key Peninsula Historical Society. Joseph writes about local history for the *Key Peninsula News*. His book on the historic Purdy Bridge will be published in the summer of 2023.

“Artificial Intelligence: Wetware, Software, and Hardware” with Resident Bill Sams
Tuesday, May 23 at 1pm (M & HKTV 370)

From ChatGPT 4 to DALL E 2, our own Bill Sams will take us on a tour of wetware, software, and hardware in this new world of artificial intelligence. Dramatic changes in artificial intelligence are taking place on a daily basis. These developments can potentially change not only our lives but also the future of humanity. Bill's previous presentation was on cryptocurrencies.

Bill Sams is a passionate student of economics, business, science, technology, and the arts and humanities. Bill's objective in life is to be a great husband to one and a good friend to many. His background includes two degrees in business and one in law, along with 25 years in semiconductor and software companies in Silicon Valley. Bill was at ground zero of the personal computer revolution. This was followed by two years sailing across the South Pacific with Janet from San Francisco to New Zealand. Next was ten years at Ohio University as an Executive in Residence in the College of Business and Associate Provost and Chief Information Officer of the University, along with chairing a state-level commission that oversaw the intranet connectivity for 682 Ohio school districts and the production feeds to the ten PBS stations in the state. After nearly ten years on Bainbridge Island, Janet and Bill recently moved to Heron's Key, a retirement community in Gig Harbor, to write the final and best chapter of their life story.



LIFELONG LEARNING

“The Trope of Abundance” with Dr. Nathan Roberts, University of Washington

Tuesday, May 30, from 1-3pm (M & HKTV 370)

During the last half of the nineteenth century, boosters billed the Pacific Northwest as a place full of opportunity and resources for westward American settlers. These “tropes of abundance” helped turn the Pacific Northwest into an economic hinterland full of itinerant labor, resource extraction, and opportunities for some settlers. Even so, the region remained tied to boom-and-bust economic cycles, out-of-region manufacturing, and exclusionary social patterns.



Nathan Roberts received his Ph.D. at the University of Washington in Seattle in 2014. His graduate work was concerned with U.S. colonialism in the Philippines, especially the development of scientific forestry there between 1900 and 1930. In addition, he has extensive study in Native American histories with a special emphasis on those of the Puget Sound region. Most recently, he is working to finish his book project on the U.S. forestry effort in the Philippines and a new project on the ways that U.S. national histories and identities changed because of events during the 1960s. He has taught at the University of Washington since 2015 and taught for two years before that at Wake Forest University in North Carolina. He teaches a broad array of U.S. history courses, including military history, the 1960s, Pacific Northwest history, the Civil War, and environmental history. Having grown up in Topeka, Kansas, he has made Seattle his home since 1998. He gets out as often as possible to sea kayak, hike, backpack, bird watch, and bike ride.

RESIDENT-LED PROGRAMS

Who Am I?: Dan and Lois Wilson

Wednesday, May 3 at 2pm (M & HKTV 370)

From humble beginnings to Heron's Key, life has been quite a ride! Join Dan and Lois for their 25K excursion from Corvallis to Gig Harbor.



Andy Mauro's Spring Nature Hour, Featuring Mike West

Wednesday, May 10 at 2-3:30pm (M & HKTV 370)



May is the beautiful month when the life force within all of nature's plants and animals is primed to bust out and take center stage. Join Andy and Mike as they tag team their way through several segments that highlight this exciting time of year.

Mike's feature story profiles a slim Heron's Key resident who's about 5 feet tall but can attain a speed of 25 mph! And, oh yeah, at frat parties, he was known to never ignore a dare to eat a live goldfish! Join us live in the Maritime Room or view the program on HKTV.

Wordplay 2.0

Wednesday, May 24 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, some MENSA quiz items, and the *NYT* spelling bee. Watch for a game sheet in the mailroom's wall-mounted information racks on Friday, May 19.

Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, May 25 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.

TRIP

Trip to Bainbridge Artisan Resource Network (BARN)

Friday, May 19 from 1-4:30pm | *Sponsored by Lifelong Learning*

Bainbridge Artisan Resource Network (BARN) is a 50,000-square-foot facility that houses ten studios, ranging from woodworking to fiber arts. This is a unique facility in the United States that provides state-of-the-art resources to the local community. At less than an hour's drive away, BARN activities are open to residents of Heron's Key. Spend an afternoon and prepare to be amazed. **Register on the Resident Portal by Monday, May 15 at 3pm.**

SAVE THE DATE



- **June 6:** Lisa Bryan and Ted Olinger, *Key Peninsula News*
- **June 8:** Albert McMurry – Reverend Al's Bona Fide Potents – Presentation and Tasting Party
- **June 13 or 20 (final date coming soon):** Structural Engineer Dan Say – How Buildings Resist Seismic Forces
- **June 27 via Zoom:** Dr. Robert Kahn, Internet pioneer, co-developer of TCP/IP

TWO SALON LOCATIONS TO SERVE YOU

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



Penrose Harbor

Call 253.313.0788 or fill out
Salon Appointment Request form

Clubhouse Ground Floor

9am–3pm
Tuesday through Friday
Call 253.313.0789

Services

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

PERFORMING ARTS

BROADWAYHD STREAMED PLAYS: SATURDAY MATINEES

The Gershwins' *Porgy & Bess*

Saturday, May 27 from 1-4pm (M & HKTV 370)

George Gershwin miraculously melded classical music, popular song, jazz, blues, and spirituals in this quintessentially American masterpiece that tells the poignant story of a crippled beggar, the headstrong woman he loves, and the community that sustains them both.

San Francisco Chronicle praised Francesca Zambello's production as a "powerful *Porgy and Bess* ... persuasively led by conductor John DeMain and sung by a strong cast headed by Eric Owens and Laquita Mitchell in the title roles ... Owens brought vocal heft and dramatic sensitivity to the part of Porgy. Mitchell gave an evocative performance as Bess, compounded of tempestuous need and penitence."

"Dazzling and remarkable!" —*San Jose Mercury News*

"Triumphant! A top-notch, sold-out *Porgy and Bess*." —*San Francisco Examiner*



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.

MOVIE DATES WITH SCOTT

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

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

May 7 – *You Only Live Twice* (PG, 1967)

Bond and the Japanese Secret Service must find and stop the true culprit of a series of space hijackings before war is provoked between Russia and the US.

May 14 – *Back to the Future 3* (PG, 1990)

More adventures of Marty McFly and Doc Brown. The film continues immediately following the end of the previous movie. While stranded in 1955 during his time travels, Marty discovers that Doc Brown is trapped in 1885 and was killed by Buford "Mad Dog" Tanner, Biff's great-grandfather.

May 21 – *On Her Majesty's Secret Service* (PG, 1969)

Bond woos a mob boss's daughter and goes undercover to uncover the true reason for Ernst Stavro Blofeld's allergy research in the Swiss Alps involving beautiful women from around the world.

May 28 – *Casino Royale* (1967)

In an early spy spoof, aging Sir James Bond comes out of retirement to take on SMERSH.

NURTURING THE SOUL

VIRTUAL SERIES TO ENJOY TOGETHER:

PIONEERS IN AGING

Mondays, May 1—May 15, from 12-1pm (A) | Hosted by Resident Services

The *Pioneers in Aging* online speaker series has returned! We hope you can join us as we listen to well-known authors on a variety of topics related to aging well. We will show each program in the Anchor Room from 12-1pm each Monday, with optional discussion time after. If you are interested in watching from your apartment on your own, please let me know; I'll send you the link. Hope you can join us!



Dori Gillam's "What's Age Got to Do with It?"

Monday, May 1 at 12pm (A)

Dori Gillam takes a lighter look at aging while showing us how ingrained ageism is in our society through birthday cards and advertising.

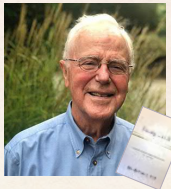


Diane Gillespie's

"There's Nothing Like A Good Night's Sleep"

Monday, May 8 at 12pm (A)

Author Diane Gillespie will discuss sleeping challenges and describe inexpensive, non-pharmacological sleeping strategies.



Dr. Jim deMaine's "Our Lives Our Choices"

Monday, May 15 at 12pm (A)

Dr. Jim deMaine invites us to a wise and large-hearted conversation with advice pointing the way toward a grace-filled transition out of life.

*Sponsored by the KCLS Foundation in partnership with Aging Wisdom,
The Northwest Center for Creative Aging and ERA Living.*



Suzi Entwistle

**Wellness &
Spirituality
Coordinator**

**Monday—Thursday
8:30am—5:00pm**

253.313.0733

SuzetteE@heronskey.org

SPOTLIGHT GROUP OF THE MONTH: BIBLE STUDY GROUPS

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

- **Co-Ed Bible Study:** Bruce Schmitz (360.440.0168)
- **Women's Bible Study:** Betty Holt (360.490.2204)
- **Men's Bible Study:** Randy Valentine (253.905.8300)

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



UPCOMING EVENTS



Wine & Cheese Social

Thursday, May 11 at 4pm (SP)

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



Birthday Celebration

Wednesday, May 31 at 3pm (SP)

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

RESIDENT BIRTHDAYS

APPEARING IN THE NEWSLETTER

In response to resident requests, we will feature resident birthdays in *Heron's Flight* soon. For example, the June issue will list 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.



PLANNING FOR SUMMER 2023



Resident Services is planning for the summer months and would appreciate your ideas for the Community Exploration theme. Have you discovered a favorite destination? Tried something new and want to share the experience with others? Interested in kayaking or a ride on the Harbor

Gondola? Challenge yourself to be a tourist in your own town and share your suggestions with Abby, Heidi, Chuck, Sheree, or TC. They're excited to provide a variety of adventures and new experiences for you as the summer weather arrives.



GET WEEKLY UPDATES FROM EXECUTIVE DIRECTOR KATIE HOUCK

New updates: Wednesdays by 5pm

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



MONTHLY GAMES

Bingo

Sunday, May 7
3-4pm (SP)



(Photo: Susan Inui)

Mexican Train

Friday, May 19
2-3pm (SP)

WEEKLY GAMES

Mah-Jongg

Mondays
12-4pm (CA)

Pinochle

Thursdays
1-3pm (CA)

Bridge

Fridays
1-3pm (CA)

ON-CAMPUS PROVIDERS

HEALTH SERVICE CLINIC PROVIDERS

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



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

Primary Care at Heron's Key

F&M Healthcare: 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 Penrose Harbor

on **May 17 (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



Find the latest menus and hours on the Resident Portal.

KENTUCKY DERBY MIXER

Saturday, May 6 at 3pm (SY)

We're having a Kentucky Derby-themed Mixer with bites and mint juleps. Come with your best Kentucky Derby hat! Our team will choose a winner, and that resident will receive a free dessert. **Off-campus visitors are welcome to enjoy this mixer with you.**

CHEF DEMO

Monday, May 8 at 2pm (SP)

Join us for another culinary demonstration and a delicious meal featuring a lesson on how we butcher our beef to create filet mignon. This event is exclusively for residents and only costs \$11.50. Sign up at the host stand. There is a limited number of spots, so sign up quickly.

MOTHER'S DAY BRUNCH

Sunday, May 14, from 11am until 3pm

Reservations are strongly encouraged. Reserve your table by calling Syren's Grille at 253.313.0797 or stopping by the host stand during regular hours.

Residents: \$20 | Guests: \$23 | Children 6-12 years old: \$9 | Children 5 and under: Free

The menu is available at the host stand and on the Resident Portal's "Dining" page, under "Holiday."

KITCHEN TOURS

Every other Wednesday at 2pm; Begins Wednesday, May 17

See the inner workings of our kitchen. Only six spots are available during each tour. Sign up at the host stand soon so you don't miss out.

MEMORIAL DAY COOKOUT

Monday, May 29, from 11am-3pm (M)

Join us for a Memorial Day Cookout in the Maritime Room and patio (weather permitting). We're also offering a limited delivery and to-go menu from 11am until 3pm. You'll find the menus posted under "Holiday" on the Resident Portal's "Dining" page after Mother's Day. **Reservations are strongly encouraged; off-campus visitors are welcome.**

Note: We will not be open for dinner service on this evening; please plan accordingly.