

November 2021

# Heron's Flight

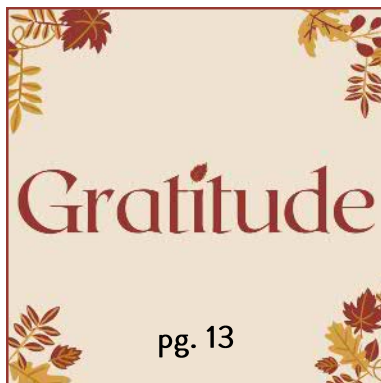
Taking Community News to New Heights

## Gratitude Month

*Experience the  
benefits of  
expressing  
appreciation*



# INSIDE THIS MONTH'S ISSUE



## 3. CONCIERGE NEWS

Read a note from the Concierge Desk regarding packages.

## 4. RESIDENT COUNCIL CONNECTION

It's time to vote in the Resident Council election.

## 5. HKTV

Watch live HK events from the comfort of home.

## 6. LIFE ENRICHMENT

See the fall fun residents are having in Penrose Harbor.

## 7. EMPLOYEE APPRECIATION

The Employee Appreciation Fund Committee explains a way to express your gratitude for the essential workers at Heron's Key.

## 8. INTEREST GROUPS

Sign up to learn about the art on campus. Play a game or two with neighbors.

## 9. LIFELONG LEARNING

Learn about Israel, hear an astronaut's story, and sign up for a course by David Smith.

## 13. WELLNESS: GRATITUDE

Take advantage of opportunities to practice and demonstrate gratitude.

## 14. NURTURING THE SOUL

The spotlight group of the month offers support in making meditation a healthy habit

## 15. MOVIE NIGHT

Catch a flick on Fridays. Join us for a discussion on Movie Appreciation Night.

## 16. FITNESS

Sign up for a free personal assessment and complete the Balance Challenge.

## 18. UPCOMING EVENTS

Tony Albert and Katee Corso return to give you the latest information about Medicare.

## 19. ON-CAMPUS PROVIDERS

Check out the health services available on campus.

## 20. DINING SERVICES

A special event answers your questions about the Food & Beverage services at Heron's Key.



## CONCIERGE / SECURITY 253.313.0700

Billing: 253.313.0703

Housekeeping: 253.313.0795

Facilities: 253.313.0798

## PENROSE HARBOR FRONT DESK: 253.313.0800

Resident Services: 253.313.0793

Restaurant: 253.313.0797

Spiritual Care: 253.313.0733

Transportation: 253.313.0792

Fitness: 253.313.0781

Select Rehab: 253.313.0749

## ARE YOU GOING TO BE AWAY FROM HERON'S KEY?

### ASK A NEIGHBOR TO HOLD YOUR PACKAGES

If you plan to be away from Heron's Key when you expect packages to arrive, we kindly request that you ask a neighbor to hold them rather than have them held at the Concierge Desk. Up to 100 packages come through our doors daily. Due to the limited amount of space at the Concierge Desk, it is difficult to accommodate package holds, especially during the holiday season.

Similarly, if placing an order through Amazon, please refrain from selecting the option or adding instructions to have packages left at the Concierge Desk if no one answers the door. Instead, please ask a neighbor to retrieve packages they notice outside your door if you will be away. Thanks in advance for your help.



## FACE COVERINGS STILL REQUIRED

The Washington State Secretary's Order for Face Coverings #20-03.6 was released and signed by Unair A. Shah, MD, MPH on September 24, 2021. All members of the public, including those of us living and working at Heron's Key, are required by law to comply with the order until replaced or rescinded by the Secretary of Health.

This means that residents are required to wear face coverings in all spaces, with the exception of your individual residence. That includes corridors, elevators, lobby, meeting rooms, the library, gym, Creative Arts Studio, and salon. If you are outside, a facemask is not required.

In December, we hope to return to full occupancy in the Maritime, assuming that COVID-19 case counts continue to decline.

## TWO SALON LOCATIONS TO SERVE YOU



### **Penrose Harbor**

Call 253.313.0788 or fill out  
Salon Appointment Request form

### **Clubhouse Ground Floor**

9am—3pm  
Tuesday through Friday  
Call 253.313.0789

### **Services**

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

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

# RESIDENT COUNCIL CONNECTION

## VOTE IN THE RESIDENT COUNCIL ELECTION

October 29-November 10

The Resident Council election begins October 29 and ends November 10 at noon. After receiving a ballot with an envelope in your cubby, please vote to approve or reject the candidate running for each office. Place the completed ballot in the envelope, print your name on the envelope, and place it in the blue Resident Council box in the mailroom by November 10 at 12pm. All votes are confidential. A quorum consisting of 25% of the resident population is required, so it's crucial that you vote.

We will announce the results at the Residents' Association meeting.

## A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

The Heron's Key wellness theme for October was Personal Preparedness. Heron's Key and resident volunteers helped us learn what to do in an earthquake, fire, utility failure, or a medical emergency, and many of us have taken classes in CPR.



Personally, this preparation came in handy. About three weeks ago, I had a medical emergency, a cardiac event, where the preparations went into effect. My wife knew what to do: She called 9-1-1, pushed the pendant, and checked to see if I was breathing. Quickly, Security Guard Rorri arrived with the medical kit and defibrillator, checking vital signs. Within minutes, the paramedics came, hooked up an IV, and whisked me away to Tacoma General. There, my own preparation kicked in, remembering to notify Heron's Key and to ask if I was going to be under observation or admitted. Initially, it was observation, but after discussion with an administrator, I was admitted as an in-patient, with advantages for billing and possible admission to Skilled Nursing, if necessary.

How great it is to live at Heron's Key with management who cares for our well-being and residents who are supportive of one another.

—Roger Williams, Secretary



## Residents' Association Meeting

Thursday, November 11  
at 10am via Zoom

*(Zoom ID removed  
for privacy)*

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



## EMPLOYEE OF THE MONTH: Max Turner, Security

Max was nominated because he stepped up for his department during a time of transition, switched shifts, and added more hours. Congratulate Max the next time you see him.



## HKTV ON YOUR TV

About a year ago, the in-house TV channel was a concept we were looking into. Today, after waiting for parts, getting the Maritime Room and equipment ready, and residents diligently doing hours of testing, we are proud to announce that HKTV Channel 370 is now a reality.

### Preparing Your Cable Box

To view channel 370, you will need to take two simple steps to prepare your cable box: 1) Unplug the electrical cord from the wall, 2) Plug it back into the electrical outlet. This will reset your cable box.

### What You Will See on HKTV: A Work in Progress

You will enjoy the live broadcasting of some of the events happening in the Maritime Room or on Zoom, as well as select videos. Please keep in mind we are continuing to work on the picture and sound quality.

In November, we'll announce the HKTV lineup via KeyNotes and on the Resident Portal. In December, you'll find the information in the newsletter, Clubhouse calendar, and on the Resident Portal. When we are not broadcasting a live event or showing a video, you may see a black screen on the channel at first. Sometime in November, you will see slides advertising upcoming events between broadcasted events and videos. These slides are similar to the ones you see on the TV outside the mailroom and inside the restaurant.

### Wanted: More HKTV Tech Group Members

HKTV is a resident-led program. Currently, we only have a small number of tech volunteers to broadcast live events and rebroadcast content. As a result, we may not be able to broadcast all the live or Zoom events happening at Heron's Key. If you anticipate your interest group will sponsor several events, we highly recommend having a member or two from your group join the HKTV Tech Group. As the group grows, so will its capacity to accommodate more broadcasting requests. If you'd like to join the HKTV Tech Group, please contact resident Oscar Roberto.



# LIFE ENRICHMENT

Amy Webb  
Executive Director

Karen Rose  
Health Services Administrator

Edie Morrison  
Director of Nursing

Gayle Robinson  
Penrose Resident Care Manager

Sandi Semler  
Social Services Coordinator

Paul Velasquez  
Rehab Therapy Director

Kathy West / Serenity Moberg  
Penrose Admissions & Marketing

Sarah Whitmarsh  
Director, Resident Services

Theresa Broxton  
Manager, Life Enrichment

Dave Charbonneau  
Director, Facilities

Dave Molenda  
Facilities Supervisor

George Smith  
Manager, Environmental Services

Stacy Edwards  
Director, Sales & Marketing

Matthew LeCours  
Director, Food & Beverage

Kristina Christenson  
General Manager of Dining

## PINK GORILLA COFFEE & ICE CREAM

Wednesday, November 3 from 1:30-5pm (Penrose Harbor Entrance)



Life Enrichment staff will treat residents of Penrose Harbor to an ice cream or specialty coffee of their choice from Pink Gorilla Espresso.

Independent Living residents and staff are invited to stop by and enjoy a treat in the midst of this fall weather; debit and credit cards accepted.

## FALL FUN IN PENROSE HARBOR

Residents had a blast in October as they welcomed the fall season. Here's a look at one of our popular events: decorating chocolate Halloween houses.





# EMPLOYEE APPRECIATION

## EMPLOYEE APPRECIATION FUND: GIVE WITH HEART



### Why?

Every year, the residents of Heron's Key have the opportunity to thank our wonderful employees for their service throughout the year. Think back through the year and remember some of the acts of kindness that have touched your heart—a question answered by the Concierge, a tempting meal prepared in the kitchen and served in the dining room, a home that has just been cleaned, a dripping faucet that is fixed, an evening of music in the lobby. The list goes on. We are blessed to have our devoted staff and lucky that we don't have to tip for services during the year.



This is the one time each year when we can offer our gratitude through the Heron's Key Residents' Employee Appreciation Fund. The contents of the fund are divided among all qualified employees at the end of the year. Gifts are based on the number of hours worked during the year. This is a voluntary donation, an opportunity to say, "Thank you," in a tangible way. Last year, we were able to give \$123,510 to 133 employees. The largest donation was \$2,500, and the average donation was \$802, but this covers many two-person households.



### How?

Some of you have been contributing to our Employee Appreciation Fund throughout the year, while many others give a one-time gift in the fall.



1. Write a check payable to the Heron's Key Residents' Association with "EA Fund" on the memo line. Address the envelope to "Treasurer, Heron's Key Residents' Association."
2. Put the check in the blue box in the mailroom or mail it to 4340 Borgen Blvd., Gig Harbor, WA 98332.



If you use online checking, use the information above for monthly or one-time donations.

With our generosity, let's make all our staff know how much they are appreciated!

## A PEEK AT HOLIDAY EVENTS COMING IN DECEMBER

### Gingerbread House Displays

Did you know National Gingerbread House Day is in December? Help us celebrate by contributing to our gingerbread house village display. We'll give you the supplies to build a house on your own or with a small group of your HK friends. More details to come soon.



### Holiday Open House

Thursday, December 9  
2-4:30pm

Open your door, turn on the music, and mingle with neighbors cruising the hallways during the annual Holiday Open House. If you'd like to be an Open House Host, sign up on the Resident Portal.





# INTEREST GROUPS



## 3<sup>rd</sup> Floor Art Walk

**Saturday, November 13 at 1pm and 2pm  
(Meet at Elevator 4 on the 3<sup>rd</sup> Floor)**

*Sponsored by Performing Arts*

Walk the length of the 3<sup>rd</sup> floor, led by Joyce Bernheim, to view paintings, prints, and photos of the Northwest. Discover the origin of the Seahawks logo. Walking and standing are required, so bring mobility support if needed. Meet at Elevator 4, 3<sup>rd</sup> floor. **Register for your preferred time on the Resident Portal by Friday, November 12 at 3pm.**



## Game Day

**Sunday, November 28, 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.

## **Need Tech Help?**

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



**WEEKLY UPDATES  
FROM EXECUTIVE  
DIRECTOR AMY WEBB**

**New updates:**

**Wednesdays by 5pm**

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



## **Shopping Trips in November, Departing at 10am**

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

3—Gig Harbor Fred Meyer & Metropolitan Market

5—Trader Joe's in Silverdale

10—Gig Harbor Fred Meyer & Metropolitan Market

12—Trader Joe's in Silverdale

17—Gig Harbor Fred Meyer & Metropolitan Market

19—Trader Joe's in Silverdale



## FEATURED SPEAKER

### Humanities Washington: Prof. Nancy Koppelman on “Understanding Israel”

Tuesday, November 9 at 1pm via Zoom

*(Zoom ID removed for privacy)*

How much do Americans really know about the people and culture of Israel? How can we foster a better understanding of this intricate state and its neighbors?

Join Professor Nancy Koppelman as she explores 12 features of Israel’s history, diverse ethnic and religious ways of life, governance and justice structures, and educational system. This talk sheds light on the people who reside in Israel and the occupied Palestinian territories and aims to provide history and context for this complex nation—the only state in the world with a majority Jewish population.

Nancy Koppelman (she/her) has been a faculty member at Evergreen State College in Olympia for 26 years. She teaches interdisciplinary programs that combine American history, literature, philosophy, and writing, among other fields. She holds a three-year appointment as Visiting Research Scholar with the Schusterman Center for Israel Studies at Brandeis University, where she was a faculty fellow in 2019. Koppelman lives in Olympia.



## RESIDENT-LED EVENTS

### Lifelong Learning Programming Group—Monday, November 1 at 3pm (M)



#### Who Am I?: “Not Your Grandmother’s Quilts” with Marilyn Colyar, Tamara Davidson, Anne DeLaney, and Mary Anne Folsom

Wednesday, November 3 at 2pm (M)

We will briefly explain the techniques used to sew quilt tops. Quilting differences will be explored. Each of us will describe our journey to our present quilting styles. Examples of traditional, contemporary, modern / art, and specialty quilts will be shown. At the end, there will be a display of some of our many quilts.

### Nature, 90 Minutes with Andy Mauro

Wednesday, November 10 at 2pm via Zoom

*(Zoom ID removed for privacy)*

Join Andy and friends for a Nature Hour focused on our national celebration of nature’s bounty. We’ll take a gander at our winter geese, reveal a variety of critters getting ready to settle down for their long winter’s nap, and shiver through a visit from the Ghost of Christmas Yet-to-Be. Join us! (Photo: Mike West)





# LIFELONG LEARNING

## FEATURED SPEAKER

### Heidemarie M. Stefanyshyn-Piper: “My Story”

Tuesday, November 16 at 1pm via Zoom

*(Zoom ID removed for privacy)*

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

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

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



## RESIDENT-LED EVENTS

### One Day University and a Salute to Heron's Key Veterans

Thursday, November 11 at 7pm (M)



Join fellow residents for a group viewing of an archived ODU video, “America in WWI: What Really Happened and Why it Matters.” Our evening together will also feature an introduction of HK veterans attending and service songs played by pianist Bob DeLaney.

Most Americans possess only a hazy understanding of America in World War I or its significance for the United States. So, why not leave it there? Why bother with this history lesson? How the nation responded to the challenge of fighting its first modern war re-made America, leading to female suffrage, the modern civil rights movement, the drive to protect civil liberties, new conceptions of military service, and an expanded role for the United States in the world. There are striking parallels between the problems Americans faced a hundred years ago in 1917-18 and the challenges we face now. How do we balance protecting national security with civil liberties? Is it appropriate for Americans to continue to debate a war once the fighting has begun? Are immigrants importing terrorism? Do Americans have a responsibility to participate in global humanitarianism? Can soldiers ever convey to those at home the reality of what they've encountered on the battlefield? Can they ever leave the war behind? Americans grappled with these issues in World War I, and these are once again relevant questions for a society at war.



**Jennifer Keene** is a professor of history and dean of the Wilkinson College of Arts, Humanities, and Social Sciences at Chapman University. She has published several books and numerous articles on the American experience in the world wars, including *Doughboys, the Great War and the Remaking of America*, *The United States and the First World War*, and *World War II: Core Documents*. She has received numerous awards for her scholarship, including Fulbright Senior Scholar Awards to France and Australia and the Mellon Library of Congress Fellowship in International Studies. Professor Keene has served as a historical consultant for exhibits and films, including the PBS documentary mini-series, *The Great War*.

## Wordplay 2.0

Wednesday, November 17 at 2pm via Zoom

(Zoom ID removed for privacy)

Join your fellow residents who love word puzzles and word games for this new version of Wordplay. Bev Cheney and Susan Hoffman host Wacky Wordies and Reverse Wacky Wordies. Ron Magid leads participants in matching wits with Will Shortz. Lee Magid does alternate definitions of common words. There may also be limericks and paraproverbs.

## Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, November 18 at 7pm (M)

Lucky are we who remember being read to. “Reading Aloud” abandons the current trend of *seeing* a story. It takes you back to the days of radio shows when you had no choice but to imagine the story—or a baseball game—in your mind’s eye. Gee and your neighbors (so far Ron Magid, Dave Pine, Joyce Meyer, Ken Hales, Roger Williams, Barbara Williams and Linda Helmer) bring the magic of hearing the voice of one holding a book, tackling tone, using thumb and index finger to turn the pages that, line by line, carry listeners through humor, suspense, sorrow, surprise or joy. Poems, prose, pulp or Pulitzer Prize materials are presented in their entirety or as a serial. Milo of *The Phantom Tollbooth*, anyone? To volunteer to read something you’d like to share, please contact Gee.

## One Day University Livestream via Zoom: “The Thanksgiving Dilemma: Reevaluating Our Annual Celebration” with Nate Sloan, USC Thornton School of Music

Monday, November 22 at 1pm via Zoom

(Zoom ID removed for privacy)

This will be an experiment for Lifelong Learning, delivering an ODU live-streamed lecture via Zoom.



Nate Sloan is Assistant Professor of Musicology at the USC Thornton School of Music. As a musicologist and performer, his research interests include jazz, Tin Pan Alley, and popular music. Sloan hosts the podcast “Switched on Pop” with songwriter Charlie Harding, which has been recommended by *The New Yorker*, *Rolling Stone*, and *The Guardian*, and provides music analysis for *The Economist*, *NPR*, *The Atlantic*, and *The Boston Globe*. His book, *Switched on Pop: How Popular Music Works, and Why it Matters*, won the Association of American Publishers’ PROSE award for Music and the Performing Arts.



# LIFELONG LEARNING

## SAVE THE DATE

### Holiday Traditions & Holiday Social

Wednesday, December 8 from 3-4:30pm (SP)

Lifelong Learning and Resident Services are joining forces to present our annual reading of *A Special Day*, Barb Pine (author) and Jeannie Grisham (illustrator). The Heron's Key woodworkers will display toys and other items, and all residents are invited to share their own traditions with an object or two for display if they wish. Oh, and did we mention there will be wine and cheese? There will be more details in the December newsletter.

### David Smith Presents "The Old Testament/Tanakh"

Thursdays in January & February 2022

This course is an academic analysis of the Old Testament/Hebrew Bible. This is not a "Bible study" and will not be taught from a religious point of view. David will use historical, literary, and philosophical methods to help the audience understand the nature, development, and meaning(s) of these texts. Voices of orthodoxy (the dominant view) and voices of heterodoxy (dissent) will be identified and analyzed. David's thesis is that before the return from exile in Babylon (ca. 500 BCE) there were disagreements in Israel and Judah about the right interpretation of God and faith. After the return from Babylon, the priests who wrote the Torah (Law of Moses) gained the upper hand. However, voices of dissent (like David, Isaiah, Micah, and Jonah) were included in the Biblical canon. A comparison of orthodoxy and heterodoxy in the Hebrew Bible teaches lessons and provides valuable insights for us today regarding the nature of religion itself. Everyone is welcome and respected, regardless of personal beliefs. Feel free to be orthodox, heterodox, or other!

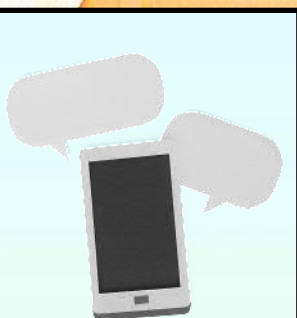


Please pick up a flyer from the mailroom's wall-mounted boxes to learn more about this course. The course will meet on **Thursdays from 1-3pm.**

### ***How to Express Your Interest in Attending This Course***

**If you are interested in attending this course, please find the January 6, 2022, event called "I Am Interested in Attending David Smith's Course" in the Resident Portal's calendar and register by November 15.** Registering on the Portal will help us know if there is a sufficient number of interested parties for the course to occur. The cost for the course is \$40, but you will not pay until we are assured of enough registrants to cover David's fee.

If you would like assistance registering for this course on the Resident Portal to express your interest in it, please call or stop by the Concierge Desk (253.313.0700).



### **Get Mail Alerts & Event Reminders Sent to Your Cell Phone**

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

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





Photo: Robert Sorrell

## GRATITUDE JAR

The Mindful Meditation group invites you to practice gratitude, which is especially appropriate during this time of harvest. This is an opportunity to remind yourself of all the blessings you have received and continue to receive each day. Once a week in the **month of November**, you will find a small piece of paper in your cubby with a question on it. You are invited to write a response and drop it in the glass jar in the Clubhouse Lobby. Expressing gratitude can increase your happiness and your awareness of the beauty and kindness already present in your life. And, sometimes you just have to share it.

## ANNUAL THANKFUL TREE: TOUCH A LIFE

*Sponsored by the Volunteer Group*

### November 19-28

Once again, Heron's Key residents are finding thoughtful ways to touch the lives of people in need.

From **November 19 to 28**, select a paper Gift Leaf off the Thankful Tree, which you'll find near the Clubhouse Lobby's fireplace. Each Gift Leaf contains a request from a student within the Peninsula School District or a family through the Children's Home Society. Simply purchase the gift item and place it under the tree (unwrapped) with the Gift Leaf attached. Thank you for your generosity.

This year, we're supporting:

- **Communities in Schools:** Specific gifts requested by a student in need
- **Children's Home Society:** Items for their Family Christmas Care Packages

There will be a Wrapping Party on December 2, from 1-3pm, in the Maritime to wrap the donated gifts. If you have gift boxes and gift bags you can donate, please bring them to the Wrapping Party.



## EVENT



### Autumn Reflections Event

**Tuesday, November 23 at 4pm (M)**

As we approach the autumn season, we slow down to take note of the abundance and gratitude we experience in our lives. This year, Heron's Key will host its first Autumn Reflections Event. You are invited to join us as we enjoy a bowl of soup together and share music, readings, and stories from a variety of cultures—all from our own residents' rich experiences. This event is inclusive of all beliefs. We hope to see you for an afternoon of sharing and celebrating the gifts of life. ***If you'd like to join us, please register for this event on the Resident Portal by Tuesday, November 16 at 3pm.***



# NURTURING THE SOUL

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## 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.

### Silent Stroll

**Tuesday, November 9 at 10am (Meet in CL)**

We continue to offer a monthly Silent Stroll as interest is expressed. Please meet in the Clubhouse Lobby, and we will go from there.

### Cancer Support Group

Our Heron's Key Cancer Support Group for residents continues to meet every other Tuesday in the Creative Arts Studio. We are a diverse group of men and women who are cancer survivors or currently on the journey. We listen to one another and share experiences and information. There is no judgment or medical advice, only support as we share concerns and celebrate progress. If your life has been touched by cancer and you would like to join this healing environment, we will be meeting on **November 9 and 23, from 3-4pm, in the Creative Arts Studio**. For more information or if you have any questions, please feel welcome to contact Bill Bernheim.



## FRIDAY MOVIES 7pm in the Maritime

### November 5: *Avatar*

(2009, PG-13 for intense epic battle sequences and warfare, sensuality, language, and some smoking )

Disabled Marine Jake Sully travels to planet Pandora to become an avatar, ingratiate himself with the residents, and help Americans mine lucrative unobtainium. But, he finds himself in an interstellar conflict after falling for Na'vi warrior Neytiri.

### November 12: *Darkest Hour* (2017, PG-13 for some thematic material)

Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolf Hitler and his relentless army during World War II's early days.

### November 19: Movie Appreciation Night: *Friendly Persuasion* (1956, NR)

Jess and Eliza Birdwell are devoted Quaker parents in Indiana during the height of the Civil War. The Birdwells' denomination opposes violence, but as Confederate forces march closer—looting and burning as they go—the community prepares a defense. However, the family's nonviolent stance is tested when their son, Josh, decides he wants to fight for the North. After the movie, we will have a brief discussion.

### November 26: *Out of Africa* (1985, PG)

Hoping to forge a better life, Denmark native Karen Blixen enters into a marriage of convenience with a womanizing baron. But, when the couple moves to Nairobi, Karen falls in love with a free-spirited hunter who can't be tied down. Director Sydney Pollack's lush period drama earned seven Academy Awards, including statues for Best Picture, Best Screenplay, and Best Cinematography.

### About the Movie Appreciation Group

Movie Appreciation Night is on the third Friday of the month. The purpose of the Movie Appreciation Group is to:

- **Entertain:** Help people be entertained by a variety of movies of different genres
- **Educate:** Teach viewers how to critically watch and evaluate movies
- **Edify:** Expose viewers to a variety of characters, values, and circumstances of life and their meanings for us

After the showing of a film on Movie Appreciation Night, we will have a brief discussion.





## NOVEMBER BALANCE CHALLENGE

Balance training helps prevent falls and injuries. At the beginning of the month, the Fitness team will deliver a packet of five exercises that can help improve your balance when practiced regularly. When you perform all five exercises in a day, cross off the respective day on the challenge calendar delivered to your cubby. Exercises you complete during a fitness class count. Your goal is to perform all the balance-promoting exercises for at least 20 of the 30 days in November.

## SELF-MYOFASCIAL RELEASE (SMR) CLASS CONTINUES

Due to its popularity, the SMR class will continue through November. This new 30-minute class with Chuck is designed to help you rejuvenate and restore soft tissues that have been adversely affected by muscle imbalances and injury. SMR is useful in reducing painful symptoms or movement restrictions through the use of tools provided in class while simultaneously allowing inflamed joints and soft tissues to rest and recover.

This class requires the ability to lie down on the floor and stand back up.

### SMR Class Dates

- Tuesdays at 3:30pm (M): November 2, 9, 16, 30
- Thursdays at 3:30pm (M): November 4, 11, 18

Note: There are no SMR classes the week of Thanksgiving.

*If you are currently struggling with acute pain or injury, please visit a medical professional.*

## FITNESS UPDATE

In November there will be some changes to our Fitness department with the departure of staff member Becci Crecelius. We're happy for Becci's new career opportunity but recognize that this temporarily makes a significant impact on our fitness programming. While we recruit for a new Fitness Specialist, the following classes have been removed from the schedule as of November 5:

- Morning Moves
- Bodies in Motion
- Strength & Stability

Residents who have been utilizing Becci's personal training services will be given an opportunity to transfer their records to Fitness Specialist Chuck Abbey or await the arrival of a new staff member. If you have any questions regarding this temporary pause in programming, please reach out to the Director of Resident Services at 253.313.0716.



## WHAT IS A PERSONAL TRAINING ASSESSMENT?



Heron's Key offers in-house personal training. This bespoke service begins with a **free** personal assessment. When you're interested in personal training, it's vital to conduct an assessment to create a personalized plan that addresses and meets your exact needs.

Everyone is made differently and has experienced different obstacles in life. Thus, we all have different goals and are at different levels of fitness.

A personal assessment begins with a conversation to help us understand your background, needs, and health history. We also assess and take into consideration physical imbalances based on your biomechanics when creating your tailored, private exercise routine. This initial meeting is essential and sets up the foundation for your entire personal training experience. Whether it's losing weight, building strength, becoming familiar with exercise, or recovering post-rehab, the plan we create with and for you all starts from your personal training assessment.

The information we gain helps create a roadmap for your success if you decide to move forward with personal training. Find Chuck in the gym to set up a time to complete your free personal assessment.

## 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.

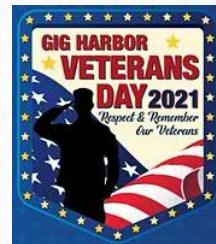
# UPCOMING EVENTS

## *Fourth-Annual Veterans Day Celebration*

Thursday, November 11

*Sponsored by the Veterans Group*

- ★ Lunches delivered or available for pick up from 11-11:30am
- ★ Watch the show online at 12pm (watch KeyNotes for more details)  
or tune into KGHP-FM 89.9 to listen to the program



Join us for a virtual 40s-style live radio program celebration lunch. The event includes:

- ★ Flag ceremony, color guard, and music
- ★ Recognition of WWII veterans at Heron's Key: Georgia Doane, Jack Day, and Al Watts
- ★ Interviews and speakers
- ★ Goodie bags for veterans
- ★ Sack lunch with your choice of a hot dog with all the fixings or a sloppy joe (bun and filling separate)
  - ◇ Includes: A cookie and soft drink
  - ◇ Cost: Free for veterans; \$6 for non-veterans
  - ◇ Deadline: Reserve your sack lunch by calling 253.313.0797 by November 9

## EVENTS



### Wine & Cheese Social

Thursday, November 18 at 4pm (SP)



### Birthday Celebration

Monday, November 29 at 3pm (SP)

### Medicare Informational Seminar with Tony Albert & Katee Corso

Wednesday, November 17 at 1pm via Zoom

*(Zoom ID removed for privacy)*



Are you curious about your health insurance options? Have you wondered about Medicare solutions or the other plans available to you? During this informational session, Tony Albert, an agent with The Medicare Exchange, and Katee Corso of KC Services return to review the options available and answer your questions.



Tony has presented at several local events, including the Gig Harbor Rotary, and he's pleased to assist you in navigating a comprehensive solution that meets your needs. Katee is an independent consultant based out of Port Orchard who has helped clients navigate Medicare since 2012.

# 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 an appointment.



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

### Sound Clinical Medicine

Dr. Wingren:

Tuesdays: 2-5pm

PA-C Julia Cathcart-Chang:

Tuesday, November 16: 8am-1pm

253.857.6166

### Sound Dental Care

Mobile Dental Hygienist

206.745.3808

### Harbor Audiology & Hearing Services

253.851.3932

Health Services Clinic on Nov. 17 (9-11am)

Alan Anderson, D.P.D., Denturist

253.588.2721

### Three Services from VillagePlan

253.756.5007

#### *Home Care*

Extra help to manage daily activities within your IL residence.

#### *Licensed Counseling with*

*Jenifer Nazarowski*

On-campus support for maintaining mental wellness and independence.

Call to schedule an in-person appointment for **November 10 and 24** in Jenifer's office in the Health Services Clinic.

#### *Care Management*

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

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

As we look ahead, we recognize that resiliency and strength spring out of a solid foundation of support given to us from friends, neighbors, family, and trusted providers. Jenifer Nazarowski, Mental Health Counselor, provides an open and trusting forum to listen, guide, and affirm as you navigate life's hardships and joys.

Jenifer is accepting appointments for Wednesdays (November 10 & 24) within a private office in the ground floor Health Services Clinic.

Jenifer is a social worker and professional geriatric care manager serving as the Counseling Supervisor at Sound Options.



**Call 253.756.5007 to schedule an appointment.**





# DINING SERVICES

Find the latest menus and hours on the Resident Portal.



## EVENT: FOOD & BEVERAGE QUESTIONS AND ANSWERS

**Wednesday, November 10 at 3pm (M)**

Do you have questions about Heron's Key's Food & Beverage services? Are you wondering about:

- Staffing challenges and how we are tackling them?
- Supply chain challenges and how we are addressing them?
- How other similar facilities are faring?

Get answers to these and other questions during a town-hall-style meeting in which we'll discuss our current status and the strategies we're using to tackle the latest challenges the lingering pandemic has brought our way.

## DINING SERVICES DURING THE HOLIDAYS

The holiday season will look much like last year. We will celebrate the following holidays with a festive to-go plate available during the hours below:

- **Thanksgiving:** To-go **ONLY** for pick-up or delivery (no dine-in); available between 12pm and 3pm on Thursday, November 25. Please see the menu on the Portal's "Dining" page under "Holiday." Pre-ordering is strongly encouraged so that we may prepare enough. The menu will be available on the Portal on November 1; you may pick up a copy at the host stand. We will place a menu order form in each cubby the second week of November. These should be filled out with your menu choices and returned to the host stand no later than November 18.
- **Christmas Eve:** We will feature a special plate of the day, which we'll publish on the Chef's Daily Specials for the week. We will be open for dine-in as usual.
- **Christmas Day:** Special to-go plate **ONLY** (no dine-in); available for pick-up or delivery between 12-3pm. We will publish the menu on December 1 and distribute to-go order forms the same way we'll distribute the Thanksgiving menu order form.
- **New Year's Eve:** We will feature a special plate of the day, which you'll find on the Chef's Daily Specials for the week. We will be open for dine-in as usual.
- **New Year's Day:** Open from 11am until 3pm for brunch.

## REMINDER

The dining room is currently open to residents only for dining.