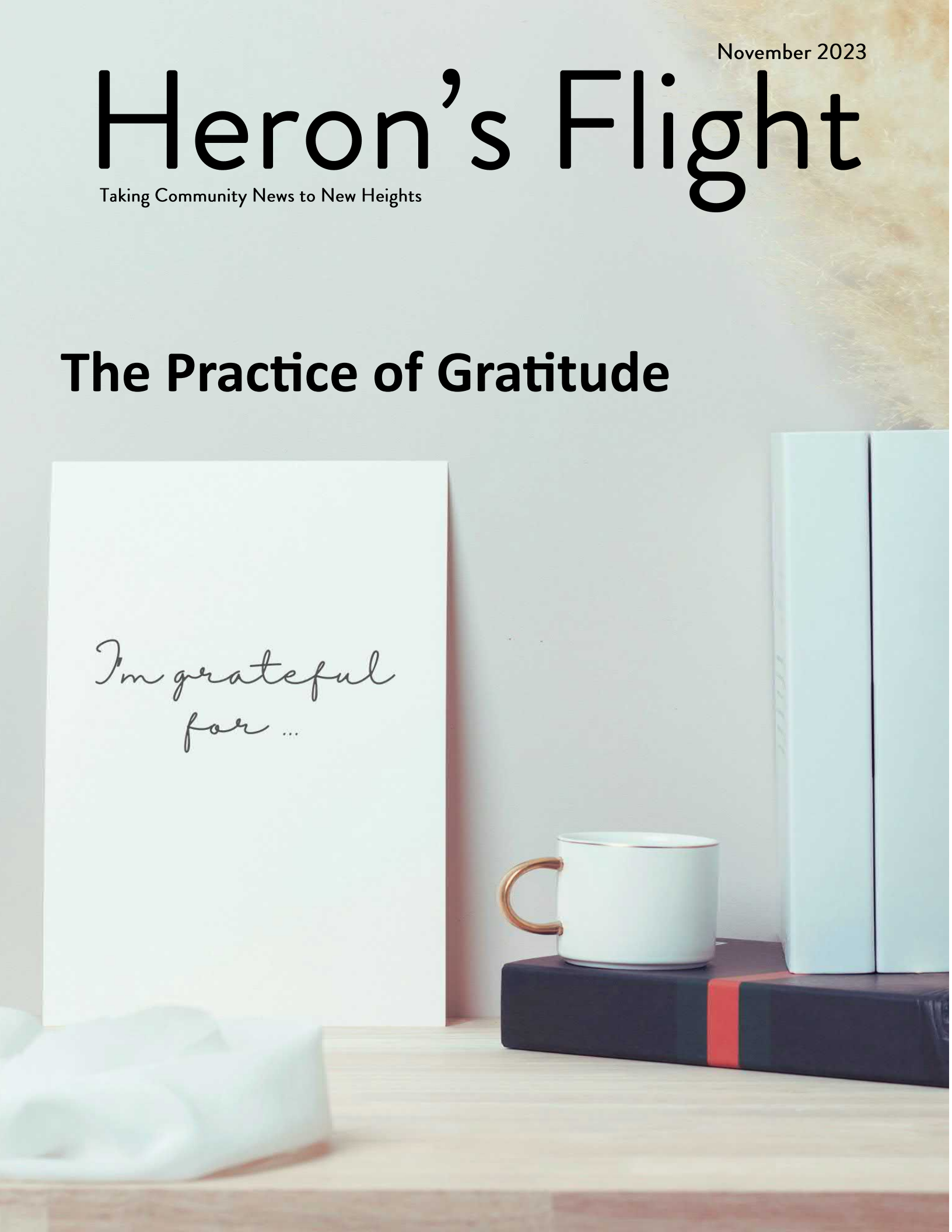


November 2023

Heron's Flight

Taking Community News to New Heights

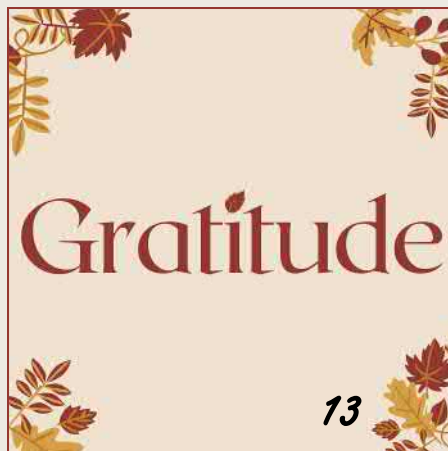
The Practice of Gratitude

A photograph of a desk with a white card, a white mug with a gold handle, a stack of books, and a tissue box. The card is the central focus, with the text "I'm grateful for ..." written in cursive. The background is a plain, light-colored wall.

*I'm grateful
for ...*

INSIDE THIS MONTH'S ISSUE

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- 19. Performing Arts
- 21. Upcoming Events
- 23. On-Campus Providers
- 24. Dining Services



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

Class of... 2022 & 2023: YOU'RE INVITED

Did you move into Heron's Key in 2022 or 2023? See page 13 for a special invite to lunch with your "class," sponsored by Resident Services.

HELP US BE READY TO HELP YOU



When the unexpected occurs to you, such as a medical emergency, Resident Services wants to ensure we communicate with the person you trust the most. A copy of your power of attorney will do just that. Please bring a copy of yours to the Concierge Desk in an envelope marked "Resident Services Director."

We'll add it to your confidential resident file.

Prepare Your POLST Freezer Pouch

Every resident receives a plastic sleeve referred to as a "freezer pouch." Gig Harbor first responders have been advised to look in the freezer for your critical medical information and other details. Please see page 16 of Appendix A in your Resident Handbook for a list of what should be kept in your Freezer Pouch.



REPORTING 911 CALLS

If you call 911 for yourself or someone else, please let the Concierge or Security know if possible. You can do this by simply pushing your pendant or by calling the Concierge Desk at 253.313.0700. Doing so will help us direct the paramedics to the correct apartment or location on campus. It also helps us know who may not press their button in the morning and who to call to provide support.

Note: Due to HIPAA regulations, the paramedics cannot tell staff or others who they are seeing or which hospital they are transporting the individual to, so calling us or pushing your pendant for help gives us the ability to assist you during a difficult time.

Michelle Wood
Vice President of Operations

Karen Rose
Health Services Administrator

Angela McCloskey
Director of Nursing

Sandi Semler
Social Services Coordinator

Mary Muñoz
Penrose Resident Care Manager

Sarah Whitmarsh
Director, Resident Services

Angela Winks
Wellness Program Manager

George Smith
Director of Facilities

Ray Austin
Facilities Operations Supervisor

Natalie Hall
Environmental Services Supervisor

Stacy Edwards
Director, Sales & Marketing

Matthew LeCours
Director, Food & Beverage

Kristina Christenson
General Manager of Dining

SIGN UP FOR TEXT MESSAGE ALERTS

Text xxx.xxx.xxxx

- **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

Gratitude “is not only the greatest one but also the mother of all the other remaining virtues.” —Cicero


Neuroscience researchers over the past several decades have concluded that the human brain is wired for gratitude. Not only do we learn gratitude as part of our upbringing and developmental experiences, but scientific research suggests that gratitude is an evolutionary adaptation, serving as the “glue” for the creation, function, and advancement of human society. Additional research has identified areas within the brain and specific genes that are involved with the expression of gratitude in humans (Allen, 2018).

Although actively practicing gratitude as a daily attitude will never overcome the hard fact that much of life is difficult and entails suffering, scientific research supports the belief many of us feel intuitively that being grateful for life’s gifts not only benefits us physically and mentally as individuals, but it also enhances our social relationships (Allen, 2018). Gratitude, and its cousin, appreciation, are tools that give us resilience in the face of life’s challenges and open our hearts to meaningful relationships with others. Studies have shown that, as the mother of all virtues, gratitude also encourages the development of other virtues, such as patience, humility, and wisdom.

As we reflect this Thanksgiving season on the many blessings in our lives, including this Heron’s Key community, you might want to try being intentionally grateful for those blessings – it may improve your life and our community.

- Pat Curtis, Resident Council Secretary

Source: Allen, S. (2018). The science of gratitude. Greater Good Science Center at UC Berkeley. Greater Good Science Center at UC Berkeley. https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf



**Residents’
Association
Meeting**

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

*A brief summary of the
2023 Resident
Engagement Survey
will be presented.*

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



EMPLOYEE OF THE MONTH
Braulio Sánchez, Environmental Services Technician
Braulio’s hard work and amazing attitude is such a huge asset to the Heron’s Key community. ¡Felicidades, Braulio!

EMPLOYEE APPRECIATION



A MESSAGE FROM THE EMPLOYEE APPRECIATION FUND COMMITTEE

It's the time of year again when residents of Heron's Key thank our employees for the service and care given to us this past year. Take a moment to reflect on the many employees we see often and those working behind the scenes who bring comfort and contentment to our daily lives. We are blessed in both Independent Living and at Penrose Harbor to have such dedicated staff in administration, resident services, the concierge desk, the kitchens and dining areas, housekeeping and grounds maintenance, facilities and security, fitness, transportation, marketing and human resources, and all of the medical and caregiving staff at Penrose Harbor.

HOW TO DONATE: Write a check for the amount you wish to donate payable to "Heron's Key Residents Association" with "EA Fund" noted in the memo line. Please put the check in an envelope addressed to "Treasurer, Heron's Key Residents' Association" and place it in the blue box in the mailroom, or mail it to Heron's Key, 4340 Borgen Blvd., Gig Harbor, WA 98332. The deadline for donating to this year's fund is November 30.

Because we are not permitted to tip employees for their services during the year, now is our opportunity to express our gratitude for all the service and care we receive from Heron's Key staff. All monies donated to the Employee Appreciation Fund will be divided among qualified employees at the end of the year, offering our heartfelt thanks for jobs well done. Gifts are based on the number of hours worked during the year. Last year we were able to give a total of over \$175,000 to 161 employees. The largest employee check was \$2,631, and the average employee check was \$1,087.

Please give generously to the Employee Appreciation Fund so we can all express our combined thanks to our employees. Some residents contribute to the Fund throughout the year, while many others give a one-time donation during this annual fundraising drive. The Resident Council's guideline for an amount to donate is \$2 per day per resident, although many donations exceed that amount. More information about this Fund is available in a brochure at the Concierge Desk.

With our generosity, let's make all our staff feel appreciated!

LIFE ENRICHMENT

PENROSE COUNTY FAIR



This year's Penrose County Fair was a huge hit with residents, staff, and volunteers alike! The Life Enrichment team outdid themselves yet again with individual games for everyone to enjoy, creative fair-style exhibits organized and displayed by volunteers and residents, and even freshly made cotton candy. When asked what their favorite part of the fair was, the answer was a resounding "Everything"!



In October, we also enjoyed the violin performance from Jack Glatzer and a Sound Bathing experience courtesy of Katie Lodge, our Fitness Specialist.

SAIDO is a non-pharmacological program based on a learning intervention offering mental exercises and an opportunity for enhancing individual engagement with staff and others in everyday life. The learning method involves a "Supporter" engaging two "Learners" in simple arithmetic, reading, and writing exercises for 30 minutes 5 times per week. The cognitive function of residents in a research trial significantly improved. Right now we have four Penrose residents participating in this program and several staff who volunteer to lead each weekday. We hope to expand the program in the future.



SAIDO
Learning®



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
Assisted Living
10:30am



OFF-CAMPUS EVENTS

Read the full description of many off-campus events and register on the Resident Portal. Call the Concierge for assistance. If registration for a trip is full, sign up on the waitlist as you may have a chance to participate if other registrants cancel.

ENJOY THE ARTS AND LOCAL AREA

Early Dinner & PNB Dress Rehearsal: Love & Loss in Seattle



Thursday, November 2, from 2:45-11pm | Sponsored by Performing Arts

Enjoy an early dinner at McMenamins before strolling a couple of blocks to the theater to watch a special dress rehearsal of Love & Loss. **Register on the Resident Portal by Wednesday, October 25, at 3pm.**

Photo Outing to Bloedel Reserve on Bainbridge Island & Lunch at Casa Luna in Poulsbo

Friday, November 3, from 9am-4pm | Sponsored by the Photography Group



The trails at Bloedel are well-maintained bark or paved roadways, making most of them accessible. Guest Services staff can provide a map with suggested accessible routes. Afterward, we'll have lunch at Casa Luna in Poulsbo. **Register on the Resident Portal by Wednesday, November 1, at 3pm.**

Dinner & Gaming at Emerald Queen Casino in Tacoma

Tuesday, November 7, from 4-8pm | Sponsored by Resident Services

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

Gig Harbor Veterans Day Luncheon

Saturday, November 11, from 11am-2:30pm | Sponsored by the Veterans Group

Please see page 10 for details and pricing on this event. **For a seat on the HK bus, register on the Resident Portal by Friday, November 3, at 3pm. Every attendee must reserve or purchase a ticket in advance at GigHarborVeteransDay2023.Eventbrite.com.**

Holiday Lights: A Stroll Through Our Harbor Hill Neighborhood

Wednesday, November 29, from 6-7:30pm | Sponsored by Resident Services

With a cup of cocoa or hot apple cider in hand, join your neighbors for a stroll around the neighborhood to see the festive lights adorning homes. Be prepared for paved but hilly terrain throughout the neighborhood. **Register on the Resident Portal by Monday, November 27, at 3pm.**

Tacoma Musical Playhouse's CATS

Friday, December 1, from 6:45-10:30pm | Sponsored by Performing Arts



The Jellicle CATS come out to play on one special night of the year – the night of the Jellicle Ball. One by one they tell their stories for the amusement of Old Deuteronomy, their wise and benevolent leader, who must choose one of the CATS to ascend to THE Heaviside Layer and be reborn into a whole new Jellicle life.

Register on the Resident Portal by Monday, November 6, at 3pm.

OPPORTUNITIES TO DINE & SHOP

Gig Harbor Library

Tuesday, November 7, at 10am

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

OFF-CAMPUS EVENTS

Reuben Fan Club: The Loose Wheel Bar & Grill in Tacoma

Wednesday, November 8, from 11am-1:30pm

Sponsored by the Reuben Fan Club Food Group

We are the Reuben Fan Club, aficionados and hunters of the best sandwich ever. We're returning to The Loose Wheel for lunch. A return? Yes, it was that good! Are you interested in joining our group? If so, email xxxxxxxxxxxx. **Register on the Resident Portal by Monday, November 6, at 3pm.**

Morning Coffee & Cocoa: Bluebeard Coffee Roasters in Tacoma

Monday, November 13, at 9am | *Sponsored by Resident Services*

Register on the Resident Portal by Saturday, November 11 at 3pm.

Holiday Shopping: Kitsap Mall in Silverdale

Wednesday, November 15, at 10:45am | *Sponsored by Resident Services*

Register on the Resident Portal by Monday, November 13 at 3pm.

Lunch Outing: Green.House Restaurant

Monday, November 20, at 10:50am | *Sponsored by Resident Services*

This lunch outing will show support to Erik Smith, owner of Green.House Restaurant, who shared his story of falling victim to a scam during a recent event. **Register on the Resident Portal by Saturday, November 18 at 3pm.**

Frozen Treat Trip: Cold Stone Creamery in Silverdale

Tuesday, November 21, at 2:30pm | *Sponsored by Resident Services*

Register on the Resident Portal by Sunday, November 19 at 3pm.

Holiday Shopping: Tacoma Mall

Tuesday, November 28, at 10:45am | *Sponsored by Resident Services*

Register on the Resident Portal by Sunday, November 26 at 3pm.

Soup Trip: Panera Bread

Thursday, November 30, at 11am | *Sponsored by Resident Services*

Register on the Resident Portal by Tuesday, November 28 at 3pm.

Holiday Shopping: Victorian Country Christmas in Puyallup

Friday, December 1, from 9:30am-2pm | *Sponsored by Resident Services*

Visit a Victorian-style festival where you can shop from vendors and enjoy delicious food at an accessible venue. **Register on the Resident Portal by Friday, November 17, at 3pm.**

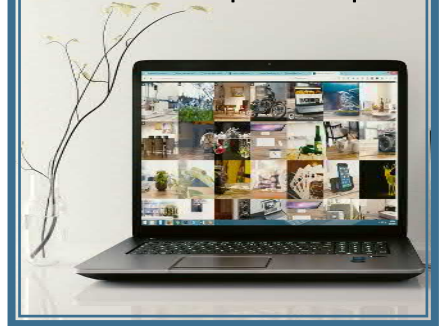
Tribute to Buddy Holly, The Big Bopper & Ritchie Valens at Clearwater Casino in Suquamish

Friday, December 8, from 5-10:30pm | *Sponsored by Resident Services*

Step back in time with John Mueller's official live and authentic re-creation of Buddy Holly, Ritchie Valens, and The Big Bopper's final tour. **Register on the Resident Portal by Friday, November 3, at 3pm.**

Need Tech Help?

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



OFF-CAMPUS EVENTS

CARPOOL OPPORTUNITIES

Sign up in the Carpool Binder at the Concierge Desk.

Seattle Art Museum: Hokusai

Wednesday, November 1, from 10am-5pm | *Sponsored by Performing Arts*

The exhibit explores the fascinating life and enduring legacy of trailblazer Katsushika Hokusai.

Interactive Arts Market in Tacoma

Saturday, November 11, from 11am-5pm | *Sponsored by Performing Arts*

Artists welcome you to the Tacoma Armory for a unique interactive arts experience.

Symphony Tacoma's American Fusion

Saturday, November 18, from 7:30-10pm | *Sponsored by Performing Arts*

Violin soloist entrepreneur Kelly Hall-Tompkins makes music come alive.

5th Avenue Theatre in Seattle: Irving Berlin's White Christmas

Show runs from November 25-December 27 | *Sponsored by Performing Arts*

Based on the beloved, timeless film, Irving Berlin's *White Christmas* comes just in time for the holiday season with classic standards such as "Blue Skies," "How Deep is the Ocean," and the titular hit, "White Christmas."



Shopping trips are free of charge. Reserve your spot by registering on the Resident Portal or at the Concierge Desk by 12pm on the day before the scheduled trip. If you experience low vision and find shopping trips challenging, please call Suzi Entwistle at 253.313.0733 so we can make arrangements for a helpful companion to come along.

Mondays at 1pm (60-75 minutes)

11/6 – Fred Meyer

11/13 – Metropolitan Market

11/20 – Fred Meyer

11/27 – Trader Joe's

Thursdays at 1:30pm (30 minutes)

11/2 – Albertsons

11/9 – Albertsons

11/16 – Albertsons

11/23 – No Shopping

11/30 – Albertsons

Fridays at 10am (60-75 minutes)

11/3 – Safeway

11/10 – Trader Joe's

11/17 – Albertson's

11/24 – No Shopping

Extra Holiday Shopping at Albertsons: Wednesday, November 22, at 10-11:30am

INTEREST GROUPS

Fleece Day

Friday, November 3, from 1-3pm (M) | *Sponsored by the Volunteer Group*

Once again, we will be making fleece hats for the FISH Food Bank and for individuals the Tacoma Rescue Mission serves who are experiencing homelessness. These items have been greatly appreciated in the past. Please bring scissors and pins. If you are going to bring a sewing machine, please call Anne DeLaney at xxx.xxx.xxxx so we know how many electrical outlets we need. Come and have fun helping others. Goodies provided.



Photos of Fleece Day, 2018



Gig Harbor Veterans Day Celebration

Saturday, November 11, at 11am

Sponsored by the Veterans Group

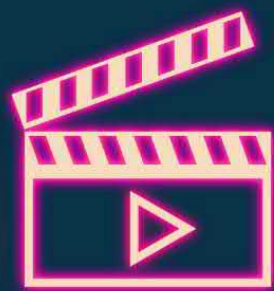


Gig Harbor is holding its sixth annual Veterans Day Celebration to recognize the veterans who have served our country. Lunch will be provided. The event is free of charge for veterans; tickets for others are \$15 each. **For a seat on the HK bus, register on the Portal by Friday, November 3, at 3pm.**



Every attendee must reserve or purchase a ticket in advance. Visit GigHarborVeteransDay2023.Eventbrite.com or scan the QR code above.

Movies in the Maritime



See the Resident Portal for movie descriptions.

Friday Night

Movies

7pm (M)

Sponsored by Resident Services

- **November 3** – *Mr. Holland's Opus*
(PG, 1995)
- **November 10** – *Collateral*
(R, 2004)
- **November 17** – *You've Got Mail*
(PG, 1998)
- **November 24** – *Planes, Trains & Automobiles* (R, 1987)

Sunday

Movie Dates with Scott

5:30pm (M & HKTv 370)

Sponsored Performing Arts

- **November 5** – *License to Kill*
(PG-13, 1989)
- **November 12** – *City of Angels*
(PG-13, 1998)
- **November 19** – *GoldenEye*
(PG-13, 1995)
- **November 26** – *Arsenic and Old Lace*
(NR, 1944)

Submit your movie suggestions at the Concierge Desk.

Grab a free bag of popcorn to enjoy with the Friday Night Flicks, complimentary of Resident Services.



NURTURING THE SOUL

Do You Love Hearing About Good Things Going On In the World?



Suzi Entwistle
Wellness & Spirituality Coordinator

Monday–Thursday
8:30am–5:00pm

253.313.0733
SuzetteE@heronskey.org

Who doesn't? Here is a chance to offer and receive acknowledgment of those good things. In November, watch for a **Board of Gratitude** in the Clubhouse Lobby. We will post a new, unique question each week on the temporary board so we can have an interactive experience together and share our gratitude with our community. We hope residents, staff, and guests join us in celebrating the gifts of each moment!

SPOTLIGHT GROUP OF THE MONTH

Parkinson's Support Group

Heron's Key Residents recently started a Parkinson's Support Group and invite anyone living with Parkinson's Disease to join us. We meet on the **fourth Wednesday of every month at 3pm in the Anchor Room**. We bring educational information and provide opportunities to share and receive support with other residents on a similar journey. For caregivers, we invite you to the Caregiver's Support Group every first and third Tuesday of the month (see calendar for details).

Autumn Reflections Event



Monday, November 13, at 4pm (M)

Each day we have so much for which to be thankful and November can be a time to mark and acknowledge all the beautiful and amazing wonders of our lives. Even amid challenges, transitions, and worries, the act of focusing on expressions of gratitude can ground us. This event is an opportunity to set aside time specifically for celebrating our thankfulness in a communal setting and to enjoy hearing from others about how we live out our gratitude in unique ways.

We will provide soup and bread as nourishment for body and soul. **Please register on the Resident Portal by 3pm on Monday, November 6.**

For those who are unable to attend in person, a *no-host* Zoom gathering will be offered so you may attend an online small group version from your chosen location. Anytime after 9am on November 13, you may pick up an online event program to self-facilitate and then join others on Zoom at 4pm.

removed for privacy | Meeting ID: xxx xxxx xxxx | Passcode: xxxxxx



A FEW WAYS TO PRACTICE GRATITUDE THIS MONTH

Most of us now know that gratitude has been scientifically proven to increase our overall health, help us deal with adversity, and create stronger connections. According to Harvard Medical School, the benefits of practicing gratitude are virtually endless and have no drawbacks (<https://tinyurl.com/5y7yhpz4>).

Annual Thankful Tree: Touch a Life

November 12-19 in the Clubhouse Lobby

Sponsored by the Volunteer Group

Once again, Heron's Key residents are finding thoughtful ways to touch the lives of those in need. From November 12 to 19, select a paper Gift Leaf off the Thankful Tree, which you'll find near the Clubhouse Lobby's fireplace. Each leaf contains a request from a student in the Peninsula School District or a young person the Children's Home Society serves. Simply purchase the gift item and place it under the tree (unwrapped) with the Gift Leaf attached. We will hold a wrapping party for these gifts on December 7th. Thank you for your generosity!



New(ish) Residents: Lunch & Seminar | *Sponsored by Resident Services*

Class of 2023: Friday, November 17, 12:30–2pm (M)

Class of 2022: Tuesday, November 21, 12:30–2pm (M)



Join your "class" and enjoy this opportunity to share a meal with others who moved into Heron's Key within the same year as you. We'll embrace the fall season and celebrate our gratitude for the caring community of neighbors on our campus, explore areas of operations that may be unfamiliar, and ask for your feedback on how your experience at Heron's Key has been. We don't know what you still don't know...so come explore with us. Watch for your personal invitation coming in your mail cubby soon. *We're grateful that you are part of our Heron's Key community.*



Expression of Gratitude

November 20-22 (CL) | *Sponsored by Resident Services*

Pick up a flower from the front desk and write a thank-you note to someone who has made a difference in your life or the lives of others. Your special delivery to a Heron's Key neighbor will be a simple act of expressing your gratitude for their presence within our community.

FITNESS

NEW FROM THE FITNESS TEAM

Smart Start with Katie

Thursdays in November and December, from 1-1:30pm (CZ)

Get the most out of your Fitness Department! Visit Katie in the Conditioning Zone for a mini-orientation session where we'll explore the gym and discuss how to use the machines and equipment. There is no charge, no obligation, and no experience necessary. **All residents are welcome. This is a weekly offering, no need to sign up.**



Indoor Winter Games Series (November to March)

November: Nintendo Sports

Thursday, November 2, from 1-3pm (M)

Welcome to the first of our Indoor Winter Games, hosted by your Fitness Department. This month, we're playing Nintendo Sports in Maritime using a Nintendo Switch. No experience or special skills are necessary, and **you will receive a lesson on how to play.** Try one or all of the games or cheer your friends on from the spectator section.



Microgreens Workshop with Katie

Wednesday, November 15, at 1pm (M)



Microgreens are like veggie confetti. These miniature versions of vegetables are 40 to 100 times more nutrient-dense than their “grown-up” counterparts and can be added to many of your favorite dishes. The best part is you can easily grow them indoors with minimum supplies, effort, or space, and they're ready to go in only 7 to 10 days.

During the workshop, you will have an opportunity to sample microgreen smoothies and plant a tray of your own veggie confetti to take home, complete with instructions and recipes. Learn more about the benefits of microgreens, how to grow your own, and all the different and delicious ways to eat them.

Sound Bathing Experience

Thursday, November 16, from 1-1:45pm (M)

Sponsored by Fitness & the Spiritual Wellness Division of Resident Services

The Fitness and Spiritual Wellness departments are combining efforts to offer Heron's Key a sound bathing experience led by Fitness Specialist, Katie. Experience the ancient practice of sound bowl meditation, or “sound bathing,” used for centuries for cultural, religious, and healing practices. During a sound bath, practitioners sit or lie down and get as comfortable as possible to listen or meditate. After these 30- to 35-minute sessions, people report feeling peaceful, relaxed, happy, and even a little sleepy. Bolsters, chairs/mats, and blankets will be available to use, or bring your favorite blanket and a pillow from home. Dress for ultimate rest and relaxation.



Chuck Abbey

Bachelor's in Kinesiology,
Focus in Exercise Science
(University of Alabama)

Certified Personal Trainer
(American Council on Exercise)

Corrective Exercise Specialist
(American Council on Exercise)

Functional Training Specialist
(American Council on Exercise)



Katie Lodge

Registered Yoga Teacher
(RYT500)
(Yoga Alliance)

Yoga Teacher Trainer &
Continuing Ed Provider
(YACEP)
(Yoga Alliance)

Certified Personal Trainer
(CPT)
(NFPT)

Certified Functional Training
Specialist
(NFPT)

Certified Group Fitness
Specialist
(Functional Aging Institute)

Certified Sound Therapy
Practitioner
(Life Keys Energy)

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

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- 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

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personal assessment.
Call 253.313.0781.

LIFELONG LEARNING

FEATURED EVENT

Muscle: The Gripping Story of Strength and Movement

Tuesday, November 14, at 1pm (Zoom & HKTU 370)

(Meeting ID: xxx xxxx xxxx; Passcode: xxxxx)

Muscle tissue powers every heartbeat, blink, jog, jump, and goosebump. It is the force behind the most critical bodily functions, including digestion and childbirth, as well as extreme feats of athleticism. We can mold our muscles with exercise and observe the results. In this lively, lucid book, orthopedic surgeon Roy A. Meals takes us on a wide-ranging journey through anatomy, biology, history, and health to unlock the mysteries of our muscles. He breaks down the three different types of muscle—smooth, skeletal, and cardiac—and explores major advancements in medicine and fitness, including cutting-edge gene-editing research and the science behind popular muscle conditioning strategies. Along the way, he offers insight into the changing aesthetic and cultural conception of muscle, from Michelangelo's David to present-day bodybuilders, and shares fascinating examples of strange muscular maladies and their treatment. Brimming with fun facts and infectious enthusiasm, *Muscle* sheds light on the astonishing, essential tissue that moves us through life.



Roy A. Meals, MD, is a clinical professor of orthopedic surgery at UCLA and the author of *Bones: Inside and Out*, a Barnes & Noble Best Science Book of 2020. The author of several medical books, he has practiced, researched, and taught hand surgery for forty years. He lives in Los Angeles, California. He has served as President of the American Society for Surgery of the Hand and has also been on the editorial board of the *Journal of Hand Surgery* for most of his career. Dr. Meals enjoys traveling, gardening, cycling, and jogging.

RESIDENT-LED EVENTS

Who Am I? No, Actually, Who Are WE?

Wednesday, November 1, at 2pm (M & HKTU 370)

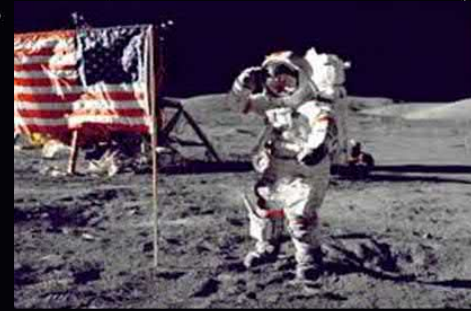
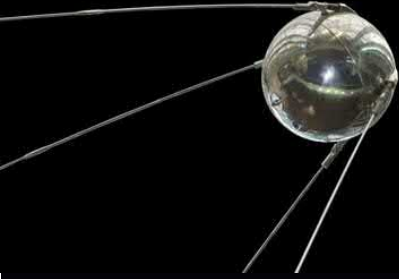
We are the Collectors. Bruce Martin, steins; Bruce Cohoe, coins; and Margaret and Don Miller, salt-glazed pottery. Come hear our stories and find out about these fascinating collections/hobbies.



Wordplay 2.0

Wednesday, November 15, 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, punnies, the *NYT* Spelling Bee, and the new game *NYT Connections*. Watch for a game sheet in the mailroom's wall-mounted information racks on Friday, November 10.



The United States Space Program

Tuesday, November 7, from 1-2:30pm (M & HKTU 370)

For our parent's generation, the major defining events of their lifetimes were the Great Depression and WWII. For our generation, the defining event was the United States Space Program. Going from the Sputnik event to Kennedy's commitment to put a man on the moon and Neil Armstrong's "one small step for man, one giant leap for mankind," we experienced a decade of incredible engineering feats and numerous examples of individuals with *the right stuff*.

Lifelong Learning is honored to host a panel discussion with five Heron's Key residents who played major roles in the success of the United States Space Program in both engineering feats and *the right stuff*. Resident Bill Sams will moderate the panel discussion. Panelists include:

- **Charlie Kuyk:** United States Air Force; trained the Apollo astronauts to live and work in zero gravity.
- **Bob DeLaney:** United States Air Force Commander of one of the downrange tracking stations.
- **Frank Hagan:** Boeing assigned Frank to the Johnson Space Center, Houston, Texas, to redefine the Apollo Space Program after the death of three astronauts in a space capsule fire.
- **Dr. Dan Bozich:** Research and development in vibration, acoustics, and computer applications at Boeing. Responsible for solving a major Apollo payload covering issue with his authority running all the way to the White House.
- **Bruce Schmitz:** Group Leader for Lunar and Planetary spacecraft propulsion systems at the Jet Propulsion Laboratory.

Considering Heron's Key's smaller population, having five residents with such significant experiences in the Space Program is amazing. Please make every effort to see this presentation in person as we learn more about the lives and work that were so important in defining who we are as a country and a people.



LIFELONG LEARNING

Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, November 16, 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 (apt. 1539, gheckscher@gmail.com).

What Is Your Family Legacy?

Tuesday, November 28, at 1pm (M & HKTU 370)

Most generations want to leave a legacy of memories for their families. In this program, we will encourage residents to consider the need for and ways to further build that legacy, considering options such as photos, family trees, stories, family artifacts, videos, audio, or other forms. Don will share his family’s approach of a library in the cloud with three coded collections—video, text, and photo—accessible to all in the family. The audience will then explore commercial and home-grown options to provide a fresh start or enhance their family legacies.



Residents Don and Claire Egge are charter members of Herons Key, moving one mile in 2017 from their condo in Gig Harbor with a sailboat in their backyard. Don was raised in Hoquiam, Washington, and met Claire Shotwell, a Tacoma girl, during his senior year at the University of Puget Sound. They raised three children. Don’s professional career led him to be a teacher, coach, high school principal, superintendent of schools, and the Oregon State Deputy Superintendent of Public Instruction.

Don and Claire taught English in China for four years, treated each of their seven grandchildren to the trip of their choice, and twice sailed around British Columbia’s Vancouver Island. They now have seven great-grandchildren: four in British Columbia, one in Seattle, and two in southern California.

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 or
Visit xxxxxxxxxx

Services

- ◆ Haircuts and styling for men & women
- ◆ Coloring & highlights
- ◆ Perms
- ◆ Nail care, manicures, pedicures
- ◆ Massage with Franetta



PERFORMING ARTS IN THE MARITIME & ON HKTV 370



BROADWAYHD STREAMED PLAYS:

SATURDAY MATINEES

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

Sponsored by Performing Arts

November 11 – Rodgers & Hammerstein’s Carousel (1-3:15pm)

Rodgers and Hammerstein composed some of the most glorious music ever written for the stage in *Carousel*. This is a dazzling adaptation by the New York Philharmonic that features all-star performances from Kelli O’Hara, Nathan Gunn, and others.

November 25 – Fame: The Musical (1-3:10pm)

Based on the 1980 phenomenal pop culture film, *Fame: The Musical* is the international smash-hit sensation following the lives of students at New York’s High School for the Performing Arts as they navigate their way through the highs and lows, the romances and the heartbreaks, and the ultimate elation of life. This bittersweet but uplifting triumph explores the issues that confront many young people today: prejudice, identity, pride, literacy, sexuality, substance abuse, and perseverance.



STREAMED SEATTLE SYMPHONY

Wednesday, November 1 & 15, from 7-9pm (M & HKTV 370)

Performing Arts is happy to bring back the Seattle Symphony to the Maritime Room and your TVs at home. Because of the symphony’s fluid schedule, we will announce the titles of the programs in the respective weeks’ KeyNotes.



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.



On-Site Counseling & Dementia Support

Sandy O’Brien is a Registered Nurse with a Master’s Degree in Psycho-social Nursing. She is also a Certified Dementia Practitioner and Certified Professional Coach. Sandy is available for counseling and coaching sessions on the Heron’s Key campus, or virtually, for residents and their families. For more information, visit her website at www.HarborTransitions.com

Call 253.442.9242 for appointments and rates.

PERFORMING ARTS

FEATURED EVENT

Figurative Sculptor Mardie Rees

Thursday, November 9, at 1pm (M & HKTU 370)

Mardie Rees (b. 1980) is a fine artist and figurative sculptor who is native to the Pacific Northwest. Born into a creative household, her childhood was spent sewing garments and building homes, drawing pictures and visiting museums. In her adolescence, Rees' family uprooted and moved to Ecuador to facilitate community development. The years spent in Latin American culture sparked her artistic expression and became a quest, a way for her to balance the familiar and the foreign. This broadened worldview set her on the path to being an artist for life.

Rees earned her BFA from Laguna College of Art and Design in 2003. In the years that have followed, she has created life-size bronze sculptures for museums, hospitals, schools, and collectors. Nedra Matteucci Galleries in Santa Fe, New Mexico, represents her.

Rees has won many accolades for her emotive sculpture including *Soul of the Forward and Faithful*, a WWII U.S. Marine Raider Memorial currently housed at the National Museum of the Marine Corps. An Elected Member of the National Sculpture Society, she is a two-time recipient of the Beverly Hoyt Robertson Memorial Award and a multiple award winner in the Portrait Society of America's International Competition & Exhibition. Rees has also been recognized and awarded by Allied Artists of America, the Marine Heritage Foundation, and the prestigious Art Renewal Center International Salon Competition.

Mardie lives in Gig Harbor, Washington, with her husband, Jeremy, and their three children. Her delight in all people and their stories is the lens through which she captures relationships and the fundamental duality of human life: love and pain.



TV DATES WITH SCOTT

Saturdays at 6:30pm (M & HKTU 370)

Starting in November, Scott Maiden will share TV shows from his vast collection Saturdays evening in the Maritime and on HKTU. The shows will alternate between "Star Trek" and "The Avengers." **Individual show listings will not be provided to allow for flexibility.**

From StarTrek.com: "In the vast universe of 'Star Trek,' humanity is free to pursue the spirit of curiosity, equality, and the advancement of all life. The tales woven transcend the ordinary and beckon us to embark on a profound journey of exploration and enlightenment, presenting a future without racism, sexism, intolerance, poverty, or war."

The BBC's "The Avengers" follows a mythical couple who assist individuals and the government to solve strange and unusual problems.

UPCOMING EVENTS



November Birthdays

removed for privacy



Wine & Cheese Social

Thursday, November 9 at 4pm (SP)

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

Birthday Celebration

Thursday, November 30, at 3pm (SP)

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



MAH-JONGG

Mah-Jongg

Mondays, from 12-4pm (CA)

Traditional Mah-Jongg

1st, 3rd & 5th Thursdays
2-4pm (CR)

Learn to Play

Traditional Mah-Jongg

4th Thursdays, from 2-4pm (CR)

GAMES

Pinochle

Wednesdays, from 2-4pm (CA)

Bridge

Fridays, from 1-3pm (SP)

New! Greed

Sunday, November 12

Sunday, November 26
at 2pm (SP)

Gratitude

is the understanding that many millions of things come together and live together and mesh together and breathe together in order for us to take even one more breath of air, that the underlying gift of life and incarnation as a living, participating human being is a privilege; that we are miraculously, part of something, rather than nothing. Even if that something is temporarily pain or despair, we inhabit a living world, with real faces, real voices, laughter, the color blue, the green of the fields, the freshness of a cold wind, or the tawny hue of a winter landscape. To see the full miraculous essentiality of the color blue is to be grateful with no necessity for a word of thanks. To see fully, the beauty of a daughter's face is to be fully grateful without having to seek a God to thank him. To sit among friends or strangers, hearing many voices, strange opinions; to intuit inner lives beneath surface lives, to inhabit many worlds at once in this world, to be a someone amongst all other someones, and therefore to make a conversation without saying a word, is to deepen our sense of presence and therefore our natural sense of thankfulness that everything happens both with us and without us, that we are participants and witness all at once.

- David Whyte, *Conversations*, 2018

UPCOMING EVENTS

Save the Date

Santa Brunch

Sunday, December 3 from 10am-3pm (SP)

Traditions of Christmas: An Evening of Music to Celebrate the Season

Featuring Dan Whitmarsh, Tim Stobbe, Tom Zim, & Don Ransom

Friday, December 8 from 6:30–8pm (M)

Blue Christmas

Thursday, December 14, 4pm (M)

Kris Kringle Celebration

Friday, December 15, 5pm cocktails | 5:30pm dinner (SP & SY)

Holiday Open House in the Hallways

Tuesday, December 12 from 2-4pm

Holiday Dessert Bake-Off

Monday, December 19, 3pm (SP)

Winter Solstice

Thursday, December 21, 6:30pm (M)

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.**

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

Wednesday, November 15

Health Services Clinic: 9-10am

Penrose Harbor: 10-11am

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.

Appointments in her Tacoma office are also available.

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.

DINING SERVICES



Find the latest menus and hours on the Resident Portal.

THANKSGIVING DAY BUFFET

Thursday, November 23 | Restaurant open from 11am to 3pm | Reservations required

Menu can be found on the dining portal under "Holidays."

Pricing is as follows: Residents: \$18 | Guests: \$21 | Kids 6-12: \$10 | Children 5 and under: free

REMINDERS

Food & Beverage Resident Orientation | 2nd Tuesday of every month | 11am | Private Dining Room

On November 14, learn the latest going on in Food & Beverage and meet the team.

Chef's Demo | 2nd Monday of every month | 2pm | SP

November 13 Demo: Cranberries, Cranberries, Cranberries! Enjoy a demonstration on the multiple ways you can make cranberry sauce for your holiday meals. Price includes a meal. Cost is \$6 per resident. RSVP with a team member by calling 253.313.0797.

SAVE THE DATE

Annual Santa Brunch | Sunday, December 3 | 10am until 3pm | SY

Join us for our annual tradition of kicking off the holiday season with our Santa Brunch buffet, complete with a visit from Santa. Reservations are required and can be made by calling 253.313.0797. Menu and reservations will be available the first week of November.

Annual Kris Kringle | Friday, December 15, 5pm cocktails & 5:30 dinner | SP & SY

EARLY CLOSURES

On the following dates, the restaurant will close early. Last seating at 3pm; to-go orders must be picked up by 4pm.

- December 7 (Employee Holiday Party)
- December 15 (Annual Kris Kringle Event)

