



October 2021

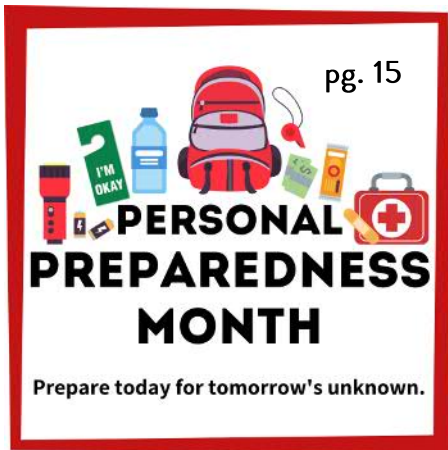
Heron's Flight

Taking Community News to New Heights

Personal Preparedness Month

*Get tips on how to prepare
for the unexpected*

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PERSONAL PREPAREDNESS MONTH

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18. BRAIN HEALTH

Get keys to successful aging from a resident expert.

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Learn meaningful ways to help neighbors through difficult times.

22. UPCOMING EVENTS

Join us for a special Halloween Social and get inside information on the 2022 budget.

23. ON-CAMPUS PROVIDERS

Check out the health services available on campus.

24. DINING SERVICES

The restaurant is offering treats throughout the month. Join Chef virtually to make drool-worthy apple butter.

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

HK DEPARTMENT HOTLINES

This handy list will help you determine which department can assist you the best.

Penrose Harbor Life Enrichment Activities | 253.313.0756

Penrose Harbor Front Desk & Administration | 253.313.0800

Facilities Hotline | 253.313.0798

Parking | Work Orders | Groundskeeping | Building Safety | Trash & Recycling | Residential Policies Regarding Balconies, Hallways, & Apartment Renovations

Resident Services Hotline | 253.313.0793

New-Resident Orientation | Resident Handbook | Questions | Event, Fitness & Trip Ideas | Newsletter Content | Interest Groups & Resident Council | Room Scheduling | Questions About Transitions to Penrose Harbor | Health Concerns & Well Being | Life Enrichment & Volunteering at Penrose Harbor

Concierge / Security | 253.313.0700

Transportation Requests | Packages & Mail | Away Notices | Local Resources | Registering for Off-Campus Trips | Interest Groups & Reporting Hospital Stays | Emergency & Pendant Response | Handouts & Forms | Updating Contact Info

Environmental Services Hotline | 253.313.0795

Apartment & Campus-Wide Cleaning

Marketing | 253.851.0800

Please call for an appointment so staff can schedule a time with you between sales calls and prospecting tours.

Moving Apartments within IL | Changing Underground Parking | Referrals

CONSIDERATIONS WHILE OUTSIDE ON CAMPUS IN THE FALL

In the fall, the Heron's Key campus looks beautiful as the leaves turn. Whether you're outside to enjoy the scenery, get some fresh air, go for a stroll, walk the dog, or are coming to or from your vehicle, please keep in mind that the visibility for those driving vehicles may not be as great with the cloudy weather and darker days. Here are some tips to help you stay safer while you're outside:

- If you're listening to music, turn down the volume on headsets or earbuds so you can hear approaching vehicles
- Wear prescribed hearing aids to better hear approaching vehicles
- Wear bright or reflective clothing
- Walk on sidewalks rather than in the middle of the driveway
- If walking your dog, place a reflective harness or collar on your animal companion

RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

Today's note expresses our appreciation and awe of Lee Magid and Lifelong Learning. They give us an abundance of entertaining and educational programs that capture and rivet our attention. It takes a lot of work. Lee is part of a core group of planners, workers, and organizers: Barb Walton, Linda Helmer, Joan Moffat, and Barbara Pine, plus ten more members who give advice and lead new programs. Management helps through the efforts of Abby and Flora.

How does the group find its programs and speakers? Members rely on their personal experiences, knowledge, and contacts; scanning the news and the internet for possible leads; investigating possible speakers; watching streamed online presentations; and discussing ideas with the group's members. Ideas for programs often marinate for a considerable time before a choice is made. Next comes contacting speakers and program presenters to convince them to present their programs for Heron's Key.

A challenge is scheduling—finding open timeslots in the busy Heron's Key calendar when the speaker or program will be available. This typically takes months to find an open slot and requires enough lead-time to be printed in *Heron's Flight*. Each month usually needs to have three slots filled for outside speakers or programs, a monthly resident "Who Am I?", an every-other-month staff "Who Am I?", and "Reading Aloud," and more.

It is sometimes necessary to pay for speakers and programs. Lee has been creative in negotiating favorable rates and finding opportunities such as One Day University's group memberships for organizations. But now, with the highly successful \$5,670 August fundraiser, more money is available for speakers and programs. Thanks to Jeannie Grisham and team members for the artwork for the fundraising poster and flyers.

Finally, there is the complex technical and electronic organization, facilitation, and support to make the programs work in this time of Zoom; totally awesome.

Thanks to Lifelong Learning, we are often exposed to opportunities for learning that we never knew existed.

—Roger Williams, Resident Council Secretary



Resident Council Meeting

Thursday, October 14
at 10am

*(Zoom ID removed
for privacy)*

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

RESIDENT COUNCIL CONNECTION

EVENTS

Peninsula School District Candidate Forum

Friday, October 15 at 11am via Zoom

(Zoom ID removed for privacy)



Sponsored by the Resident Council

Individuals running for a school board position in the upcoming election will be at Heron's Key for a moderator-led panel discussion. Residents are welcome to submit questions for the candidates in advance to the blue Resident Council mailbox in the mailroom.

The individuals running for a Peninsula School District position include:

- Dist. 2: Linda Ader & Jennifer Butler
- Dist. 5: David Olson & Juanita Beard

City Council Candidate Forum

Thursday, October 21 at 2pm via Zoom

(Zoom ID removed for privacy)



Sponsored by the Resident Council

In July, you heard from City Council candidates running for positions 1 and 2. This month, you'll hear from individuals running for City Council positions 3 and 7 during a moderator-led panel discussion. Residents are welcome to submit questions for the candidates in advance to the blue Resident Council mailbox in the mailroom.

The individuals running for a Gig Harbor City Council position include:

- Position 3: Jim Franich & Brenda Lykins
- Position 7: Seth Storset & Spencer Abersold

Resident Council Candidate Forum

Tuesday, October 26 at 1pm via Zoom

(Zoom ID removed for privacy)

Sponsored by the Nominating Committee

Voting for our new 2022 officers for the Resident Council is coming up soon. The slate of officers includes:

- **President-Elect:** Gee Heckscher
- **Secretary:** Pat Curtis
- **Treasurer:** John Neiswender

During this Candidate Forum, we will introduce the slate of officers who will share their goals and plans.

Voting begins on Friday, October 29, and continues until noon on Wednesday, November 10. When the time comes, you'll place your ballot in the blue box in the mailroom.

LIFE ENRICHMENT

Amy Webb
Executive Director

Karen Rose
Health Services Administrator

Edie Morrison
Director of Nursing

Gayle Robinson
Penrose Resident Care Manager

Norma Allarde
Interim AL Nurse 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

WELCOME, KAREN ROSE!



Karen Rose is joining our team on October 4 as the new Health Services Administrator. Karen earned a Master's Degree in Healthcare Administration and brings 10 years of experience as a health care administrator. Karen started her

health care career as a certified nursing assistant, became a med tech, and worked in medical records and billing before completing the Administrator in Training program in 2010.

Karen stood out to us as someone who truly understands the long-term care and health care environment, as well as the critical importance of supporting a team so they can focus on supporting residents. In fact, during her final interview, Karen shared that she was at work until 8pm the night before because the Cisco delivery was late and she was helping her team get things in order so they would be prepared for morning breakfast service.

When checking references, here are some of the comments that were shared:

- "Karen started as a CNA. When I met her, she was the ED of that very same facility."
- "Karen produces results that other people can't."
- "Karen is the most diligent, focused person I've ever met in this industry."
- "Karen is an amazing administrator, very respectful, compassionate and always kept us informed. Patient care is her number 1 priority."
- "Karen slept in the building during the snowstorm to be sure residents were well cared for."
- "She is always the first to arrive and last to leave despite the commute (this was when she was commuting from Yelm to Federal Way)."
- "She is very engaged with staff, a strong team builder, fair and consistent."
- "She is easy to talk to. I always felt like I could approach her on anything."

Welcome

Heron's Key IL Fitness Class Benefits							
CLASS	Strength	Flexibility	Balance	Cardiovascular	Endurance	Class Time	Days of the Week
Bodies In Motion				✓	✓	11:00AM	M / W
Gentle Yoga		✓	✓			8:00AM	M / W
Interval Training	✓			✓		11:00AM	T / F
Morning Moves		✓	✓			9:00AM	M / W
Neighborhood Walk				✓	✓	10:00AM / 1:00PM	Th / F
Strength and Stability	✓		✓	✓	✓	9:00AM	T / Th
Stretch and Balance		✓	✓			10:00AM	M / T / W / F
Tai Chi		✓	✓			9:30AM	Sa
Total Body Circuit	✓				✓	9:00AM	M / F
							45 Minutes

HERON'S KEY FITNESS CLASS BENEFITS

You might have heard the recommendation that we need at least 150 minutes of exercise per week to reap the benefits it provides. Breaking that statement down into areas of fitness will give you a better, well-rounded approach. For example, if we only stretched for 150 minutes a week, we would lack cardiovascular (heart) health, muscle strength, muscle/cardiovascular endurance, and mobility. We would only be targeting our flexibility.

Continually challenging ourselves in all areas of fitness is what helps us maintain or improve our lives. Knowing which class or exercise you partake in will help with being well-rounded and save you time in the end. The Fitness team created the chart to the left with that question in mind. If you have any questions about these areas of fitness, please call a Fitness Specialist at 253.313.0781.



SELF-MYOFASCIAL RELEASE CLASS (SMR)

This is a new 30-minute class 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:

October 19, 21, 26, and 28 at 3:30pm (M-S)

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

INTEREST GROUPS

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

EVENTS

FISH Food Drive

October 4–11 (CL)

Sponsored by the Volunteer Committee

FISH Food Bank & Community Services is a local organization that believes in the principle of neighbors helping neighbors. Support your community by donating any of the goods listed below. Items needed include:

- Pasta sauce
- Canned vegetables
- Fruit juice
- Paper towels
- Toothpaste
- Baking mixes
- 5-lb. bags of flour
- 5-lb. bags of sugar
- Cereal
- Mac and cheese
- Hamburger Helper
- Cooking oil
- Laundry soap
- Dish detergent
- Shampoo
- Feminine hygiene products

There will be a box for donations in the Clubhouse Lobby. Please do not donate expired goods. To donate money, please make a check out to Gig Harbor Peninsula FISH and place it in the Resident Council's blue box in the mailroom.

Fleece Day

Wednesday, October 27, from 1-3pm (M)

Sponsored by the Volunteer Committee

The Volunteer Committee is bringing back Fleece Day! We will spend the afternoon making fleece hats and scarves 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 so we know how many electrical outlets we need. Come and have fun helping others!



SUPPORT THE BENEVOLENCE FUND

Announcing: Benevolent Threads

Order Heron's Key Apparel Online

October 10-19

You are invited to order a variety of apparel with the Heron's Key logo for a limited time: October 10-19.

Items include men's and women's polo shirts, vests, jackets, and hats.

This is a fundraiser for the Benevolence Fund, spearheaded by Kay Hess.

For those who aren't comfortable ordering and paying online, assistance is available; contact Kay.

This is a one-time opportunity to treat yourself, your neighbors, family, and friends. The apparel makes great holiday gifts!

Watch your KeyNotes for more details.

Our Second Heron's Key Benevolent Buys Sale

Tuesday, November 2 in the Maritime Room

⇒ 9–11am: Staff Shopping

⇒ 11am–2pm: Residents and Staff Shopping

Now: Get ready for winter by letting go of clutter and unneeded furniture, kitchen items, artwork, small appliances, jewelry, and artwork. Donation forms are in the mailroom. The deadline for submitting items that need to be transported by our team is October 15.

Then: Come shop at 11am on Tuesday, November 2. Be prepared to find great treasures for yourself and for holiday gifts.

All proceeds go to the Benevolence Fund.



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

Text the word
Heron'sKey to
###.###.####
to receive text
reminders about
many events on
campus.

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



EMPLOYEE OF THE MONTH:

Nate Coots, Dietary Aid

Nate was nominated two months in a row by two different people because he is a hard worker. Nate has also helped tremendously during staffing shortages.

MOVIE NIGHT

FRIDAY MOVIES 7pm in the Maritime

October 1: *Gambit* (PG-13 for some suggestive content, partial nudity, and a rude gesture, 2012)

In this remake of the 1966 caper flick, London art curator Harry Deane seeks revenge on his abusive boss and plots to con the wealthy man into buying a fake Monet. But, Harry needs an accomplice—and finds one in an eccentric Texas rodeo queen.

October 8: *Election* (R for strong sexuality, sex-related dialogue and language, and a scene of drug use, 1999)

Tracy Flick appears to have the election for student council president sewn up until one of her teachers, Mr. McAllister, rounds up a worthy opponent: a popular and naïve varsity football player whose knee injury has him sidelined for the season. Tracy is desperate to win the race at any cost. But, Mr. McAllister is just as determined to see Tracy, a textbook overachiever, soundly defeated.

October 15: Movie Appreciation Night: *Patch Adams* (PG-13 for some strong language and crude humor, 1998)

After spending time in a mental institution, Hunter "Patch" Adams decides to become a doctor based on his light-hearted hypothesis that introducing patients to humor will significantly improve their quality of life. We'll have a brief discussion after watching this movie.

October 22: *Magnificent Seven* (NR, 1960)

Fed up with being brutalized and impoverished because of outlaw raids led by a merciless brigand, the besieged citizens of a small Mexican town hire seven American gunslingers to stave off the marauders once and for all.

October 29: *Minari* (PG-13 for some thematic elements and a rude gesture, 2020)

A Korean-American family moves to an Arkansas farm in search of their own American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home.

A Note 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.



LIFELONG LEARNING

If a Lifelong Learning event takes place in the Maritime Room and you would like to join us in person, please register on the Resident Portal as seating is limited to 50 people.

FEATURED EVENT

“Learn How to MAKE THE CALL” with Jay Stricherz

Thursday, October 7 at 1pm (Maritime & Zoom) (Zoom ID removed for privacy)

Have you ever wondered what goes into officiating major college football? Well, Heron's Key residents, find out when Jay Stricherz, retired PAC-12 referee, shares video clips of plays, rules questions, and much more with us. You may even be challenged to MAKE THE CALL.

Jay began his officiating career in 1967 with the Western Washington Football Officials' Association. From 1979 through 2013, he was a referee and head linesman in the PAC-10 and then PAC-12 conferences. He officiated in nineteen bowl games, including the 2006 and 2013 Sugar Bowls, the 1999 and 2011 Fiesta Bowls, and the 1994 and 2009 Cotton Bowls. The 1999 Fiesta Bowl was the first BCS National Championship Game, between Florida State and Tennessee.



Outside of the PAC-12, Jay has officiated at these stadiums: Yankee Stadium, Notre Dame, Michigan, Boston College, Legion Field: AL, Chicago's Soldiers' Field, BYU, the Aloha Bowl, and the Citrus Bowl.

Jay is a native of Enumclaw and a graduate of the University of Puget Sound. He taught and was a principal for decades in the Tacoma Public Schools and at St. Patrick School. He is a past president and current board member of the Tacoma Athletic Commission and a past board member of the Tacoma-Pierce County National Football Foundation. Jay and Wendy, his wife of 47 years, have two daughters.

RESIDENT-LED EVENTS

Lifelong Learning Programming Meeting

Monday, October 4 at 3pm via Zoom

(Zoom ID removed for privacy)



Who Am I?: Heron's Key Residents Reflect on Careers in Nursing

Wednesday, October 6 at 2pm (M)

In nursing school, the student nurse learns to be decisive, identify the problem, weigh all options, and then act appropriately all at the same time. Come and hear about the work history, experiences, and vignettes from retired nurses here at HK. There will be a second panel in 2022. During this event, we will hear from Carol Valentine, Flavia Rodside, Georgia Doane, Mary Lenard, and Pat Backlund.

(Pictured left: Flavia Rodside)

LIFELONG LEARNING

FEATURED EVENT

Professor David Fenner's "Re-Examining the Middle East"

Tuesday, October 12 & 19, from 1-2:30pm (Maritime & Zoom)

(Zoom ID removed for privacy)

Week One: Topics will include an overview of the region, including republics, monarchies, and theocracies. We'll also look at the Imperial and Colonial past, independence and state formation, continued interference/involvement of other powers, and the role of Islam.

Week Two: We'll discuss watershed events, the Abraham Accords, peak oil and climate change, the youth bulge, war-weariness, and the Biden era foreign policy options.



David Fenner is an affiliate faculty member at the University of Washington's Middle East Center, which is providing financial support for David's lectures here. He regularly teaches courses on the Middle East and has led study tours to the UAE, Qatar, and Oman. He is also the lead presenter for the federally funded Bridging Cultures program, a series of professional development workshops for K-12 teachers and first responders in communities with large immigrant populations.

David also lectures for the UW's Osher Institute for Lifelong Learning, and he is the recipient of the UW's 2021 Award for Distinguished Contributions to Lifelong Learning.

In 2008, David founded the World Learning Center in Muscat, Oman. Prior to that, he was the assistant vice provost for international education at the UW (2000-2007). His career included Israel, Uzbekistan, Turkey, Jordan, Oman, and Pakistan. From 1979-82, David and his wife Elisabeth Mitchell served as Peace Corps Volunteers in Oman. They speak colloquial Gulf Arabic.

RESIDENT-LED EVENT

One Day University's "Brain Aging (and What You Can Do About It)"

Monday, October 11 at 7pm (M)



Aging is associated with subtle declines in some cognitive abilities but not others. As we age, we become a little more forgetful, we get distracted more easily, and we can't process information quite as quickly as we once did. At the same time, world knowledge, emotional processing, and what's sometimes called "wisdom" tend to remain stable, or even improve, with age. Why is that?

In this talk, Professor Thad Polk, a leading researcher on the neuroscience of aging, will address that question by explaining what happens to our brains as we age. In addition to discussing specific brain regions whose function tends to decline with age, he'll also present evidence that our brains reorganize themselves in order to compensate for age-related declines so we can continue to function as effectively as possible as we get older. Finally, he'll describe some scientifically verified approaches that can help you and your brain age a little more gracefully. Join fellow residents for a group viewing of this ODU archived video, followed by a brief discussion.

If a Lifelong Learning event takes place in the Maritime Room and you would like to join us in person, please register on the Resident Portal as seating is limited to 50 people.

RESIDENT-LED EVENT

One Day University Livestream: “A Culinary History of the United States”

Thursday, October 14 at 1pm (M)



In this presentation, we'll reserve a table with award-winning professor Allen Pietrobon as we eat our way (intellectually, of course) through a culinary history of the United States. We'll sample the world-famous American restaurants of the 1890s, then trudge through the Great Depression to see how it affected American cuisine. We'll see how World War II radically changed American eating habits and then push a wonky-wheeled shopping cart through the 1950s "dark ages" of American cuisine, with its cavernous supermarkets peddling frozen TV dinners and Jell-O salads. We'll explore the major "innovations" of processed food manufacturers as they introduced new products to dominate the American kitchen table. Ultimately, we'll see that what Americans were eating over the decades had a major impact on American society, culture, and family time. The saying is "you are what you eat." Can what we eat teach us about who we are as a nation?

FEATURED EVENT

“Gig Harbor Now: Who & What We Are” with Pat Lantz and Jenny Wellman

Wednesday, October 13 at 1pm (Maritime & Zoom)

(Zoom ID removed for privacy)

Gig Harbor Now is a new multimedia news source that has begun delivering a regular flow of news and information through a new portal on the web. Check it out at GigHarborNow.org. The nonprofit news organization is led by a group of volunteers working to strengthen the community and democracy with accurate, objective, and reliable reporting of local news and events. Its model is public journalism rooted in its community's values and interests. It is unbiased and nonpartisan. Washington law governing nonprofit corporations like this requires it, and the team embraces it. Gig Harbor Now envisions a community-supported news source that will be the eyes, ears, and voice of the greater Gig Harbor area. Experienced professional journalists will deliver readable fact-checked stories posted for the whole community. It will tell the stories of important and inspiring work done by residents, businesses, and organizations; encourage and inspire an informed, engaged, and involved citizenry; enhance cultural vitality; entertain; and celebrate the community's meaningful events.



Patricia (Pat) Lantz is the President and a founder of Gig Harbor Now and a lifelong community activist in Gig Harbor. Whether as a new mom volunteering in the school district, a young lawyer chairing the work to create the first Gig Harbor Land Use Plan, a trustee building the public library, a representative in the WA State Legislature, or a WA State Parks Commissioner combating the financial crisis of the Great Rescission, she has sought answers and found solutions. Pat lives on Raft Island with her husband, John. She likes to read, cook, travel, explore, and learn.



Jenny Wellman is a member of Gig Harbor Now's board of directors. A native Texan, she moved with her family to Gig Harbor 12 years ago. She was formerly the executive director of the Gig Harbor Film Festival. She is a member of Midday Rotary of Gig Harbor and serves on the Lodging Tax Advisory Committee for the city. One thing she has learned from living in several new communities is to get involved immediately. Local news is essential to that purpose, hence her involvement with Gig Harbor Now.

LIFELONG LEARNING

FEATURED EVENT

“The Oval Office and the Box Office: Election Movies”

with Film Historian Lance Rhoades

Tuesday, October 26 at 7pm (Maritime & Zoom)

(Zoom ID removed for privacy)

Political campaigns, righteous causes, stirring speeches, heated debates, back-room dealings, and other shenanigans... Elections are ripe dramatic material for the movies. Whether skeptical or hopeful, historical or hypothetical, election movies let us think through our ideas about leaders and the democratic process. Join Lance on a multi-media whistle-stop tour of memorable moments in election movies.



Lance Rhoades has taught in the University of Washington's Cinema Studies, Comparative History of Ideas, Ethnic Studies, American Indian Studies, and Comparative Literature Departments, and was a recipient of the university's Excellence in Teaching Award. Rhoades regularly presents talks throughout North America, Asia, and Europe on cultural history in film. Each year, he teaches a course in the humanities at the

Massachusetts Institute of Technology. He is a three-time featured scholar with Humanities Washington's Speakers Bureau, has served as Director of Film Studies at the Seattle Film Institute, as a faculty member of the Pacific Northwest Film Scoring Program, and as a program director for the Mercer Island and Newcastle Arts Councils. *Jointly sponsored with Performing Arts.*



RESIDENT-LED EVENTS

Andy Mauro's Nature Walk—Friday, October 15 at 9am (Meet in CL)

Wordplay 2.0—Wednesday, October 27 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, a reboot from summer 2020. Examples of segments are Wacky Wordies, normal and reverse; paraprosochians; alternate definitions of common words; and matching wits with Will Shortz. There are multiple hosts and fun for all!

Reading Aloud with Gee Heckscher and Your Neighbors—Thursday, October 28 at 1pm via Zoom

(Zoom ID removed for privacy)

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? This program resumes after an August break. To volunteer to read something you'd like to share, please contact Gee.

WELLNESS: PERSONAL PREPAREDNESS MONTH

PUTTING YOUR DISASTER PREPAREDNESS PLAN ON PAPER

Heron's Key has a disaster preparedness plan. Do you? When a disaster strikes, you might not have much time to take action. Creating a personal disaster preparedness plan and reviewing it regularly is empowering and can help reduce anxiety if the unthinkable occurs.



The “Disaster Preparedness Resources” tab on the Resident Portal’s “Videos, Presentations & Resources” page has guides and worksheets that will help you plan for a disaster, create an emergency communication plan, safeguard critical documents and valuables, and prepare your pets. We recommend:

- Downloading and reading the documents
- Printing the guides you find helpful
- Printing and filling out the worksheets in the guides
- Keeping the printed documents with your preparedness kit so they’re easily accessible if a disaster occurs

While you live in a fantastic community that has taken many steps to ensure your safety and peace of mind, preparedness is a personal responsibility in many respects. From knowing where to meet up with loved ones in the event you’re separated to ensuring you have essentials on hand, these basic guides from the American Red Cross and FEMA will help you organize the details that will aid in the recovery process.

Official Participant

Join Us

in the
World's Largest
Earthquake Drill.



DROP! **COVER!** **HOLD ON!**

October 21
9am



See page 17 for more on the Great ShakeOut

Protect Yourself During Earthquakes!

IF POSSIBLE	 DROP!	 COVER!	 HOLD ON!
USING CANE	 DROP!	 COVER!	 HOLD ON!
USING WALKER	 LOCK!	 COVER!	 HOLD ON!
USING WHEELCHAIR	 LOCK!	 COVER!	 HOLD ON!



www.EarthquakeCountry.org/disability

WELLNESS: PERSONAL PREPAREDNESS MONTH



Emergency Preparedness seems to be a topic we are either enthusiastic about or would rather not be confronted with at all. The reality is we all need to take steps to be personally prepared in the event of a disaster. Failing to do so places an unnecessary burden on neighbors, friends, or others who will need to come to your aide. We all hope we never face a catastrophic disaster, but this is not within our control. What is within our control is having a plan and the necessary supplies to make it through.

Step #1: Familiarize Yourself with Heron's Key Response Protocols

A. Emergency Preparedness Seminar—Tuesday, October 5 at 1pm via Zoom

(Zoom ID removed for privacy)

Sponsored by Heron's Key

Join us for the Heron's Key Emergency Preparedness Seminar to become familiar with our emergency protocols. If you didn't previously attend or would like a refresher, join Dave Charbonneau, Director of Facilities, for a review of:

- Emergency response for IL residents
- Earthquake preparedness
- Fire evacuations
- Power outages
- Hygiene

B. Pick Up Your Door Hanger at the Concierge Desk

After a disaster (e.g., earthquake), one of the simplest, quickest ways you can let us know if you are safe or require assistance is by placing the "I'm Okay / Need Help" door hanger on your front doorknob. If you do not already have the door hanger, we encourage you to pick one up at the Concierge Desk and keep it accessible.



C. Prepare Your Freezer Pouch



Every resident is provided with 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.

Suggested Critical Documents:

- Advanced health care directive (preferred) or Physician Order for Life-Sustaining Treatment (POLST) form (optional); see page 15 of Appendix A in the Resident Handbook for more information
- Updated list of medications, known allergies, and health conditions
- Emergency contacts
- The location of your important original documents (e.g., will, POA)
- Your "Friend Tree" (see next page)

WELLNESS: PERSONAL PREPAREDNESS MONTH

D. Who's Your Buddy? Create a Friend Tree

A form titled "My Emergency Friend Tree" with a header "Updated On: [] Copy Sheet to ME [] Copy Sheet to Friends". It has a section for "My Name" and "Residence #". Below this, there are two columns for "Buddy #1 (Share with me)" and "Buddy #2 (Share with me)". Each column has fields for Name, Address, Phone #, and Email #. There are also checkboxes for "I have a copy of this form in my home" and "I have a copy of this form in my car". At the bottom, there are four checkboxes for "I want to be contacted about my location" and "I want to be contacted about my location" for each buddy.

A visit to the emergency room may seem overwhelming and confusing. Many find it is beneficial to have someone who can bring your important belongings (e.g., wallet, eyeglasses), take notes, ask questions, and ensure an emergency contact is being notified. To help you identify your support network, Resident Services created a form called “Emergency Friend Tree.” Once completed, put a copy in your freezer pouch, give one to each friend you listed, and provide a copy to the Concierge Desk so we know who will support you during a health emergency.

Step #2: Earthquake Drill

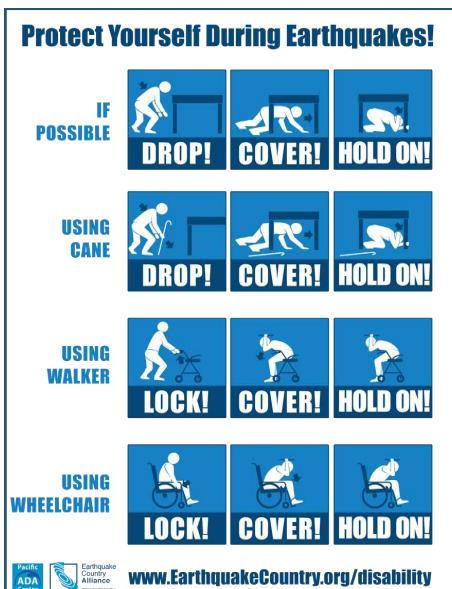
COVID Smart Great ShakeOut for IL Residents

Thursday, October 21 at 9am

This earthquake drill provides staff and residents with an opportunity to practice our earthquake response. Whether you are in your residence, a fitness class, or a common area at 9am, practice your earthquake response in that particular room.



If you are in your residence during the drill, help us practice by placing your “I’m Okay / Need Help” door hanger on your door. Our Independent Living emergency preparedness volunteers will be practicing their role in checking on neighbors and radioing that information back to the Incident Command Center.



Step #3: Obtain Personal Emergency Supplies: Food & Water

Emergency Preparedness Fair—Friday, October 22 from 3-5pm (M)

Heron's Key has emergency water and food supplies for residents of Penrose Harbor and the staff serving those residents. Heron's Key does NOT store emergency water and food supplies for Independent Living residents. This is your personal responsibility in a disaster. Pierce County recommends being prepared with non-perishable food items and other supplies for a 5- to 14-day period.

From the “bucket list” to backpacks, you’ll see examples of preparedness supplies and gain a better understanding of how you can proactively prepare your household for a natural disaster.



Tip for Pet Owners: Your pets will count on you during a disaster. When building your emergency kit, include supplies for your pets (e.g., food, food and water bowls, leash, blanket, treats, cleaning wipes, collar, veterinarian’s phone number, reflective collar, medications, waste bags, etc.). (Graphic: FEMA)

A HEALTHY BRAIN IS KEY TO SUCCESSFUL AGING AND A LONG HAPPY LIFE

An essay from the book *The Thomasians 2018 Diamond Jubilarians*

by Resident Josefina del Mundo Vallarta, M.D.



The amazing complexity and plasticity of the human brain structure have been shown in neuroimaging studies by neuroscientists. It is estimated that there are 100 billion neurons and 50 trillion glial cells that help neurons make connections, promote their health and function. Each neuron has projections: a single axon and as many as 100,000 dendrites which form networks of neurons that communicate without the need to touch one another. A single neuron has the capability to connect with one to as many as 10,000 other neurons via its axons and dendrites, up to 40 quadrillion connections! Electrical signals carrying bits of information travel throughout a network of neurons at speeds of 9 and 400 feet a second that can reach more than 200 miles an hour. Chemicals called neurotransmitters are released in tiny spaces called synapses where matching receptor sites initiate a new electrical signal. Key neurotransmitters are acetylcholine, dopamine, glutamine, serotonin, norepinephrine, endorphin and GABA. They have different functions that result in our consciousness, actions, thoughts, emotions, perceptions, memories, behavior and the executive functions of the frontal lobes. All this activity requires energy. The brain only weighs 3 lbs. but it uses about 25 % of the body's blood sugar and oxygen.

LIFELONG NEUROPLASTICITY: Since neurons connect without touching, they change how they work and wire together forming new networks as we have new experiences and thoughts. As we think and learn, new neural circuits are formed in our uniquely human cerebral cortex. Scientists have discovered that the brain, can grow new connections when challenged and stimulated. Neuroplasticity is very high during fetal development and the first four years of life. It continues all life long, even in the aging brain. The wisdom of age and experience leads to wise judgment and conclusion. It is never too late to improve your brain health through diet, physical and mental exercises, lifelong learning and avoiding the risks of disease, injury and disability. A healthy brain increases your chances of having a rich and happy long life. Your brain health is the most powerful indicator of how long you will live and enjoy a successful, rewarding and happy life!

BRAIN FITNESS: A healthy brain requires cognitive fitness which is a measurement of brain functions in five arenas: attention, perception, thinking, memory and language. Cynthia R. Green, Ph.D., a leading expert in memory, wellness and brain health, recommends "brain healthy living in 10 steps: 1. Get regular exercise. 2. Eat a healthy, balanced diet and maintain a healthy weight. 3. Stay on top of your health and use medications wisely. 4. Get a good night's sleep, avoid risky behaviors and stress. 5. Play timed games to stay sharp. 6. Use simple memory strategies to enhance your daily recall. 7. Keep your mind engaged in new activities and challenges. 8. Be social. 9. Work or volunteer to stay intellectually and socially engaged. 10. Think positively and practice the power of positive thinking." Dr. Cynthia Green is the founder of "Total Brain Health" training programs that provide memory wellness and brain fitness. Visit www.totalbrainhealth.com to learn more about brain fitness.

Aerobic exercises that increase your heart rate and get you sweating increase the blood oxygen and glucose to your neurons. Exercise reduces the risk of coronary artery disease, diabetes, hypertension and physically changes the brain. Exercise increases the density of blood vessels in the motor cortex and cerebellum. Factors that decrease blood flow to the brain are nicotine, dehydration, caffeine, drugs and alcohol. Studies have shown that people who sleep less than 6 hours per night have decreased blood flow to the brain. Lack of sleep impairs memory, mood and cognitive functions. Resveratrol in red wine and red grapes protects blood vessels and may be beneficial for the brain. Studies of elderly adults showed that those with high cortisol levels from long-term exposure to stress did worse on memory tests than those with low levels of cortisol. The high cortisol group also had smaller hippocampi, the seat of memory. Children exposed to high-stress environments have difficulty paying attention and learning. A diet rich in fish, shellfish and fish oil with omega-3 fatty acids has been shown in multiple studies to keep the mind sharp and lower the risk of dementia and depression. Fruits, vegetables and other plant-based foods rich in antioxidants prevent damage to neuronal DNA by free radicals. Too much glucose subjects the brain to oxidative stress and inflammation, aging the brain prematurely. Research at Columbia University showed that even moderately high levels of blood sugar can reduce blood flow to the hippocampus. Abdominal fat actively releases damaging inflammatory cells and hormones in the bloodstream and reduces insulin sensitivity. A 2008 study by Kaiser Permanente researchers showed that obesity and a big abdomen increased the incidence of dementia three times. Research has shown that mental activities such as building your word skills, increasing your vocabulary, word games, reading, writing, using resources available online to obtain information and communicate with your family and friends may reduce your risk for serious memory impairment by as much as 26%. Vitality and happiness are mental states associated with positive feelings that your life has meaning and going smoothly and that you enjoy living. A healthy social life is crucial to vitality. Happiness releases neurotransmitters that increase and strengthen neural circuits even after the moment of joy passes. Laughter is truly a form of medicine. **LIVE, LEARN, LOVE, LAUGH and ENJOY!**

MIND MATTERS RETURNS IN OCTOBER

Fridays at 1pm (M)



Mind Matters is a weekly class for anyone who wants to exercise their brain to improve memory and slow down the natural process of memory loss. Theresa Broxton, who leads the class, is a certified cognitive stimulator instructor who teaches brain exercises in a fun way that involves a lot of laughing, thinking, and playing.

NURTURING THE SOUL

HELPING NEIGHBORS THROUGH DIFFICULT TIMES

Suzi Entwistle, Spiritual Wellness Coordinator

"All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver." —Fred Rogers



One of the most common reasons people choose to live at Heron's Key is for community. From what I have witnessed, this community really knows how to care for each other in deep and meaningful ways. It is seen in acts of service and kindness everywhere.

At the same time, I have heard from many residents about how they want to help their neighbor through a difficult time, but sometimes struggle with knowing what to do or how to help. Here are some ideas to get you started; hopefully they will spark ideas of your own:

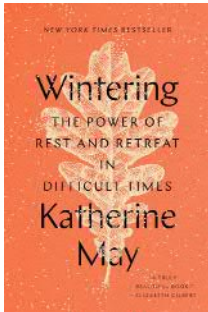
- **FOOD:** Whether it's providing a whole meal, some freshly baked cookies, or sharing some tea in the afternoon, food and drinks provide hospitality, express generosity, and are ways to show you care by meeting the most basic of needs. You can offer to pick up groceries next time you are at the store or ask someone to join you for a meal at Syren's Grille.
- **EXERCISE:** Getting our bodies moving is good for our body, mind, and soul. Ask the person in question to join you for a yard game, go for a walk together, or invite them to a class they may not have tried before (or maybe neither of you have tried before).
- **HOME:** Offer your services of cleaning, organizing, or sorting through things. I hear from many residents that they "just need to get this paperwork done," but have a hard time getting motivated to do it. Perhaps you help them with theirs or you both bring your own paperwork to the table, put on some music, and knock it out together.
- **PLAY:** Go on an adventure together. Explore Gig Harbor (or beyond). Watch the sunset or check out a new restaurant. Do they have a hobby they enjoy doing? Join them in it and learn something new. Or, invite them to join you in a hobby you like. Find ways to play that aren't about expectations, but add spark and interest to an otherwise dull day.

Whether you do some or none of these things, notice what works for the person you are serving. Are they quiet? Active? Social? Reserved? Try to find a way that utilizes your gifts, strengths, and interests while also attending to their unique needs and personality. As Fred Rogers says in the quote above, we all have "something valuable to bring this world, as a giver or receiver."

Suzi

NEW: INTEREST GROUP SPOTLIGHT

Heron's Key has many activities and events going on throughout the month. The Spiritual Wellness department will highlight one spiritual-care-focused group each month as a reminder of their offering to our community. Last month we highlighted the Cancer Support Group.



BOOK CLUB: WINTERING

Weekly on Thursdays at 10am via Zoom

- Starts: Thursday, October 7
- Ends: Thursday, November 11

SILENT STROLL: NOW OFFERED MONTHLY

Tuesday, October 19 at 11am (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.

About the Silent Stroll:

Slowing down and becoming quiet can help us notice all the little miracles happening around us, like the blossoming of a flower, the buzz of an insect, or the light falling across a stone.

Sponsored by the Mindful Meditation group and the Spiritual Wellness Focus Group, we will gather in the Clubhouse Lobby and stroll quietly together, enjoying the beauty of life as it is in the moment.

All varieties of mobility are welcome, including walker, wheelchair, and scooter users.

The simple joy of being together with nothing to do except enjoy the world and one another can refresh our spirits and quietly connect us.

Please come if you are intrigued.

Please refer to the Clubhouse calendar or Resident Portal for future Silent Stroll dates.



SPOTLIGHT GROUP OF THE MONTH: BIBLE STUDIES

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
- **Women's Bible Study:**
Betty Holt
- **Men's Bible Study:**
Randy Valentine

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

UPCOMING EVENTS

EVENTS



Birthday Celebration

Wednesday, October 27 at 3pm (SP)



Halloween Social

Friday, October 29 at 4pm (SP)

Join your neighbors to celebrate the season. Costumes are encouraged, but optional.



2022 Budget Presentation with CFO Matt McArthur & Executive Director Amy Webb

Thursday, October 28 at 11am via Zoom
(Zoom ID removed for privacy)

Join Matt and Amy on Zoom as they review the budget for 2022.



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



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

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, October 19: 8am-1pm

253.857.6166

Dr. Nellermoe, Podiatrist

253.627.4181

Sound Dental Care

Mobile Dental Hygienist

206.745.3808

Harbor Audiology & Hearing Services

253.851.3932

Penrose Harbor on Oct. 20 (9-11am)

Alan Anderson, D.P.D., Denturist

253.588.2721

Three Services from VillagePlan

(Formerly Sound Options)

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 October 13 and 27 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.



COVID-19 VACCINE & BOOSTER SHOT CLINIC

New Date, Time, and Location to Be Announced Soon

The original vaccine clinic event scheduled for October 4 is postponed.

We are actively working to secure a different provider and will notify you of the new clinic details via KeyNotes as soon as we receive confirmation.



DINING SERVICES

Find the latest menus and hours on the Resident Portal.



OKTOBERFEST CONTINUES THROUGH OCTOBER 3

The celebrations continue for the last few days of Oktoberfest. Stop by the host desk on October 1st and 3rd for your special treat (while supplies last).

OCTOBER BINGO: OCTOBER 1-31

Pick up your bingo card from the host stand and connect four squares in any direction to receive a special treat on us. Every day, we will post at random the special square of the day on the Portal and at the host stand. Match four squares in a row and return your bingo card to the host stand for a special treat. Play as many times as you would like. Valid October 1 to October 31.

VIRTUAL CHEF'S DEMO: APPLE BUTTER

Wednesday, October 20 at 1pm via Zoom (*Zoom ID removed for privacy*)

Join us for a special culinary demonstration fitting for the season and National Apple Month: apple butter. Purchase a kit to make apple butter at home for just \$5. The kit includes the recipe, a mason jar, and apple butter ingredients, and we'll deliver it to your residence on the day of the demo. Call 253.313.0797 to reserve your kit today. The purchase of a kit is not necessary to join us on Zoom for the demonstration.

GET A HALLOWEEN TREAT ON SUNDAY, OCTOBER 31

Come in costume to pick up your to-go meal and receive a sweet and festive treat on us!

HOLIDAY OFFERINGS COMING SOON

The Dining staff is planning the holiday offerings. You'll find a list of dishes in a KeyNotes publication toward the end of the month.



OPTIONS FOR ENGAGING OVER COFFEE

- **Coffee Connections:** Monday, Tuesday, Thursday (9-10am)
Free black coffee and tea are available; self-serve in Syren's Grille
- **Benevolent Brew:** Wednesday, Friday, Saturday (8-10am) in Syren's Grille
Hosted by resident volunteers, the purchase of drinks and pastries supports the growth of the HK Benevolence Fund