

October 2023

# Heron's Flight

Taking Community News to New Heights

## Personal Preparedness

Empower your resilience



Emergency Preparedness  
Checklist

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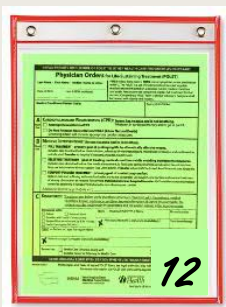
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Get a  
**FLU**  **SHOT**  
 not the flu 23



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

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

Facilities, Director

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

## ARE YOU READY?

While Heron's Key takes numerous ongoing steps to prepare the campus and its staff members for a disaster, it's vital that you take action to prepare as the unthinkable can happen at any time. Being ready can help reduce the impact of a disaster and speed up recovery efforts. We encourage you and your neighbors to follow the preparedness-related tips offered in this newsletter and participate in upcoming events (e.g., the Emergency Preparedness Seminar). **The better prepared we are as a community, the more resilient we'll be when the unexpected occurs.**

## 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.

## GROCERY DELIVERIES AT HERON'S KEY

There is no denying the convenience of grocery deliveries. If you take advantage of this service, **please instruct the delivery person to take your purchase to your door rather than the Concierge Desk.** The area at the front desk lacks storage space and is not equipped to keep food at a safe temperature.



## AGEISM AWARENESS DAY: OCTOBER 7

*"Ageism is prejudice against our future self."*

— Todd Nelson, *Journal of Social Issues*, 2005

According to the American Society on Aging, ageism is one of the most widespread, socially accepted form of prejudice, and many internalize the stereotypes at a young age. What examples of ageism do you see in everyday life?



On Ageism Awareness Day, October 7, take a moment to consider how you treat and think about other older adults and how you want to be thought of as you age so we can reframe how we talk about aging and older people in a society where ageism is pervasive.

## SIGN UP FOR TEXT MESSAGE ALERTS

Text 888.449.0214

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



# RESIDENT COUNCIL CONNECTION

## A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY


*“The best time to plant a tree was 20 years ago. The second best time is now.” Chinese Proverb*

September was National Preparedness Month, sponsored by the Federal Emergency Management Agency (FEMA). FEMA has a website called Ready.gov, which contains extensive information and links to valuable resources to help individuals prepare for a variety of emergencies caused by natural disasters. In recent years, FEMA has announced a theme for National Preparedness Month, and this year, the theme is focused on helping older adults prepare for disaster. Find information focused on specific risks and the needs of older adults at [Ready.gov/older-adults](https://www.ready.gov/older-adults).

This month’s *Heron’s Flight* contains information about how to prepare for and respond to an emergency, particularly one precipitated by an earthquake. Our Emergency Preparedness Committee continues its efforts to inform us on these matters and train and equip a group of volunteers to provide aid and comfort to residents in the event of a disaster. Throughout October, look for a resource table in the Clubhouse Lobby set up by this group on Thursdays with information and resources to help us plan for and be safe during emergencies.

Another good source of information you can access before, during, and after a disaster is the FEMA mobile app. Download the app from the App Store (iOS devices) or Google Play (Android devices) and set it up to receive information for the 98332 zip code or other zip codes. Please take a moment to download this app on your phone or other device. If you need help, stop by the Computer Help Desk in the Clubhouse Lobby on Wednesday mornings between 10 am and 12 pm for assistance.

— Pat Curtis, Resident Council Secretary



**Resident Council Meeting**

Thurs., Oct. 12  
at 10am  
(M & HKTU 370)

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



**PERSONAL PREPAREDNESS MONTH**

Prepare today for tomorrow's unknown.

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

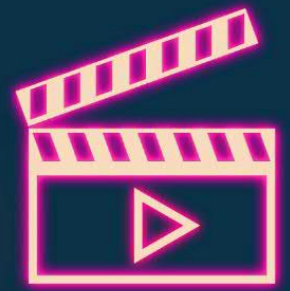


Resiliency and strength spring out of a solid foundation of support given to us from friends, neighbors, family, and trusted providers. Janet Pomeroy, licensed mental health counselor, provides an open and trusting forum to listen, guide, and affirm as you navigate life’s hardships and joys. Janet is accepting appointments, which she can conduct in your home or in a private office in our ground floor Health Services Clinic. Meetings at her Tacoma office are also available.

Call 253.756.5007 for appointments and rates.



# Movies in the Maritime



See the Resident Portal for movie descriptions.

## Friday Night

### Movies

7pm (M)

Sponsored by Resident Services

- Oct 6 – *The Impossible*  
(PG-13, 2012)
- Oct 13 – *San Andreas*  
(PG-13, 2015)
- Oct 20 – *Practical Magic*  
(PG-13, 1998)
- Oct 27 – *Beetlejuice*  
(PG, 1988)

## Sunday

### Movie Dates with Scott

5:30pm (M & HKTU 370)

Sponsored Performing Arts

- Oct 1 – *A View to a Kill*  
(PG, 1985)
- Oct 8 – *Bicentennial Man*  
(PG, 1999)
- Oct 15 – *The Living Daylights*  
(PG, 1987)
- Oct 22 – *Along Came Polly*  
(PG-13, 2004)
- Oct 29 – *An American in Paris*  
(NR, 1951)

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



# LIFE ENRICHMENT

## THIS IS A TEST. THIS IS ONLY A TEST.

FEMA, in coordination with the Federal Communications Commission (FCC), is conducting a nationwide test of the Emergency Alert System (EAS) and Wireless Emergency Alerts (WEA) on Wednesday, October 4, at about 11:20am. The WEA portion of the test will be directed to all consumer cell phones. The EAS portion of the test will be sent to radios and televisions. In Penrose Harbor, we are taking measures to minimize the noise the tests may produce.



The purpose of the October 4 test is to ensure the systems continue to be effective means of warning the public about emergencies, particularly those on the national level. If the October 4 test is postponed due to widespread severe weather or other significant events, the backup testing date is October 11. Learn more at <https://tinyurl.com/rnct65j5>.

## THE FUN DOESN'T HAVE TO STOP AFTER HOURS

Before leaving for the day, the Life Enrichment team sets up evening activities that residents and their families may enjoy. These activities include:



Playing board games



Assembling puzzles



Exercising your creativity



Watching a movie

Have friends or family visiting?  
Feel free to enjoy these recreational opportunities.



## 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

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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

### Fly Fishing at Trophy Lake & Lunch at Dry Fly Café in Port Orchard

Monday, October 2, from 9:30am-2pm | Sponsored by Resident Services

Fly fish at Trophy Lake and eat lunch at the Dry Fly Café. The fly rod and other fly fishing equipment are included in the price, but you will need to bring appropriate clothing and any personal equipment desired. When we arrive, golf carts will drive you to your fishing location. **Register on the Resident Portal by Friday, September 29, at 3pm.**

### Trip to Oktoberfest NW in Puyallup

Friday, October 6, from 11:30am-5:30pm | Sponsored by Resident Services

Celebrate Oktoberfest at the Washington State Fairgrounds. Expect to stroll and stand on flat terrain that is accessible to those using walkers, scooters, or wheelchairs. **Register on the Resident Portal by Monday, October 2, at 3pm.**

### Seattle Rep Theatre: Passengers

Wednesday, October 11, from 12:15-6:15pm | Sponsored by Performing Arts

**Purchase your own tickets at <https://tinyurl.com/yc3k>.** Your train is about to depart the station, and a cirque spectacular awaits. Through contemporary dance, music, and extraordinary acrobatics, a breathtaking series of vignettes tells the unique stories of reunions and goodbyes from the strangers surrounding you onboard. **Register on the Resident Portal by Monday, October 2, at 3pm.**

### Lunch, Bowling & Golfing at Tower Lanes Entertainment Center in Tacoma

Thursday, October 12, from 11:30am-3:30pm | Sponsored by Resident Services

**Register on the Resident Portal by Friday, October 6, at 3pm.**

### Symphony Tacoma: Classics I: Rhapsody!

Saturday, October 14, from 6:45-10:30pm | Sponsored by Performing Arts

**Purchase your own tickets: <https://tinyurl.com/274pbyay>.** The program features Boulanger's *D'un Matin du Printemps*, Rachmaninoff's *Rhapsody on a Theme of Paganini*, Ravel's *La Valse*, Strauss's suite from *Der Rosenkavalier*, and soloist Fisher Career Grant. **Register on the Resident Portal by Friday, October 6, at 3pm.**

### Tacoma Little Theatre: Misery

Friday, October 27, from 6:45-10:30pm | Sponsored by Performing Arts

Stephen King's award-winning novel comes to life on the stage. After a famous author is rescued from a car crash by a fan of his novels, he comes to realize that the care he is receiving is only the beginning of a nightmare of captivity and abuse. **Register on the Resident Portal by Wednesday, October 4, at 3pm.**

## OPPORTUNITIES TO DINE & SHOP

### Gig Harbor Library

Tuesday, October 3, at 10am

**Register on the Resident Portal by Sunday, October 1, at 3pm.**

# OFF-CAMPUS EVENTS

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## Breakfast Outing: Amelia's in Bremerton

Thursday, October 5, at 8:30am

**Register on the Resident Portal by Tuesday, October 3, at 3pm.**

## International Tastings: Freighthouse Square in Tacoma

Tuesday, October 10, from 11am-1:30pm | *Sponsored by International Tastings Food Group*

Eat lunch at Freighthouse Square, a stripped-out old freight house home to a food court with various international cuisines, including Indian, Mexican, Persian/Greek, Thai, fish and chips, and Vietnamese. **Register on the Resident Portal by Sunday, October 8, at 3pm.**

## Men's Lunch: WildFin American Grill in Tacoma

Monday, October 16, at 11:15am

**Register on the Resident Portal by Saturday, October 14, at 3pm.**

## Frozen Treat Trip: Medzo Gelato in Tacoma

Friday, October 20, at 1:30pm

**Register on the Resident Portal by Wednesday, October 18, at 3pm.**

## Women's Lunch: WildFin American Grill in Tacoma

Monday, October 23, at 11:15am

**Register on the Resident Portal by Saturday, October 21, at 3pm.**

## Lunch & Wine Tasting in Silverdale: Bienvenido Spain

Tuesday, October 24, from 12-4:30pm | *Sponsored by Resident Services*

Eat lunch at one of the various restaurants at The Trails at Silverdale and take a private wine-tasting class, "Bienvenido Spain," at Total Wine & More. **Register on the Resident Portal by Monday, October 16, at 3pm.**

## Trip to Artist & Craftsman Art Supply Store in Tacoma

Wednesday, October 25, at 10am | *Sponsored by the Heron's Key Sketchers*

**Register on the Resident Portal by Monday, October 23, at 3pm.**

## Morning Coffee: Jewel Box Café in Tacoma

Monday, October 30, at 8am

**Register on the Resident Portal by Saturday, October 28, at 3pm.**

## Oyster Lovers Club: The HUB

Monday, October 30, from 11am-1:30pm | *Sponsored by Oyster Lovers Food Group*

We return to The Hub at the Tacoma Narrows Airport. Oyster choices include raw, fried, or baked—all are delicious! Sign up on the Portal, and an Oyster Lovers Food Group representative will contact you with the latest pricing.

**Register on the Resident Portal by Saturday, October 28, at 3pm.**



# OFF-CAMPUS EVENTS

## CARPOOL OPPORTUNITIES

### Carpool Event: OysterFest in Shelton

Saturday, October 7, from 10am-6pm

*Sponsored by the Oyster Lovers Food Group*

Mollusks, microbrews, music, and more abound at the annual OysterFest extravaganza in Shelton. This favorite festival draws visitors from all across the world—all in search of the perfect oyster at a venue that's accessible to those who use wheelchairs, walkers, or scooters. The festival features hands-on water quality exhibits, a wine pavilion, Microbrew Stage, and the largest food menu this side of Bumpershoot! **Sign up in the carpool binder at the Concierge Desk.**

### Carpool Event: Quilts Ahoy Quilt Show

Saturday, October 14, from 10am-4pm | *Sponsored by the Key Quilters*

The Gig Harbor Quilters are holding their annual quilt show, Quilts Ahoy, at Swift Water Elementary School (10811 Harbor Hill Drive in Gig Harbor). Residents Tamara Davidson and Marilyn Colyar belong to the Gig Harbor Quilters and will have some of their quilts displayed along with more than 100 quilts created by guild members. **Sign up in the carpool binder at the Concierge Desk.**

### Need Tech Help?

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



**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)**

- 2 – Fred Meyer
- 9 – Met Market
- 16 – Trader Joe's, University Place
- 23 – Fred Meyer
- 30 – Trader Joe's, University Place

#### **Thursdays at 1:30pm** **(30 minutes)**

- 5 – Albertson's
- 12 – Albertson's
- 19 – Albertson's
- 26 – Albertson's

#### **Fridays at 10am** **(60-75 minutes)**

- 6 – Safeway
- 13 – Trader Joe's, Silverdale
- 20 – Albertson's
- 27 – Target

# COMMUNITY ENGAGEMENT

## CONVERSATIONS WITH CANDIDATES

### Peninsula School Board Directors

Thursday, October 5, at 10am (M & HKTU 370) | *Sponsored by the Community Engagement Committee*



*Pictured left to right: Chuck West, Lori Glover, Natalie Wimberly (Not pictured: Jack Mende)*

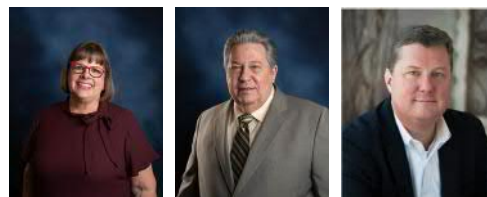
The role of school board directors is increasingly important, and in this election cycle, three of the five seats on the Peninsula School Board will be determined. The board works with the superintendent and district administrators to make decisions affecting each student and family. In this year's election, one seat is contested: Jack Mende has filed to run against incumbent Chuck West. Both Natalie Wimberly and Lori Glover, current board members, are running for re-election. The

Community Engagement Committee invites you to meet the candidates for the school board to hear their challenges, plans, and dreams for the district and its more-than 8,000 students.

### Gig Harbor City Council

Wednesday, October 11, at 1pm (M & HKTU 370) | *Sponsored by the Community Engagement Committee*

"Conversations with Candidates" continues October 11 when those running for City Council will be our guests. Three positions on the Gig Harbor City Council are on the ballot for the November election; one is contested. Vying for a new four-year term will be incumbent Mary Barber, who will face challenger Ed Nadler. Incumbents Le Rodenberg and Ben Coronado are running unopposed for re-election. The City Council is facing a number of challenges as the city continues to grow. Affordable housing, recreation and parks, planning for growth management—all these issues are being addressed and decided at the City Council level. The Community Engagement Committee encourages each resident to meet the people making decisions that will affect every citizen of Gig Harbor.



*Pictured left to right: Mary Barber, Le Rodenberg, Ed Nadler (Not pictured: Ben Coronado)*

## 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 <https://rss.care.HKBookNow>

### Services

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

# 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 regularly reviewing it 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 to 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 if 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.

### Protect Yourself During Earthquakes!

<b>IF POSSIBLE</b>	 <b>DROP!</b>	 <b>COVER!</b>	 <b>HOLD ON!</b>
<b>USING CANE</b>	 <b>DROP!</b>	 <b>COVER!</b>	 <b>HOLD ON!</b>
<b>USING WALKER</b>	 <b>LOCK!</b>	 <b>COVER!</b>	 <b>HOLD ON!</b>
<b>USING WHEELCHAIR</b>	 <b>LOCK!</b>	 <b>COVER!</b>	 <b>HOLD ON!</b>

**Official Participant**

# Join Us

in the  
World's Largest  
Earthquake Drill.

**October 30  
at 10:30am**

[www.ShakeOut.org](http://www.ShakeOut.org)

[www.EarthquakeCountry.org/disability](http://www.EarthquakeCountry.org/disability)

# WELNESS: PERSONAL PREPAREDNESS MONTH

The importance of personal preparedness cannot be overstated. When a disaster strikes, the first person you need to help is yourself before helping loved ones or neighbors, as emergency services and relief assistance organizations may not be able to reach you quickly. Incidentally, it's crucial to prepare today for tomorrow's unknown. Being prepared involves creating an emergency kit, making an emergency plan, being informed, and getting involved. The more who prepare, the quicker the community can recover. At Heron's Key, we offer a handful of resources to help you be better prepared and contribute to the overall readiness of the community.



## FAMILIARIZE YOURSELF WITH HERON'S KEY RESPONSE PROTOCOLS

### Attend the Emergency Preparedness Seminar

Wednesday, October 25, at 1pm (M & HKTU 370) | *Sponsored by Facilities*

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 George Smith, Director of Facilities, for a review of:

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

### Pick Up Your Door Hanger at the Concierge Desk



After a disaster (e.g., earthquake), one of the simplest, quickest ways to 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 (placed inside the front flap of your Resident Handbook binder upon move-in), we encourage you to pick one up at the Concierge Desk and keep it easily accessible near your door.

### 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.

#### **Suggested Critical Documents For Your Freezer Pouch**

- Advanced health care directive (preferred) or Physician Order for Life-Sustaining Treatment (POLST) form (optional); see page 16 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"

# WELLNESS: PERSONAL PREPAREDNESS MONTH

## Who's Your Buddy? Create a Friend Tree

A visit to the emergency room may seem overwhelming and confusing. Many find it beneficial to have someone who can bring their essential 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 the "Emergency Friend Tree" form. Once completed, place 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.

## PARTICIPATE IN THE EARTHQUAKE DRILL

### Do Your Part in the Great ShakeOut Earthquake Drill

**Monday, October 30, at 10:30am**

This earthquake drill allows residents and staff to practice our earthquake response. Whether you are in your residence, a fitness class, or in common areas at 10:30am, **practice your earthquake response within that particular space.**

- ⇒ If you are in your residence, help us practice by placing your "I'm Okay / Need Help" door hanger on your door. Our Independent Living emergency preparedness volunteers will practice checking on neighbors and radioing that information back to the Incident Command Center.
- ⇒ We are looking for resident volunteers who would like to play the role of victim in our drill. If you are interested in participating, please contact George Smith, Director of Facilities, at [GeorgeS@HeronsKey.org](mailto:GeorgeS@HeronsKey.org). This drill gives us all a chance to practice our plan and learn where we need to focus efforts for additional training or resources.

## CHECK OUT THE EMERGENCY PREPAREDNESS RESOURCE TABLE

*Presented by the Heron's Key Emergency Preparedness Committee.*

Visit the resource table in the Clubhouse Lobby each Thursday in October, from 11am to 1pm, for information and assistance as you prepare for the unexpected.

- **Week 1:** Information for Older Americans
- **Week 2:** 72-Hours Ready
- **Week 3:** Financial Preparedness Tips
- **Week 4:** Need Help? / I'm Okay



### **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)*

# FITNESS EXPO

Friday, October 20 (M)

- 9:30am: 1st Floor & Cottages
- 10:15am: 2nd & 3rd Floors



- 11am: 4th & 5th Floors
- 11:30am: 6th Floor

*“Research shows that through an improved understanding of the risks and by carrying out preventative measures, at least 25% to 30% of falls can be prevented.”*

—Jon Pynoos, Ph.D., Co-Director of the Fall Prevention Center of Excellence (FPCE).<sup>1</sup>

The Fitness Expo is an opportunity for you to assess your fitness level based on national standards. If you have participated before, dig out your old records so you can make helpful comparisons. Completing the assessment this year will give you a good direction for accomplishing fitness goals with updated measurements.

There will be five exercise stations throughout the Maritime. Most tests take less than one minute to complete, with a total expected duration of around 15-20 minutes. These tests are compared to a national standard of your sex and age range. The tests selected for the expo have specific fitness focuses: flexibility, mobility, endurance, strength, cardiovascular, balance, and core stability.

- 8-Foot Get Up and Go: Balance, Mobility, Core Stability
- 30-Second Sit to Stand: Strength, Endurance
- Chair Sit and Reach: Flexibility (Lower Extremity)
- Back Scratch Test: Flexibility (Upper Extremity)
- 2-Minute Step Test: Cardiovascular, Endurance, Core Stability, Balance

A tester will write down your score on the tracking sheet provided, and a fitness specialist will help you with any questions concerning your results. With scores in hand, you'll be able to select a fitness activity or approach with the most potential for improving your score the next time. You'll be able to track your progress and see improvement year after year.

Tests such as “Get Up and Go” are selected with a purpose in mind as they measure various aspects of your flexibility, core strength, and balance. Laurence Rubenstein, MD, MPH, is the co-director of FPCE. His research focuses on geriatric fall prevention, and he often uses the “Get Up and Go” test to analyze those who have fallen in the past.

**Join us at this year's Fitness Expo to assess your current fitness level, set goals for improving your health, and target areas of development that will contribute to fall prevention.**

<sup>1</sup>Winter 2008; Successful Strategies for Fall Prevention, By Athan G. Bezaitis, *Aging Well*, Vol. 1 No. 1 P. 28

## HIKE

### Washington Park Arboretum & Lunch at Ivar's Salmon House in Seattle

Wednesday, October 4, from 8:30am-4pm | *Sponsored by Fitness*

The Arboretum is a welcome oasis on the shores of Lake Washington. Jointly managed by the University of Washington Botanic Gardens and the City of Seattle, its 230 acres contain a dynamic assortment of plants, some found nowhere else in the Northwest. Stroll through the Arboretum and discover this beautiful living collection. Celebrate fall in the beautiful Woodland Garden to view one of North America's most extensive collections of Japanese maples. Enjoy the vivid fall colors of sour gum, buckeye, witch hazel, and more. Visit the extensive collection of oaks and related trees. Many were among the first plantings in the Arboretum and now are of magnificent size. We will eat lunch at Ivar's Salmon House before returning to Heron's Key. **Register on the Resident Portal by Monday, October 2, at 3pm.**

- Driving Duration to Arboretum: 45 minutes-1.5 hours, depending on traffic
- Exploring duration: 2.5 hours
- Bathrooms at Park: Yes
- Wheelchair Accessible: Yes
- Footwear: Tennis Shoes or Hiking Shoes
- Extra: Water and Money for Lunch
- Driving Duration Home: 45 minutes-1.5 hours, depending on traffic



## EVENT

### Sound Bathing Experience

Tuesday, October 24, 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's a sound bathing experience led by Katie. We will tap into various areas of wellness and peace of mind with a new approach.

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. Today, sound baths are commonly found in wellness centers and used as a tool for de-stressing and calming the nervous system. Specially tuned sound bowls, chimes, and other therapeutic instruments produce a low-frequency vibration, which can improve sleep health, mood, and blood pressure. In recent years, sound and vibration therapy have even been used to alleviate symptoms of depression, insomnia, PTSD, and even Parkinson's. Please join us on October 24 at 1pm. 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.

# NURTURING THE SOUL

## CREATING A DEMENTIA-FRIENDLY COMMUNITY AT HERON'S KEY WITH SANDY O'BRIEN

Thursday, October 19, at 7pm (M & HKTU 370)

About a year ago, a group of residents participated in a Positive Aging Virtual Series through the King County Library System. One of the authors spoke about the importance of creating dementia-friendly communities, and many residents expressed the desire to have more conversations and support around this topic at Heron's Key. I have heard multiple stories from residents about personal fears or concerns about "losing themselves," and others have shared how they feel stigmatized and pushed outside of their social circles because of their memory issues.

Just the words *dementia* or *Alzheimer's* can elicit all sorts of responses. The reality is we are all impacted by cognitive changes. Because this can be difficult and unknown territory, Heron's Key invited *Sandy O'Brien—a registered nurse, counselor, and coach who works with seniors and general aging dynamics*—to present. She is also a Certified Dementia Practitioner and Consultant. She will bring her expertise and guidance to help us better understand how to identify areas of concern and better support ourselves, our loved ones, or those in our community who are navigating these changes.



**Suzi Entwistle**

*Wellness &  
Spirituality  
Coordinator*

Monday—Thursday  
8:30am—5:00pm

253.313.0733

[SuzetteE@heronskey.org](mailto:SuzetteE@heronskey.org)



Some of the topics Sandy will touch on include:

- Understanding more about the different levels of cognitive decline—from general aging decline to the beginning signs of dementia—the different forms of dementia, and how to identify how significant or severe it is.
- Setting ourselves up for success should we begin experiencing it.
- How we can best support (and de-stigmatize) those living with different levels of dementia in our community.

We hope you join us for this fantastic opportunity! **We chose an evening time so outside family and loved ones can attend.** Please reach out to them and extend an invitation so they can join us.

## SPOTLIGHT GROUP OF THE MONTH

### Vision Support Group

The Vision Support Group meets quarterly with the goal of providing support to one another and sharing tools and tricks that help make life a little easier to navigate as you deal with vision loss. We have guest speakers, connect residents to useful products and resources within and outside our community, and share stories of strategies that bring hope to those living with vision loss. For any questions, contact resident facilitator Sue Engen.



David Fenner's

## STATUS REPORT: GREAT POWER RIVALRIES IN 2023

3 Sessions: October 5, 12 & 19, at 1pm (M & HKTU 370)

David Fenner returns for a three-part course examining the geopolitical flashpoints developing on the global stage (and with global implications) in the waning months of 2023. In all cases, histories, philosophies, regional alliances and US foreign policy options will be discussed. Background reading lists and YouTube viewing selections will also be provided in advance to help enrich our discussions.

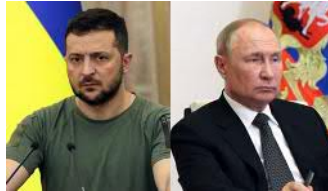


### First Session:

#### China and Taiwan

Thursday, October 5 at 1pm  
(M & HKTU 370)

The seven-decade-long tension across the Taiwan Straits will be our focus, with a deep exploration of the worldview (世界观 - “shijieguan”) of China’s long-term leader, Xi Jinping, and what his philosophies portend for what the Portuguese called the “Lovely Island” (*Ihla Formosa*). Also explored will be China’s policies toward Hong Kong, Xinjiang, and areas in the South China Sea. Regional alliances, including the “Quad” (i.e., Japan, Australia, India and the US) will be examined.



### Second Session:

#### Russia and Ukraine

Thursday, October 12 at 1PM  
(M & HKTU 370)

Since the invasion of Ukraine began in 2014, and then escalated in February of 2022, the world has watched in horror as Russia’s aggression against its “near abroad” neighbor has unfolded. We’ll look at the historical roots of this conflict, unpack Russian statements about Ukraine not being a “real country” and explore the possible off-ramps to this conflict. Inescapably, we will analyze the worldview (мировоззрение—“mirovozzrenie”) of Vladimir Putin.



### Third Session:

#### Iran and Saudi Arabia

Thursday, October 19 at 1pm  
(M & HKTU 370)

For both of these nations—what one analyst calls “regional superpowers”—hegemony over the Persian Gulf has been a decades-long goal. While there certainly has been cooperation in the past (for instance, both nations are founding and continuing members of OPEC), their competing worldviews (الرؤية الكونية “al ruwiyat alkauniya” in Arabic and “al ruwiyat alkauniya” in Persian) and tensions over the important waterway they share will command our attention for years to come.



David is an affiliate faculty member at the University of Washington’s Jackson School of International Studies. He regularly teaches courses on Russia, the Middle East, refugees, and the politics of oil. 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. 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). David has also lived, studied and worked in the former USSR and Russia, having made his first trip to Moscow and Kiev almost exactly 50 years ago! He speaks Russian, colloquial Gulf Arabic, and (very poor) French.

# LIFELONG LEARNING

## Citizens' Climate Lobby and the Inflation Reduction Act of 2022

Tuesday, October 3, at 1pm (M & HKTU 370)

The climate advocacy organization Citizens' Climate Lobby played an important role in the passage of the Inflation Reduction Act of 2022, the largest investment in clean energy in US history. It is expected to substantially reduce greenhouse gas emissions and provide financial incentives for consumers to upgrade home energy systems, purchase electric vehicles, and much more. We will discuss this exciting new law and how to take advantage of its benefits.



Ted Larson Freeman is a co-leader of the Bainbridge Island chapter of Citizens' Climate Lobby. He is a physicist by training and a software developer at Salesforce by profession. He and his family have lived on Bainbridge Island since 2000.

Mike Kelly is a retired software professional who worked at Microsoft for fifteen years and founded Tech DNA, a technology consultancy. He started his environmental volunteer work with Students for a Better Environment in the '70s and continued as a staff member for the Nuclear Weapons Freeze Campaign in the '80s where he regularly lobbied Congress and led a pro-nuclear-freeze PAC in Illinois. Mike joined CCL in 2013 and is now a co-group leader for CCL's Bainbridge Island chapter and Co-State Coordinator for Washington State.



## Frank Petrie Discusses the Two Upcoming Solar Eclipses & How to View Them

Tuesday, October 10, at 1pm via Zoom & HKTU 370

Six years after the Great American Eclipse of August 21, 2017, North America will again be treated to not one, but two solar eclipses: an annular eclipse on October 14, 2023, followed by a total eclipse on April 8, 2024. Here in the Pacific Northwest, we'll see an 80% partial eclipse in October and a 20% partial eclipse in April. Frank Petrie, who spoke about the James Webb Space Telescope at Heron's Key in March, will describe the orbital mechanics that cause solar and lunar eclipses, explain how the upcoming October and April eclipses differ, where and how to view them safely, and what you can expect to see.

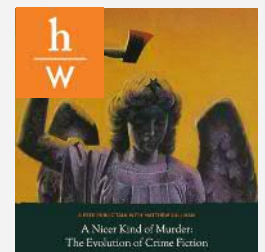


Frank Petrie, president of the Battle Point Astronomical Association on Bainbridge Island, is a retired civil engineer with a lifelong love of science and sharing the universe with everyone in a conversational style that makes complex concepts easy to understand.

## Humanities Washington: A Nicer Kind of Murder: The Evolution of Crime Fiction

Tuesday, October 17 at 1pm (M & HKTU 370)

Murder isn't what it used to be. From Poe and Sherlock Homes to British cozies and Hardboiled pulps, author Matthew Sullivan traces the many influences on the postwar and modern eras of the mystery genre and shows how empathy plays a unique role in contemporary crime novels—especially in today's literary mysteries. Explore the shifting role of the victim in detective novels and how that shift reflects broader social changes.





Matthew Sullivan (he/him) is the author of the novel *Midnight at the Bright Ideas Bookstore*, which was an IndieNext pick, a Barnes & Noble Discover pick, and winner of the Colorado Book Award. His essays and stories have appeared in the *New York Times*, *Daily Beast*, *Spokesman-Review*, *Sou'wester*, and elsewhere. He is currently a writing teacher and is working on a crime novel set in Soap Lake. Sullivan lives in Anacortes.

## S'Wonderful, S'Gershwin!

Tuesday, October 24, from 4-5:30pm (M & HKTV 370)

Jointly sponsored by Lifelong Learning and Performing Arts

In a lively combination of lecture and musical performance, Dr. David Lee Joyner presents the musical legacy of American composer George Gershwin, including his many show tunes and major works, such as *Rhapsody in Blue*, *An American in Paris*, and *Porgy and Bess*.



Dr. Joyner, a native of Memphis, Tennessee, is an in-demand pianist, composer, vocalist, and educator in the Pacific Northwest and owner of DLJ Music Services. He has performed and lectured all over the world and has backed celebrities such as Bob Hope, Henry Mancini, Rich Little, and Danny Thomas. A jazz and popular music scholar, Dr. Joyner has written numerous published articles and books and is working on a biography of rock 'n roll pioneer Bill Haley, commissioned by the Haley estate. His album *Up Front*, featuring 14 original compositions and some of the finest jazz musicians in the Northwest, was released in 2022. Learn more at [www.dljmusicervices.com](http://www.dljmusicervices.com).

## RESIDENT-LED EVENTS

### Who Am I?: Jeff and Linda Johnston

Wednesday, October 4, at 2pm (M & HKTV 370)

### Wordplay 2.0

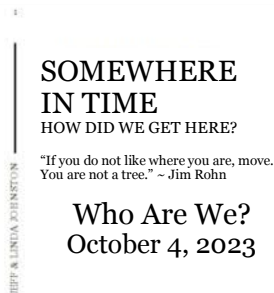
Wednesday, October 25 at 2pm (Anchor)

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 select from the following: Wacky Wordies, Will Shortz quizzes, the *New Yorker* cartoon caption contest, creative word definitions and puns, the *NYT* Spelling Bee, and *NYT* Connections. Watch for a game sheet in the mailroom's wall-mounted information racks on Friday, October 20.

### Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, October 26 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.



# PERFORMING ARTS

## PERFORMING ARTS IN THE MARITIME & ON HKTV 370



### BROADWAYHD STREAMED PLAYS:

#### SATURDAY MATINEES

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

*Sponsored by Performing Arts*

#### October 14 – 2 Pianos, 4 Hands

Piano wizardry and laugh-out-loud comedy come together to tell the story of Richard Greenblatt and Ted Dykstra's lifelong pursuit of becoming concert pianist superstars. They work tirelessly to master legendary music from Beethoven and Bach to Billy Joel, enduring endless practice, stage fright, and agonizing competition along the way.

#### October 28 – The Sorcerer's Apprentice

This enchanting new British musical explores the extraordinary world of a sorcerer and his rebellious daughter as she discovers the explosive possibilities of her newfound magical powers. Against the backdrop of the Northern Lights, father and daughter must heal their relationship and work together. This gripping, family-friendly story sees brooms coming to life and love blossoming anew.

### STREAMED BALLET

#### Petite Mort

Sunday, October 8, from 1-3pm (M & HKTV 370)



We've packed as much whimsy, artistry, and drama as possible into our 2023/24 season opener. Built on a foundation of music from Mozart to Beethoven, this triple bill looks at the world of dance through unique shifts in perspective. Jiri Kylian's *Petite Mort* and *Sechs Tänze* return after a long hiatus, along with Alexander Ekman's delightful *Cacti*.

### STREAMED SEATTLE SYMPHONY



SEATTLE  
SYMPHONY

Thursday, October 5, and Wednesday, October 18  
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.

## ALFRED HITCHCOCK WEEK

Monday, October 9, to Saturday, October 14, at 6pm (A)



The Performing Arts Group is presenting a week of the master filmmaker Alfred Hitchcock, starting October 9. The events will be in the Anchor Room at 6pm each night as outlined below. There will be a short discussion period after each showing.

*Please note: There is limited seating, and the series will not be shown on HKTV.*

### THE ALFRED HITCHCOCK WEEK LINEUP

#### Monday, October 9: *The Genius of Alfred Hitchcock*,

#### One Day University, Marc Lapadula

Marc exhumes and unravels Hitchcock's intent to shed the proper light on what this grandmaster of cinema was so eloquently expressing in his films.

Marc's lecture is followed by Hitchcock's highest rated TV show, "Alfred Hitchcock Presents: Man from the South" with Steve McQueen. In a Las Vegas casino, an unpleasant little man hopes to use a young man's wish to impress the young woman he has just met to pressure the young fellow into accepting a macabre bet.

#### Tuesday, October 10: *39 Steps (1936)*

A man in London tries to help a counter-espionage agent, but when the agent is killed and the man stands accused, he must go on the run to save himself and stop a spy ring that is trying to steal top-secret information.

#### Wednesday, October 11: *Rear Window (1954)*

Based on Cornell Woolrich's 1942 short story, "It Had to Be Murder," *Rear Window* is considered by many filmgoers, critics, and scholars to be one of Hitchcock's best and one of the greatest films ever made. In 1997, it was added to the United States National Film Registry in the Library of Congress as being "culturally, historically, or aesthetically significant."

#### Thursday, October 12: *The Birds (1963)*

A wealthy San Francisco socialite pursues a potential boyfriend to a small Northern California town that slowly takes a turn for the bizarre when birds of all kinds suddenly begin attacking people.

#### Saturday, October 14: *Psycho (1960)*

The screenplay, written by Joseph Stefano, was based on the 1959 novel of the same name by Robert Bloch. The film stars Anthony Perkins, Janet Leigh, Vera Miles, John Gavin, and Martin Balsam.

# UPCOMING EVENTS

**HERON'S  
KEY**

**BLOOD  
DRIVE**

**Thursday, October 12th, 2023  
9:00 am - 3:00 pm**



**CASCADE REGIONAL  
BLOOD SERVICES**  
YOUR COMMUNITY BLOOD CENTER

SCAN THE QR CODE TO MAKE AN  
APPOINTMENT TODAY!

call 1-877-24-BLOOD or visit  
**CRBS.NET**



For assistance, see the Concierge.

**Register by October 2**

## Birthday Celebration

Monday, October 23, at 3pm (SP)

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



## **October Birthdays**

- Margaret Bozich: 10/1
- Mally Randolph: 10/1
- Maureen Gaffney: 10/1
- Bruce Martin: 10/3
- Norma Carr: 10/4
- Judy MacMillan: 10/6
- Jean McKay: 10/7
- Dave Pine: 10/8
- Robert Sorell: 10/9
- Samantha Fisher: 10/10
- Betty Holt: 10/12
- David Hoffman: 10/13
- Tamara Davidson: 10/13
- Bill Brose: 10/15
- Bob Alness: 10/18
- Don Cheney: 10/21
- Judy Exber: 10/22
- Michelle Smith: 10/24
- Gladys Maiden: 10/27
- Barbara Williams: 10/29
- Dan Wilson: 10/29
- Bill Heathman: 10/30
- Carolyn Dabbah: 10/30
- Georgia Doane: 10/30



## Halloween Wine & Cheese Social

Tuesday, October 31, at 4pm (SP)

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

A non-alcoholic option will be available.



## MONTHLY GAMES

### Mexican Train

Friday, October 20  
2-3pm (SP)

### Special Game Day:

### Learn to Play

### Traditional Mah-Jongg

4<sup>th</sup> Thursdays, from 2-4pm (CR)

## WEEKLY GAMES

### Pinochle

Thursdays, from 1-3pm (CA)

### Bridge

Fridays, from 1-3pm (SP)

### Traditional Mah-Jongg

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

### Mah-Jongg

Mondays, from 12-4pm (CA)

# ON-CAMPUS PROVIDERS

## HEALTH SERVICE CLINIC PROVIDERS

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

### 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, October 18**

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.



Get a  
**FLU**  **SHOT**  
not the flu

**Completed registration forms are  
due to the Concierge Desk by  
Friday, October 13**

## FLU SHOT CLINIC

**Wednesday, October 18, from 11am-2:30pm (SP)**

- Step 1:** Pick up a registration form at the Concierge Desk.
- Step 2:** Return your form to the Concierge by Friday, October 13.
- Step 3:** Get your vaccine appointment time. On Monday, October 16, you will receive a phone call from Heron's Key regarding your vaccine appointment time. *Please do not come early to your appointment as it creates crowding in our waiting areas.*

# DINING SERVICES



Find the latest menus and hours on the Resident Portal.

## NATIONAL HEALTHCARE FOOD SERVICE WORKER WEEK: OCTOBER 1-7

We will be celebrating our teams internally, but if you would like to drop by a note of gratitude for the Penrose and Syren's Grille teams, we will put them on display to see.

## REMINDERS

### Food & Beverage Resident Orientation

The orientation is the second Tuesday of every month at 11am in the Private Dining Room at Syren's Grille. Learn the latest going on in Food & Beverage and meet the team!

### Chef's Dinner: October 20, at 5pm (Private Dining Room)

We are excited to host a specially crafted Chef's Dinner for up to 10 residents. The Chef-inspired menu is three to five courses and features seasonal ingredients. The experience costs up to \$40, and reservations are on a first-come-first-serve basis. Sign up today by calling Syren's Grille at 253.313.0797.

### CHEF'S DEMO: SCRATCH-MADE PASTA

Monday, October 9, at 2pm in Spinnakers

Join Chef and his culinary team for a demonstration on scratch-made pasta. The cost is \$7 per resident for a complete meal and the demonstration. Sign up at Syren's Grille or call 253.313.0797.

### HALLOWEEN-THEMED MIXER

Saturday, October 28 at 3pm in Syren's Grille

Enjoy spooky cocktails and Halloween-themed bites during the usual Saturday Syren's Mixer.

### THANKSGIVING DAY BUFFET

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

We will post the menus for the Thanksgiving Day buffet at the end of October. The hours of operation will be 11am until 3pm, with reservations required. We will begin taking reservations on October 30; the price of the buffet and more details to come.



## EMPLOYEE OF THE MONTH

### Josh Miller, Lead Cook

Josh was recently promoted to Lead Cook. He was nominated for employee of the month because of his mellow disposition and the pride he takes in his work. His goal is to make the residents and coworkers happy and have a great shift. He handles business and has fun at the same time. Congrats, Josh!