

September 2021

Heron's Flight

Taking Community News to New Heights



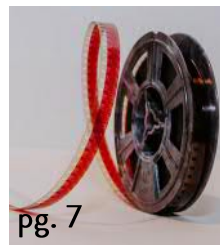
**Jeffrey
Matthews**

*Returns to give you a
sneak peek at his latest book*

INSIDE THIS MONTH'S ISSUE



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CONCIERGE / SECURITY 253.313.0700

PENROSE HARBOR FRONT DESK: 253.313.0800

Billing: 253.313.0703

Resident Services: 253.313.0793

Transportation: 253.313.0792

Housekeeping: 253.313.0795

Restaurant: 253.313.0797

Fitness: 253.313.0781

Facilities: 253.313.0798

Spiritual Care: 253.313.0733

Select Rehab: 253.313.0749

WHY ARE KEYNOTES IN MY EMAIL'S SPAM FOLDER?

If you did not receive your weekly KeyNotes as expected, there's a good chance it's in your spam or junk folder. When an organization has a custom email domain (e.g., @heronskey.org) and an email provider (e.g., Yahoo or Gmail) sees multiple emails sent to you from that domain, the email provider might think we're sending you spam messages. As a result, it might protect your inbox by automatically sending our messages to your spam or junk folder. An email provider might also think we're sending you spam because the KeyNotes we send go out to hundreds of people at once.

To help prevent KeyNotes and other email messages from Heron's Key staff from going to your spam or junk folder, manually add their email addresses to your email's contact list. This *whitelisting* process tells your email provider the individuals are approved senders. If the option is available in a spam or junk folder's settings, select the message from Heron's Key staff and click on the option that says "Not Junk," "Not Spam," or something similar. For assistance with these tasks, visit the Computer Help Desk in the Clubhouse Lobby on Wednesday mornings between 10am and 12pm.

Email safety tip: If you ever receive an email from someone you know with a strange question or request or an attachment you did not expect to receive, do not respond, click on any links, or open the attachment. Instead, call the sender to verify if they actually sent the email.

ITEM COLLECTION FOR ST. VINCENT DE PAUL

A collection similar to the February Goodwill collection is planned for later this month. Collected items will be transported to St. Vincent de Paul by a resident-led pickup truck caravan. If you have questions, have a pickup truck, or would like to help, contact Bev Ringenberg. For more details, see page 18.

TWO SALON LOCATIONS TO SERVE YOU



Penrose Harbor

Call 253.313.0788 or fill out
Salon Appointment Request form

Clubhouse Ground Floor

9am—3pm
Tuesday through Friday
Call 253.313.0789

Services

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

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

RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

Two steps forward and one back! After the euphoria of being immunized and maskless, meeting with friends or when out in town, now with the incidence of COVID-19 infection rates rising in Pierce County, we are back to wearing masks in public and going back to meetings on Zoom. Not only that, I feel greater anxiety when out and about. Am I at risk for a breakthrough infection?

But, there is some good news, too. After so much practice, it is easier and even comfortable to wear a mask in public spaces or to meet on Zoom. I have even learned how to keep my glasses from fogging up. And, Heron's Key TV is on the horizon, at last. More hopeful news: Heron's Key has arranged for 3rd-dose immunization clinics with Walgreens, first for immunocompromised individuals, then for people over 65, when approved by the FDA, boosting our immunity. But don't forget, we will also have an influenza immunization clinic this fall. Thanks to Amy for all of these arrangements to keep us safe.

—Roger Williams, Resident Council Secretary



Resident Council Meeting

Thursday, September 9
at 10am

*(Zoom ID removed
for privacy)*

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

MEET TEA'A HOUSTON IN THE BILLING DEPARTMENT

Born in Palmer, Alaska, I grew up between numerous areas of the state, from Homer to an Inuit village in Barrow. When my father wasn't working as a contractor, we spent months at a time at our ten-acre property in eastern Washington where I got to experience a simpler life with no electricity, keeping after our small farm of gardens, horses, goats, and two cows.

A year and a half after graduating high school at sixteen, I answered the call to join the U.S. Army. After graduating from the Military Intelligence Academy in Fort Huachuca, Arizona, I went on to serve in the Division Operations Center for the 1st Armored Division in Wiesbaden, Germany. When my active duty service ended, I went on to serve in the Reserves out of Tumwater, Washington, for two more years. Eventually, I found myself working at a skilled nursing facility in Port Orchard, starting out in reception and eventually working as the Assistant Business Office Manager to Debra Blevins for a number of years. This is where I truly found my calling working in medical billing. Not only does the billing challenge me, but I truly enjoy helping and getting to know residents and patients.

Today, I have four children ranging in ages from 2 to 13 years. We enjoy spending most of our time outdoors or with extended family, and have been known to participate in a Spartan race or two. I enjoy camping and fishing thanks to my Alaskan roots and love spending days out by the water. My favorite foods come from French bakeries, and I am a sucker for fantasy books and movies.



HKTV: ON YOUR TV SCREEN THIS FALL

The long-awaited in-house TV channel, HKTV, will soon be a reality. The official launch date of HKTV is November 1, 2021, but there's a chance you might see unscheduled content on the channel before the launch as resident-led programming and tech teams practice and refine their processes. We'll announce the channel number when the information is available.

What You Will See on HKTV

At first, you will enjoy the live broadcasting of several events happening in the Maritime Room, as well as select videos. When we are not broadcasting a live event or showing a video, you will see slides advertising upcoming events and TV programming. These slides are similar to the ones you see on the TV outside the mailroom and inside the restaurant.

As the capabilities of our HKTV programming and tech groups grow, we will give you the opportunity to make broadcasting and rebroadcasting requests.

More HKTV Tech Group Members Needed

HKTV is a resident-led program. Currently, we only have a small number of tech volunteers to run the camera during live events and to rebroadcast content. Therefore, there's a chance a member of the HKTV Tech Group may not be available to fulfill a future TV-related request. If you anticipate your interest group will have several requests to broadcast events or show videos on HKTV, we highly recommend having a member or two from your group join the HKTV Tech Group to help fulfill these requests. As the Tech Group grows, so will its capacity to accommodate future requests. If you'd like to join the HKTV Tech Group, please contact resident Oscar Roberto.



LIFE ENRICHMENT



Images: PARO Robots

NEW TO PENROSE HARBOR: PARO THE SEAL



Penrose Harbor recently won a grant to receive PARO, an advanced interactive therapeutic robot with two 32-bit CPUs developed by the National Institute of Advanced Industrial Science and Technology, a leading Japanese industrial automation pioneer. The robot seal will allow Penrose residents to take advantage of the documented advantages of animal therapy through its five sensors (i.e., tactile, light, temperature, noise, and posture), offering psychological, physiological, and social benefits. PARO responds as if it were a live baby harp seal and learns to behave in the way a user prefers. Learn more about PARO at <https://youtu.be/PAJ2GXzaJtQ>.



SUPPORT THE HK WALK TEAM

Alzheimer's Association Walk to End Alzheimer's®: October 9

The annual Walk to End Alzheimer's is October 9, and there are a couple of ways you can support the Heron's Key Walk Team:

- Sign up online to be on the HK Walk Team and join us on October 9: <http://act.alz.org/goto/heronskey2021>.
- Make an online donation to the team at <http://act.alz.org/goto/heronskey2021>.

If you have any questions about the Alzheimer's Association Walk to End Alzheimer's, please contact Kathy West.

Amy Webb
Executive Director

Karen Rose
Health Services Administrator
(Effective October 4)

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

FRIDAY MOVIES 7pm in the Maritime

September 3: *The Best of Enemies*

(PG-13 for thematic material, racial epithets, some violence, and a suggestive reference; 2019)

Based on a true story, this is a timely drama that centers on an unlikely relationship between Ann Atwater, an outspoken civil rights activist, and C.P. Ellis, a local Ku Klux Klan leader who reluctantly co-chaired a community summit, battling over the desegregation of schools in Durham, North Carolina, during the racially charged summer of 1971. The incredible events that unfolded would change Durham and the lives of Atwater and Ellis forever.

September 10: *The Mirror Has Two Faces*

(PG-13 for language, sensuality, and some mature thematic material; 1996)

Middle-aged professor Rose Morgan is tired of being single and living with her mother. Thus, when a colleague proposes, Morgan accepts. But, Morgan's colleague is in love with her mind, and the marriage he proposed is a platonic one.

September 17: Movie Appreciation Night: *Babette's Feast* (G; 1987)

Philippa and Martina turn down a chance to leave their town instead of staying to care for their father. Decades later, Philippa and Martina take in a French woman who prepares a grand feast in gratitude—a lavish meal eclipsed only by her secret. There will be a brief discussion to follow the showing of the movie.

September 24: *Red Joan* (R for brief sexuality/nudity; 2018)

Loosely inspired by a true story, this dramatized biopic shifts between two eras as it recounts the tale of Joan Stanley, a longtime British spy for the KGB who sees her peaceful suburban retirement abruptly shattered when she's arrested for treason.

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.



VACCINE CLINICS



COVID-19 VACCINE CLINICS

Wednesday, September 8 (M)
Time: To Be Announced

Wednesday, October 6
Time & Location: To Be Announced

These vaccine clinics are currently reserved for those who are immunocompromised and wish to receive a third dose of the COVID-19 vaccine, according to the criteria established by the CDC (<https://tinyurl.com/68ebt2cd>). Please sign up at the Concierge Desk and let the staff member know what brand of mRNA vaccine you received for your other doses (i.e., Pfizer-BioNTech or Moderna) so the providers bring adequate vaccine supplies.

Those needing their first or second dose of the vaccine may attend as well; sign up at the Concierge Desk.

A note about the October 6 clinic: Pending FDA approval, this clinic may also be available for all individuals who desire a third dose of the COVID-19 vaccine. Stay tuned for more details.

FLU SHOT CLINIC

Monday, September 27 (SP)
Time: To Be Announced

As flu season approaches, local health authorities are increasingly concerned about our health care system's capacity to handle the flu season in addition to COVID-19 outbreaks. This year, more than ever, getting a flu shot will protect you and your neighbors, as well as support our health care workers as we strive to keep illness and hospitalizations to a minimum.

Heron's Key is collaborating with Walgreens to bring you a Flu Shot Clinic on **September 27**. If you are interested in receiving a flu shot, please sign up at the Concierge Desk or call 253.313.0700.

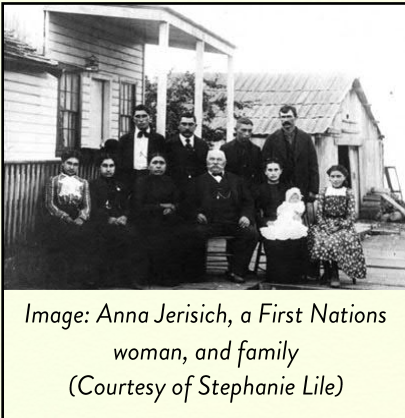


FEATURED PROGRAM

“First Peoples on the Great Peninsula: An Emerging Story” with Stephanie Lile, Director and Curator at the Harbor History Museum

Tuesday, September 14 at 1pm (Maritime & Zoom)

(Zoom ID removed for privacy)



PLEASE register for this event on the Resident Portal as room capacity is limited to 50 people. The speaker may not be wearing a mask while presenting, however, masks are required for all attendees.

Ms. Lile will present an overview of the period in the 1800s when native and immigrant cultures cooperated and collided on the South Sound. For example, there is a census report from 1880 that provides interesting insight on “bridging” between Euro-American cultures and local native culture. In addition to indigenous peoples of North America, there were also people from the Hawaiian islands living here.

About Stephanie Lile

When she's not busy writing grants and developing exhibits, Stephanie dives deep into the history of our region to uncover the deeper stories and lost voices of our past. Many Heron's Key residents will remember her presentation of the *Lost Footage*, a video record of the collapse of the 1940 Narrows Bridge, Galloping Gertie, from the Gig Harbor side of the water.



RESIDENT-LED EVENTS

Who Am I?: Boating Tales; Hosted by Joan Moffat | Wednesday, September 1 at 2pm (M)

This in-person event will be recorded and posted on the Resident Portal. PLEASE register for this event on the Portal as room capacity is limited to 50 people. The speakers may not be wearing masks while hosting, however, masks are required for all attendees.

Anchors aweigh! Stand by for salt (or fresh) water boating adventures told by Heron's Key residents. You don't want to miss this outstanding event in the long-running “Who Am I?” series, and you will want to hear its sequel in early 2022 as well.



Nature, 90 Minutes with Andy Mauro | Wednesday, September 8 at 2pm

(Zoom ID removed for privacy)



It's time for this September program with Andy and friends! We'll explore the seasonal changing of the guards and consider weighty topics like *Pileated Posing*, *Fear and Loathing in the Alder Woods*, *The Bridge to Nowhere*, and the *World's Largest Flea*. Our last half hour will be set aside for *Resident Whatever*, so be prepared.

LIFELONG LEARNING

FEATURED PROGRAM



Bad Generals, Bad Admirals: Unethical Leadership in the U.S.

Military with UPS Professor Jeffrey Matthews

Tuesday, September 28 at 7pm (Maritime & Zoom)

(Zoom ID removed for privacy)



PLEASE register for this event on the Resident Portal as room capacity is limited to 50 people.

The speaker may not be wearing a mask while presenting, however, masks are required for all attendees.

Historian and leadership scholar Jeff Matthews will give us a preview of his forthcoming book, scheduled for publication by the University of Notre Dame Press in 2022. The book has seven chapters on different types of unethical behavior, with both historic and contemporary case studies: Insubordination, War Crimes, Obstruction of Justice, Sex Crimes, Toxic Leadership, Moral Cowardice, and Public Corruption. Prof. Matthews was our last speaker to appear in person in March 2020, before the pandemic relocated us to Zoom. (Images of Gen. MacArthur and Adm. Poindexter courtesy of Prof. Matthews.)

About Professor Jeffrey Matthews



Prof. Matthews holds a Ph.D. in American history from the University of Kentucky and an MBA from UNLV. He has published dozens of articles and four books. His *The Art of Command: Military Leadership from George Washington to Colin Powell* (with Harry Laver, 2008, 2017) is required reading at the U.S. Army's Command and General Staff College at Fort Leavenworth, Kansas, and the book has been translated into Chinese for officer training in the Taiwanese Department of Defense. Last year, Dr. Matthews spoke to us about his recent biography of General Colin Powell, "*Colin Powell: Imperfect Patriot*."

Matthews has twice received the Thomas A. Davis Teaching Excellence Award and was the recipient of the President's Teaching Excellence Award. He was also the long-time Director of the Business Leadership Program at the University of Puget Sound. He is a former Risk Manager at Wells Fargo Bank of Nevada and was the former Vice President and General Manager of Kennelly Mortgage & Investment in Las Vegas. Today, he is a founding partner of Camouflaj video game studio, headquartered in Bellevue, Washington.

RESIDENT-LED EVENTS

One Day University's "How to Listen To (And Appreciate) Great Music"

Hosted by Linda Helmer and Bob DeLaney

Monday, September 13 at 7pm (M) ***This in-person event will not be recorded or streamed. PLEASE register for this event on the Resident Portal as room capacity is limited to 50. Those wishing to enjoy this program online on their own time may find it at <https://tinyurl.com/6vxjw282>. You must have an ODU account already set up in advance. This can be arranged via the Computer Help Desk on Wednesdays (10a-12p) or via Lee Magid.***

We all love some form of music, but we love it even more when we learn how to listen more closely. In this program, Professor Orin Grossman from Fairfield University demonstrates active listening through musical excerpts from Mozart, Bach, Beethoven, The Beatles, Duke Ellington, and George Gershwin. Join us for an evening of "stretching our ears" and getting more pleasure from musical experiences. This is an opportunity for a group-viewing experience, followed by a residents' discussion. *Joint sponsorship with Performing Arts.*



One Day University's "The Life, Music, and Genius of Frank Sinatra"

Hosted by Linda Helmer and Bob DeLaney | Monday, September 20 at 7pm (M)

This in-person event will not be recorded or streamed. PLEASE register for this event on the Resident Portal, as room capacity is limited to 50 people. Those wishing to enjoy this program online on their own time may find it at <https://tinyurl.com/ftnhut9w>. You must have an ODU account already set up in advance. This can be arranged via the Computer Help Desk on Wednesdays (10a-12p) or via Lee Magid.



Frank Sinatra gave 20th-century America a great voice. Professor Anna Celenza from Georgetown University demonstrates in this lecture what made his music and the "Sinatra Sound" so great. Celenza talks about his particular musical style and how his career was created and transformed over the decades, as well as other little-known aspects of his music. This group ODU viewing experience will be followed by a residents' discussion. Joint sponsorship with Performing Arts.

Reading Aloud with Gee Heckscher & Your Neighbors | Tuesday, September 21 at 1pm

(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, Barb 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. To volunteer to read something you'd like to share, please contact Gee.

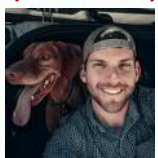
Wordplay 2.0 | Wednesday, September 22 at 2pm

(Zoom ID removed for privacy)

Join your fellow residents who love word puzzles and word games for a new version of Wordplay, a reboot from summer 2020. Examples of segments are Wacky Wordies, normal and reverse; paraprosdokians; alternate definitions of common words; and matching wits with Will Shortz. There will be multiple hosts and fun for all!

Who Am I?: Staff Edition with Our Gurus of Fitness, Chuck Abbey and Becci Crecelius, and

Interviewer Barb Walton | Thursday, September 30 at 1pm (M) | *This in-person event will be recorded and posted on the Resident Portal. PLEASE register for this event on the Portal as room capacity is limited to 50 people. The speakers may not be wearing masks while hosting, however, masks are required for all attendees.*

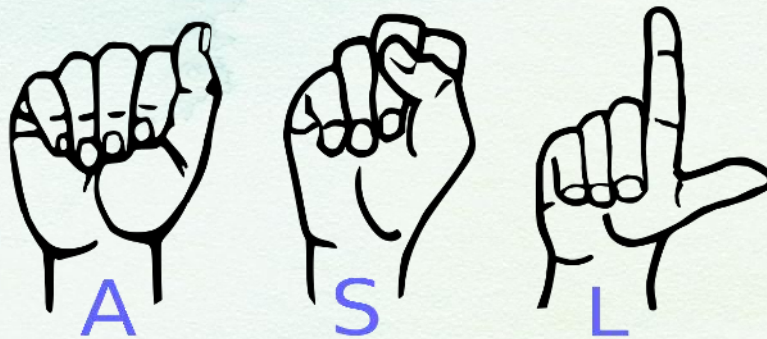


Chuck is a Southerner at heart, born and raised in Alabama. He has learned to embrace what the PNW has brought to his life. A degree in kinesiology and competing in various endurance sports has fueled his passion for understanding the human body. He enjoys hiking, photography, Southern barbeque, college football, Gulf Coast beaches, and thunderstorms. And, he has survived a tornado!



Becci was born and raised in Washington State but spent many summers in Virginia where her dad worked. She attended Liberty University on a track scholarship. Although she loved Virginia and her many experiences touring the East Coast, she couldn't stay away from Washington. Her personal life and career paths since moving to Gig Harbor have revolved around her family, cooking, and fitness. Hers is a life of simple but beautiful adventures; with the most-loved adventure of all being a mother to six children.

LIFELONG LEARNING



INTRODUCTION TO AMERICAN SIGN LANGUAGE

Begins Tuesday, September 7 at 3pm (M-P)

Classes occur weekly through October 5

*The speaker may not be wearing a mask while presenting,
however masks are required for all attendees.*



We have all seen sign language interpreters on TV and marveled at their fascinating skill. Now we have the opportunity to learn about the world of deafness and develop some American Sign Language skills ourselves. The goal of this five-week course is for the participants to be able to initiate and follow through with a basic conversation in sign language. The course will include a short introduction to Deaf Culture and will cover 100 of the most conversationally useful ASL signs and phrases, with approximately 25 signs introduced each week. The atmosphere will be casual and interactive as we have fun learning sign language together.

Following each lesson, “ASL partners” will be asked to meet with each other sometime during the week for a 30-minute practice session. In addition, a link to a 15-minute YouTube review video will be e-mailed to each participant immediately following each session. Class members should be able to access YouTube videos on their computers, phones, or tablets in advance of the course. If you are unsure how to do this, give Karen a call, and she will be glad to come to your residence for a short YouTube tutorial using your device.

Class membership will be limited to 15, and **registration on the Resident Portal is required by Tuesday, August 31 at 3pm.** By signing up on the Portal or at the Concierge Desk, you are acknowledging that the instructor will not be wearing a mask. If there is sufficient interest, additional introductory or more advanced classes could be offered in the future. To learn more about Karen, please see the Resident Portal or the flyer available in the mailroom.

Welcome to the world of American Sign Language!

WELLNESS: FALL PREVENTION MONTH

WELLNESS EVENTS

Own It: Embracing Your Role in Fall Prevention



Wednesday, September 15 at 1pm

(Zoom ID removed for privacy)

Tina Curran, Prevention Specialist with Gig Harbor Fire & Medic One, will offer a presentation that touches on the facets of fall prevention at home to maximize your independence and keep you safe. She'll also provide helpful resources.

Select Rehabilitation Presents: Indoor Landscapes: Actively Reduce the Risk of Falls in Your Own Home



Tuesday, September 21 at 10am

(Zoom ID removed for privacy)

In Tina's September 15 presentation (see above), she reviewed the facets of fall prevention, covering fitness, medications, eyesight, and self-motivation. In this presentation, Select Rehabilitation will teach you the tricks of the trade, giving you tools to proactively create a safe home environment.

HOW HK STAFF RESPOND TO RESIDENT FALLS ON CAMPUS



If a resident falls on campus and is not able to get up on their own, our protocols require staff members to **not** move the individual. Instead, staff call the paramedics for assistance. While many staff members at Heron's Key receive CPR training, the training does not include lifting an individual. This is because the person who fell may have injuries that are not immediately apparent. Paramedics are trained to detect such injuries and use special techniques to help lift an individual without causing further damage.

FALL-RELATED STATISTICS FROM ST. ANTHONY EMERGENCY DEPARTMENT IN GIG HARBOR (From the April 2019 Presentation at Heron's Key; Available on the Resident Portal)

Among patients who are 65 or older visiting the St. Anthony Emergency Department (ED):

- Falls are one of the top 10 reasons for patient visits
- Falls are the #1 trauma visit
- The #1 ED visit is for patients who are 65 or older who fell

Among those who are 65 or older in Washington State:

- 1 in 3 residents fall each year
- Falls and fall-related injuries account for more than half of injury-related deaths
- The total number of deaths from falls and fall-related injuries doubled between 2000 and 2017

The best ways to prevent falls:

- Talk to your doctor to review medications, medical conditions, and your history of falls
- Stay active
- Wear sensible shoes
- Remove fall hazards in your home
- Illuminate your living spaces well
- Use assistive devices (e.g., grab bars in the shower)

FITNESS EXPO

Thurs., Sept. 2 in the Maritime

- 1:30-2:30pm: 1st Floor & Cottages
- 3-4pm: 2nd Floor
- 4:30-5:30pm: 3rd Floor

Fri., Sept. 3 in the Maritime

- 1:30-2:30pm: 4th Floor
- 3-4pm: 5th Floor
- 4:30-5:30pm: 6th Floor & Makeup Tests

“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).¹

Join us at the September 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 in 2022.

The September Fitness Expo is an opportunity for you to take an assessment of 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 provide you with a good direction for accomplishing fitness goals in 2022.

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 this 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 that has the most potential for improving your score the next time around. Year after year, you'll be able to track your progress and see improvement.



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.

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

NURTURING THE SOUL

“Autumn leads the seasons in modeling the sacred practice of recycling. What seems to die bespeaks a quiet truth; that which falls into the earth is never lost. The earth receives it and preserves it. Thus it becomes a nurturing source for new beginnings as another cycle of growth arises. This miracle of transformation is autumn’s prayer.”

—Sister Macrina Wiederkehr, *Salt* (Fall 2017)

LESSONS FROM THE SEASON OF FALL

Suzi Entwistle, Spiritual Wellness Coordinator

The seasons have so much to teach us if we only listen. As a child and most of my adult years, my favorite season was summer—the warmth, play, lack of structure, and of course...and abundance of ice cream. Yet, as I age, I have found myself more at home in the season of fall. The crisp air enlivens me. There’s excitement in the new beginnings of school. Sunday afternoons watching football provide me excuses to sit for more time than I would ever allow myself to otherwise.



The autumn season feels like a soft invitation to slow my roll and embrace a different pace. I tend to resist this invitation as I find myself caught in the old thought pattern that “productiveness = worthiness.” The fall is a visual reminder to me that there is great value in letting go—of old thought patterns, unhealthy relationships, or expectations I continue to cling to long after their time has passed. As we enter this fall season, here are some questions we may want to sit with as companions on our journey: What am I clinging to that is getting ready to be released? What preparation might I need in order to release it peacefully? When I take a walk outside in nature, what do I notice? Do the laws of nature connect to our own lives and the passage of time? If so, in what way? Is there anything comforting about the season of autumn? How can I more fully embrace the realities of change?

UPCOMING BOOK STUDY: *WINTERING*

Katherine May’s book, *Wintering: The Power of Rest and Retreat in Difficult Times*, is a narrative that speaks to the reader who has experienced the current pandemic and the losses we all faced during these months. Part of being human is experiencing circumstances where you “slip through the cracks.” Her personal narrative invites us to slow down and embrace the “cold times” of our lives. Though she says that “happiness is the greatest skill we’ll ever learn,” she also insists it is important to learn about sadness. The acceptance of sadness as an inevitable part of life is what May calls “wintering.” She takes the reader on the wintering journey with lessons from poetry, mythology, and the natural world, searching for “liminal spaces to inhabit.” The book is ultimately hopeful, providing opportunities for contemplation as well as consolation as we consider those periods in our lives when we feel lonely or dislocated in the “mesh of the everyday world.”



As we soon begin another winter season at Heron’s Key, we’ll explore May’s story—and her advice—in a book group starting the first week in October, which will meet weekly for six weeks. Please sign up with Marilyn Colyar by **September 13** if you’d like to participate. If you are interested in ordering a book from our local bookshop called Invitation, you can get 10% off and support a local business. Just let Marilyn know when you call to sign up.

INTEREST GROUPS

Event: Silent Stroll Outside

Tuesday, September 21 at 11 am (Meet in CL)

Slowing down and becoming quiet can help us notice all the 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 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. As this is a small event occurring outside, participants may remove their masks while enjoying the outdoors.

Support the Benevolent Buys Sale on November 2

Now is the time to pass on the furniture and household goods you aren't using. Items accepted include furniture, household items, small appliances, artwork, sports equipment, and jewelry. All items must be clean and in good working condition. At this time, no bedding, clothes, books, or electronics will be accepted. Fill out a donation form found in the mailroom, and our team will contact you to review your items. The deadline for submitting items that need to be transported by our team is **October 15**.

This event will build on the success of our June sale, and it will be a great time for holiday shopping! All proceeds benefit the Heron's Key Benevolence Fund.

The details of this event are subject to change as the date gets closer.



Cancer Support Group

Our Heron's Key Cancer Support Group for residents has been meeting regularly since early March. We are a diverse group of men, women, survivors, with a few currently on the journey. We listen to one another and share experiences and information. There is no judgment or medical advice, only support as we share concerns and celebrate progress. If your life has been touched by cancer and you would like to join this healing environment, we will be meeting Tuesday afternoons—August 31 and September 14 and 28—from 3-4pm in the Chart Room. For more information or if you have any questions, please feel welcome to call resident Lois Wilson.



Get Mail Alerts & Event Reminders Sent to Your Cell Phone

Text the word
HéronsKey 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:

Shauna Estep, Community Associate

When you visit Penrose Harbor's lobby, there's a good chance that the smiling face behind the front desk belongs to Shauna. Shauna was nominated for her helpfulness and for helping keep administration personnel on track. Be sure to congratulate Shauna for receiving this well-deserved honor the next time you see her.



Please register for off-campus events on the Resident Portal. For assistance registering for an event of interest, please visit the Concierge Desk.

Downtown Tacoma Museums—*New Return Time*

Friday, September 3 at 1pm | *Sponsored by Performing Arts*

Visit downtown Tacoma's Washington State History Museum or the Museum of Glass—or both. At the beginning of this trip, we'll drop you off outside the museum of your choice. You're then free to see the attractions at your leisure. Dinner plans for after the museum have been cancelled; estimated return time is approximately 5pm. **Register on the Resident Portal by Wednesday, September 1 at 3pm.**



We regret that we have canceled the following off-campus events due to the high level of COVID-19 activity in Pierce County and the surrounding areas:

Canceled: Washington State Fair

Monday, September 13 at 11:30am-4:30pm | *Sponsored by Performing Arts*

Come celebrate with us, grab some fair food, pet the pigs, enjoy free entertainers and events, shop 'til you drop, and ride the tallest ride. Thanks to a generous resident donation, the fair tickets are free.

Canceled: Tacoma Little Theatre's *Terms of Endearment*

Saturday, September 18 at 6:45pm | *Sponsored by Performing Arts*

Though Emma is often exasperated by her highly opinionated mother, Aurora, they talk every day about their problems—from Aurora finding unexpected love even as she becomes a reluctant grandmother to Emma's struggle in her troubled marriage. But when they need one another most, will they be able to find courage in each other? This funny and touching story captures the delicate, sometimes fractured bonds between mothers and daughters, husbands and wives, and lovers, both old and new.

Canceled: Tacoma Musical Playhouse's *All Shook Up*

Friday, September 24 at 6:30pm | *Sponsored by Performing Arts*

The play is set in the summer of 1955 in a conservative Midwestern town, *All Shook Up* is the modern rock 'n' roll take on Shakespeare's romantic comedy, *Twelfth Night*. *All Shook Up* follows the story of a small-town girl with big dreams, Natalie, and the charismatic, motorcycle-riding roustabout she falls for, Chad. While Natalie dreams of hitting the open road, hoping to *follow that dream* with Chad by her side, Mayor Matilda Hyde believes Chad is the *devil in disguise* and quickly looks for a way to put a stop to his rock 'n' roll chaos. Twenty-four classic Elvis hits drive the exhilarating musical comedy.

UPCOMING EVENTS

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.

STAY CONNECTED

We understand the importance of social engagement and in-person interactions for many of you living at Heron's Key. Similar to the decision to enjoy a meal within Syren's Grille, the choice to attend these two events involves the removal of masks. Please consider your own comfort level when determining your participation level.



Wine & Cheese Social—New Location

Thursday, September 9 at 4pm (SP)



Birthday Celebration—New Location

Thursday, September 30 at 3pm (SP)

6th Floor with Amy Webb

Thursday, September 2 at 1pm

(Zoom ID removed for privacy)

St. Vincent de Paul Item Collection

Monday, September 27, from 2-5pm (M-P)



What Can Be Donated for the September Collection?

- New or gently used clothing, shoes, books, and other household items.
- Save furniture, artwork, and electronic items (e.g., TVs and printers) for the next HK Benevolent Buys sale.
- Please do not donate:
 - Liquids or perishable items
 - Non-working or broken items
 - Used candles
 - Blinds or carpeting
 - Plastic containers other than Tupperware
 - Magazines or newspaper
 - Construction materials, auto parts, tires
- For the safety of others: No hazardous or flammable chemicals/products, recalled items, fuel, weapons, ammunition, knives/blades/saws or sharp tools, light bulbs, or batteries.

Would You Like to Help?

We will need volunteers to assist those who need items picked up at their residence on Monday and to help load the pickup truck caravan on Tuesday morning, September 28, from 7:45-8:45am. If you have a pickup and would be willing to drive items for drop-off on Tuesday morning, your help would also be appreciated. Please contact Bev if you are available.

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, September 14: 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

Health Services Clinic on Sept. 15 (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 September 1, 15, and 29 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 CLINICS

September 8 (M)

October 6 (Location to be determined)

(Times to be determined)

Look for more information in upcoming KeyNotes.

FLU SHOT CLINIC

Monday, September 27 (SP)

If you would like to receive a flu shot, please sign up at the Concierge Desk. More details coming soon.

Get a
FLU  **SHOT**
not the flu

#FIGHT FLU

See page 8 for more details.

DINING SERVICES

Find the latest menus on the Resident Portal.

SYREN'S GRILLE

LABOR DAY HOURS

Monday, September 6 from 11am-4pm

A special Labor Day plate will be available for dine-in or take-out. See the upcoming weekly Chef's Special for more details.

OKTOBERFEST: SEPTEMBER 17 TO OCTOBER 3

Visit us at Syren's Grille during Oktoberfest—September 17th through October 3rd—for a small treat on us! Look for German-inspired dishes on our weekly Chef's Specials as well.

VIRTUAL CHEF DEMO: JAEGERSCHNITZEL

Wednesday, September 22 at 1pm

(Zoom ID removed for privacy)

In celebration of Oktoberfest, join Chef Jason on Zoom as he shows you how to make jaegerschnitzel, a traditional German fried pork cutlet with mushroom gravy. Cook along with Chef by purchasing a kit at Syren's Grille for just \$7. Or, simply join us on Zoom to watch. Reserve your kit by calling 253.313.0797.

TWO 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 support the growth of the HK Benevolence Fund.

