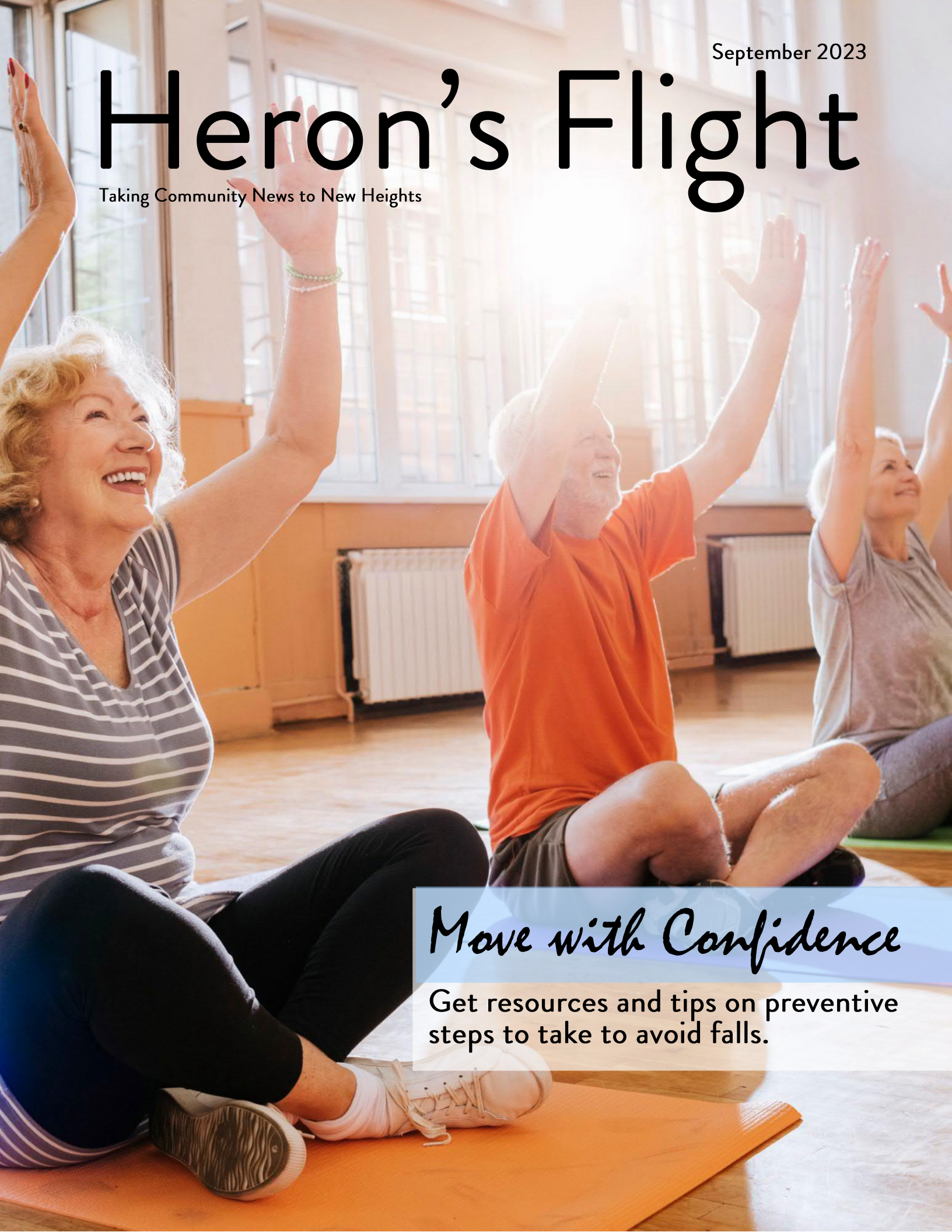


September 2023

Heron's Flight

Taking Community News to New Heights

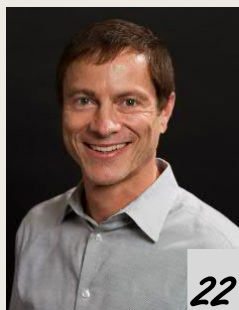
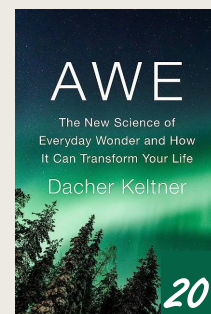
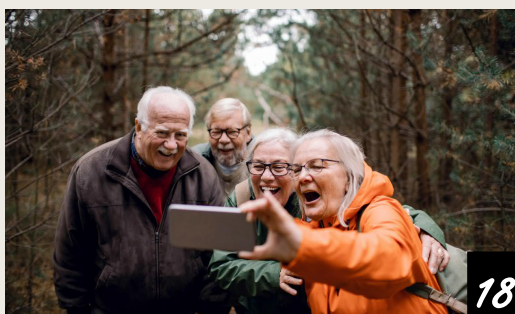


Move with Confidence

Get resources and tips on preventive steps to take to avoid falls.

INSIDE THIS MONTH'S ISSUE

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Moving with Confidence
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- 22. Lifelong Learning
- 25. Concert
- 26. Upcoming Events
- 27. On-Campus Providers
- 28. Dining Services



CONCIERGE / SECURITY 253.313.0700

Audio KeyNotes: 253.313.0790

Billing: 253.313.0703

Consonus (Therapy): 253.313.0749

Housekeeping: 253.313.0795

Facilities: 253.313.0798

PENROSE HARBOR 253.313.0800

Fitness: 253.313.0781

Resident Services: 253.313.0793

Restaurant: 253.313.0797

Spiritual Care: 253.313.0733

Transportation: 253.313.0792

Karen Rose
Health Services Administrator

Angela McCloskey
Director of Nursing

Sandi Semler
Social Services Coordinator

Mary Muñoz
Penrose Resident Care Manager

Marie Sawyer
Consonus Rehab Therapy Director

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

SCAM- & FRAUD-RELATED VIDEOS AVAILABLE ON THE RESIDENT PORTAL

One of the best ways to guard yourself against scams and fraud is by educating yourself on the red flags to look for and the following steps to take. To learn scam and fraud prevention tips or get a refresher, visit the Resident Portal's "Videos, Presentations & Resources" page. The "Videos" section has links to two scam- and fraud-related pages: one with videos of presentations held at Heron's Key and another with videos from the Federal Trade Commission. See page 16 for more tips.

HERON'S KEY RESIDENT FEATURED IN LOCAL PAPER

The News Tribune featured our very own Dave Pine in a recent article about his active lifestyle and summer hiking adventure. Dave's dedication to going for a walk with Scooter on most days has helped him keep moving with confidence. Read the article at <https://tinyurl.com/4b89ze46>.



FLATBED CARTS IN IL VESTIBULE

Three flatbed carts are available to borrow in the Clubhouse vestibule (the area between the two sliding doors to the lobby). If you would like to borrow one, please:

- Write your name and cart number on the whiteboard in the closet that contains the carts.
- Refrain from using more than one cart.
- **Return the cart immediately after you finish using it.** If you are making multiple trips and need to take a break between them, please return the cart to the vestibule to allow another person to use it.

We appreciate your partnership as we strive to ensure everyone has access to a cart when needed.

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

“Old age is no place for sissies.” Bette Davis


As we age, the risk of falling increases. In fact, the Centers for Disease Control and Prevention reports that more than one out of four adults over the age of 65 falls each year. Most falls do not result in serious injury, but the psychological effects of falling can have limiting effects on our daily routines and lifestyles. The fear of falling and a decreased sense of balance can lead to avoiding daily activities and restricting the social activities once enjoyed. Paradoxically, the fear of falling and a lack of balance confidence can also lead to a greater risk of falling (“Balance Confidence,” *Physical Therapy & Rehabilitation Journal*, April 1, 2016).

A study of 64 individuals, reported in the *Journal of Aging Research*, found that one’s level of balance confidence, followed closely by a fear of falling, are the best predictors of whether one will suffer a fall. Balance confidence is one’s perceived ability (versus actual ability) to maintain balance and move confidently. Although a host of physical and medical factors directly cause falls, one’s mindset can also impact the physical performance of activities. Researchers have found that those who believe they have good balance and movement abilities perform better than those with similar physical capabilities but who don’t share that belief.



Here at Heron’s Key, our Fitness department offers a variety of classes and individual instruction opportunities, as well as the well-equipped Conditioning Zone, designed to benefit us by increasing activity level, building muscle strength, enhancing flexibility, and improving balance. Taking advantage of one or more of these opportunities and facilities can increase balance confidence, lessen our fear of falling, and, hopefully, keep us on our feet.

— Pat Curtis, Resident Council Secretary



**Resident
Council
Meeting**

**Thurs., Sept. 14
at 10am
(M & HKTV 370)**

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

On-Site Counseling Available at Heron’s Key

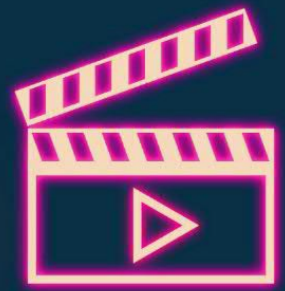


Resiliency and strength spring out of a solid foundation of support given to us from friends, neighbors, family, and trusted providers. Janet Pomeroy, licensed mental health counselor, provides an open and trusting forum to listen, guide, and affirm as you navigate life’s hardships and joys. Janet is 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

- September 1 – *Local Hero* (PG, 1983)
- September 8 – *Meet the Parents* (PG-13, 2000)
- September 15 – *The Green Book* (PG-13, 2018)
- September 22 – *Here Comes the Boom* (PG, 2012)
- September 29 – *Dunkirk* (PG-13, 2017)

Sunday

Movie Dates with Scott

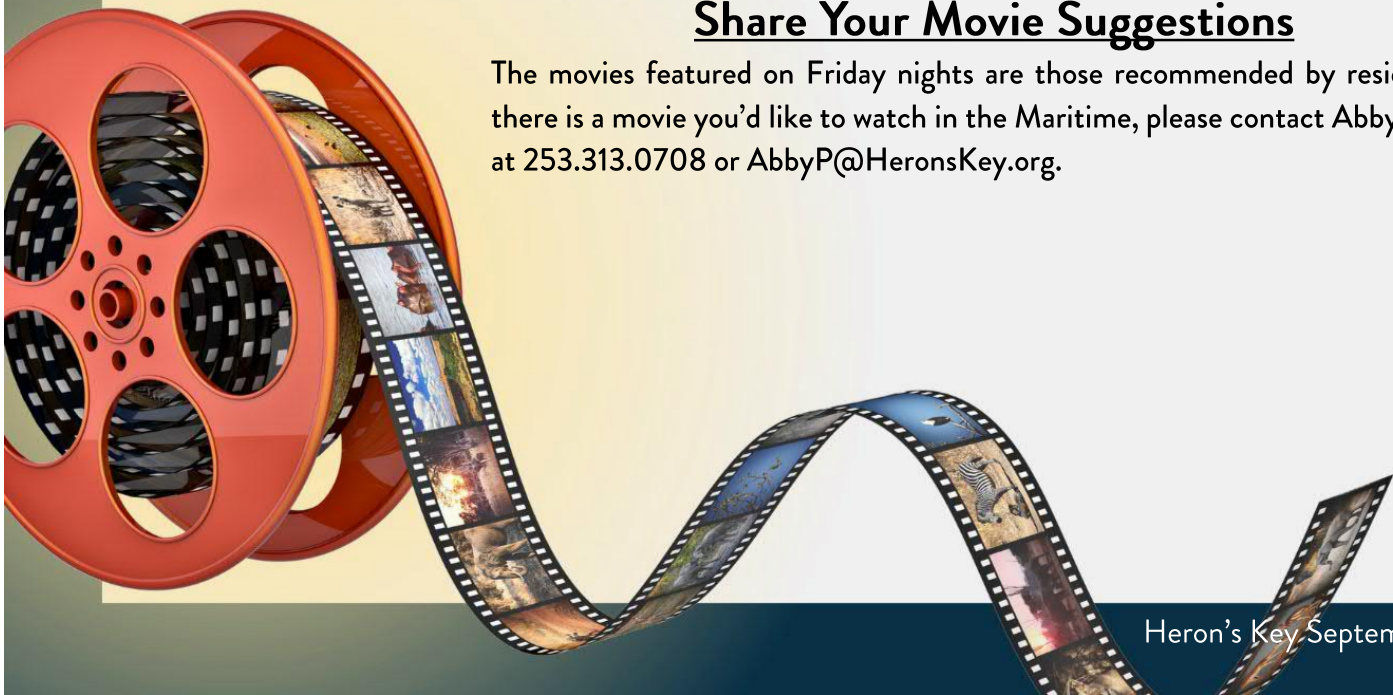
5:30pm (M & HKTU 370)

Sponsored Performing Arts

- September 3 – *Octopussy* (PG, 1983)
- September 10 – *Armageddon* (PG-13, 1998)
- September 17 – *Never Say Never Again* (PG, 1983)
- September 24 – *Arthur* (PG, 1981)

Share Your Movie Suggestions

The movies featured on Friday nights are those recommended by residents. If there is a movie you'd like to watch in the Maritime, please contact Abby Phillips at 253.313.0708 or AbbyP@HeronsKey.org.



LIFE ENRICHMENT

PIÑA COLADAS ON THE PATIO

Summer days in Penrose are the perfect excuse for piña coladas, picnics, and ice cream! Residents were happy to mingle in the courtyard; sip cool, delicious drinks; enjoy each other's company; and don some fabulous summer hats.



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

Register for an off-campus event on the Resident Portal.

For assistance with registering, please call or visit the Concierge Desk.

If registration for a trip is full, feel free to still sign up. Doing so will place you on the waitlist and help increase your chances of being able to participate in the off-campus trip if other registrants cancel.

ENJOY THE ARTS AND LOCAL AREA

Windshield Tours of Gig Harbor

First Tour: Wednesday, September 13, from 10-11:30am

Register on the Resident Portal by Monday, September 11, at 3pm.

Second Tour: Wednesday, September 27, from 10-11:30am

Register on the Resident Portal by Monday, September 25, at 3pm.

Sponsored by Resident Services

Are you new to Gig Harbor and wondering where to find the best shopping, dining, parks, and places of interest? We have the solution! Come on the “windshield” tour to explore the local area and some of the great recreational offerings in our own backyard.

Tacoma Little Theatre: *The Play That Goes Wrong*

Friday, September 15, from 6:45-10:30pm | *Sponsored by Performing Arts*

Welcome to opening night of the Cornley Drama Society’s newest production, *The Murder at Haversham Manor*, where things are quickly going from bad to utterly disastrous. This 1920s whodunit has everything you never wanted in a show: an unconscious leading lady, a corpse that can’t play dead, and actors who trip over everything (including their lines). Nevertheless, the accident-prone thespians battle against all odds to make it through to their final curtain call, with hilarious consequences! This Olivier-Award-winning comedy is a global phenomenon that’s guaranteed to leave you aching with laughter! **Register on the Resident Portal by Monday, September 4, at 3pm.**

Forest Bathing with Katie: Sehmel Homestead Park

Friday, September 22, from 9-10:30am | *Sponsored by Fitness*

In 1982, the Japanese Ministry of Agriculture, Forestry, and Fisheries created the term *shinrin-yoku*, which translates to “forest bathing” or “absorbing the forest atmosphere.” The practice encourages people to simply spend time in nature—no actual bathing required. It’s also very low-impact, which means you don’t have to go for intense trail runs or hikes. One goal of forest bathing is to live in the present moment while immersing your senses in the sights and sounds of the beautiful Washington woods.

Forest bathing has been found to lower a participant’s blood pressure, heart rate, and harmful levels of stress hormones, helping them feel calmer and more relaxed. Additionally, studies have found that simply spending 10 to 20 minutes a day outdoors can lead to increased well-being and happiness—and decreased amounts of stress. Participants decide how much walking and movement they desire. **Register on the Resident Portal by Wednesday, September 20, at 3pm.**

OFF-CAMPUS EVENTS

Pierce County Walk to End Alzheimer's

Saturday, September 23, from 9:30am-2pm | *Sponsored by the Volunteer Group*

Heron's Key is joining the fight to end Alzheimer's by participating in this year's Walk to End Alzheimer's. There are a couple of simple ways you can support this cause:

- Join the Heron's Key Walk Team: On Saturday, September 23, stroll two miles with us along the Ruston Way Waterfront, starting at Dune Peninsula Park. Expect a paved sidewalk or road and flat terrain for the duration of the walk. **Register on the Resident Portal by Wednesday, September 13, at 3pm** if you'd like to ride on the bus with us.
- Make a tax-deductible donation to the Heron's Key Walk Team: Make a check payable to the Alzheimer's Association and write "Heron's Key Walk Team" on the memo line. Place the check in the mailroom's blue wall-mounted box by **September 22**. You may also visit <https://tinyurl.com/mr2uk2bf> to donate directly to the Heron's Key Walk Team with a credit card.

Tacoma Musical Playhouse: Cabaret

Friday, September 29, from 6:45-10:30pm | *Sponsored by Performing Arts*

In a Berlin nightclub as the 1920s draw to a close, a garish master of ceremonies welcomes the audience and assures them they will forget all their troubles at the cabaret. With the emcee's bawdy songs as wry commentary, *Cabaret* explores the dark, heady, and tumultuous life of Berlin's natives and expatriates as Germany slowly yields to the emerging Third Reich. **Register on the Resident Portal by Monday, September 4, at 3pm.**

OPPORTUNITIES TO DINE & SHOP

Reuben Fan Club: RAM Restaurant & Brewery

Wednesday, September 6, from 11:30am-2pm | *Sponsored by the Reuben Fan Club*

Who loves Reubens? We do! By now, you've heard of us, the Reuben Fan Club. We are true aficionados of the best sandwich ever created, and we explore nearby restaurants hunting for the best Reuben.

An upcoming outing is scheduled for lunch on Wednesday, September 6. This time we're going to the RAM in Tacoma's Ruston waterfront (<https://tinyurl.com/f9ubjz6>). **Register on the Resident Portal by Monday, September 4, at 3pm.**

Bluegrass Music with Joshua Red Uttech at Deep Draft Brewing in Bremerton

Friday, September 8, from 5:15-8:45pm | *Sponsored by Resident Services*

Come to Deep Draft Brewing in Bremerton for food, drinks, and bluegrass music by Joshua Red Uttech.

Joshua began his career as a solo artist in 2017, playing in various venues around Seattle and the surrounding Pacific Northwest. With influences ranging from rock, pop, blues, folk, and classical, he always delivers a stand-out performance. **Register on the Resident Portal by Wednesday, September 6, at 3pm.**

OFF-CAMPUS EVENTS

Lunch Outing: Anthony's at Gig Harbor

Monday, September 11, at 11:20am

Register on the Resident Portal by Saturday, September 9, at 3pm.

Men's Breakfast: Waffle Stop in Tacoma

Tuesday, September 12, at 8:30am

Register on the Resident Portal by Sunday, September 10, at 3pm.

Frozen Treat Trip: Medzo Gelato in Tacoma

Tuesday, September 12, at 2pm

Register on the Resident Portal by Sunday, September 10, at 3pm.

International Tastings:

Bourbon Street Creole Kitchen & Bar

Thursday, September 14, from 11:30am-2pm | *Sponsored by the International Tastings Food Group*

Does Cajun-Creole cuisine count as international? We think it does. We are the International Tastings Food Group and we explore nearby restaurants, hunting for the best local fare of the international type.

An upcoming outing is scheduled for lunch on Thursday, September 14. This time we're going to the Bourbon Street Creole Kitchen & Bar in Puyallup. Read about their Cajun-Creole restaurant at <https://www.bourbonstreetpuyallup.com/>. Register on the Resident Portal by Tuesday, September 12, at 3pm.

Shopping & Lunch: The Outlet Collection in Auburn

Monday, September 18, from 10:30am-2:30pm

Register on the Resident Portal by Saturday, September 16, at 3pm.

Women's Breakfast: Waffle Stop in Tacoma

Tuesday, September 26, at 8:30am

Register on the Resident Portal by Sunday, September 24, at 3pm.

Need Tech Help?

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



GROCERY SHOPPING



Grocery Shopping

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)**

- 4 – NO SHOPPING
- 11 – Fred Meyer
- 18 – Metropolitan Market (3pm)
- 25 – Trader Joe’s in Silverdale

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

- 7 – Albertsons
- 14 – Albertsons
- 21 – Albertsons
- 28 – Albertsons

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

- 8 – Safeway
- 15 – Trader Joe’s
- 22 – Albertsons
- 29 – Target



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)



New in the Penrose Salon: Becky Beggs, Stylist

Becky offers comprehensive salon services to men and women, including haircare, nail services (fingers and toes), and waxing. She has 50 years of experience in the industry, is a leader in the Hairdresser Association, and has served senior communities since 2016. Welcome, Becky!

INTEREST GROUPS

NEW DAY FOR PERFORMING ARTS PLANNING MEETINGS

Performing Arts meetings now occur on the last Thursday of the month at 11am in the Anchor Room.



BROADWAYHD STREAMED PLAYS:

SATURDAY MATINEES

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

Sponsored by Performing Arts

September 9 – *Bye Bye Birdie*

Relive the musical magic of *Bye Bye Birdie*, one of America's best-loved musicals. In this tuneful parody of Elvis Presley, Conrad Birdie is a wildly popular '50s rock-n-roll star. Conrad's manager, Albert (Jason Alexander), and his devoted secretary, Rosie (Vanessa Williams), arrange for Conrad to make a dramatic final appearance on "The Ed Sullivan Show" on the eve of his joining the Army.

September 23 – *Othello*

Undeterred by the differences in their backgrounds and life experiences, Othello and Desdemona defy prejudice to be united in marriage. But deadly malice lurks where the newlyweds least expect it, as the one man Othello trusts the most resolves to destroy their happiness at any cost. Whispers of suspicion feed irrational jealousy in one of Shakespeare's greatest and best-known tragedies.



Note: Streamed programs are subject to change without notice. If a different program is available, we will show it in the Maritime and on HKTU 370. We hope you enjoy the alternative program.

FISH FOOD DRIVE

September 10-17 (CL) | Sponsored by the Volunteer Group

Fish Food Bank and Community Services is a local organization that believes in the principle of neighbors helping neighbors. Support your community by donating non-perishable food items during our September food drive.



There will be a box in the Clubhouse Lobby for donations beginning on September 10. To donate money, please make a check out to Gig Harbor Peninsula FISH and place it in the blue Resident Council box in the mailroom.

Ideas for Items to Donate

The most needed item is diapers.

Other items needed include:

- Chili
- SpaghettiOs
- Baking supplies
- Mac and cheese
- Pasta
- Toiletries
- Paper goods
- Cereal

All non-perishable food items are gratefully accepted.

MOVING WITH CONFIDENCE

Fall Prevention Day Monday, September 18 (M)

Sponsored by Fitness & Resident Services

11am

“Own It: Embracing
Your Role in Fall
Prevention” with
Tina Curran, GHFD



1pm

Fall Prevention
Workshop with
Fitness Specialists
Chuck & Katie



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. Tina will review the aspects of fall prevention, covering fitness, medications, eyesight, and self-motivation. She'll also provide helpful resources.



September is Fall Prevention Month to help you move with confidence! Attend this valuable workshop with Fitness Specialists Chuck and Katie in collaboration with the Gig Harbor Fire Department's prior presentation. Dress comfortably as you will have opportunities to practice techniques learned in the presentation. Chuck, Katie, and other team members will be nearby to assist in small group practice so you can rest assured that you are well cared for regardless of your ability or experience.

DID YOU KNOW?

Fast Facts About Falls Among Those 65 or Older



In Washington State*



31%
experienced a fall

Among those who visited St. Anthony Emergency Department in Gig Harbor**



TOP 10

Falls are one of the top 10 reasons for patient visits

62%

of those falls
happened at home



#1

Falls were the #1
trauma visit



57%

of fall-related
injuries accounted
for injury-related
deaths



#1

The #1 ED visit is for
patients who are 65
or older who fell



Here's The Good News

- There are several steps you can take to prevent falls.
- It is possible to regain flexibility and muscle strength.
- Being active and not limiting your activities can help prevent falls.
- Using walking aids can help prevent falls when used correctly.
- There are programs and assistive devices to help prevent falls among those with low vision.
- Discussing fall prevention with your doctor, friends, and family may reduce your risk of falling.
- Aerobic, strengthening, balance, and flexibility exercises are effective in helping prevent falls. Heron's Key offers classes with these types of exercises throughout the week.

* Washington State Department of Health, "Falls in Washington" (2020). <https://tinyurl.com/54btzyvp>.

** Saint Anthony Emergency Department. Jamie Collings, MD, FACEP. April 2019 presentation at Heron's Key. Resource available on the Resident Portal.

Fall Prevention at Home

Falls can threaten your independence, safety, and quality of life. But, falling is not inevitable as you age. Here are some strategies to implement in your home to reduce your risk of falls.



Bedroom



- Place a lamp by your bed in a spot that's easy to reach.
- Use night lights so you can see better when walking in the dark.
- Keep the floors clear of trip hazards, like shoes or clothes.
- Place a chair in your room so you can sit while dressing or putting on shoes.



Bathroom

- Install grab bars next to toilets and inside showers.
- Use non-slip mats in the shower, the #1 place where falls occur.
- Consider using a shower chair.
- Wear your pendant as you bathe. It's waterproof.



Tips

- Request a free in-home fall assessment from the Gig Harbor fire department.
- Studies show pets can contribute to falls. Reduce your risk by being aware of your pet's location and energy level and training it well. Consider placing a bell on your pet's collar.



Living Room

- Keep walkways free of electrical cords, clutter, and excessive furniture.
- Remove throw rugs, especially if they have a high pile.
- Using double-sided tape to secure low-pile rugs.
- Illuminate your living spaces well.



Kitchen

- Store the items you use often in places that are easy and safe to reach.
- Use step stools with bars to hold on to. Do not use chairs as step stools.
- Immediately clean spills and pick up trash that fell on the floor.



Tips

- Visit medical providers annually to check your eyes, hearing, overall health.
- Speak to your medical provider to learn fitness programs they recommend to improve strength, balance, and coordination.
- Regularly review your medications with your medical provider or pharmacist to learn if their side effects may make you feel dizzy or more vulnerable to falls.



WELLNESS: DON'T FALL FOR IT

DON'T FALL FOR IT

Protect Yourself Against Scams

Monday, September 25, at 3pm (M & HKTU 370)

Sponsored by Resident Services

The phone rings. It's the IRS calling to say you owe back taxes and must pay them immediately. Your computer freezes, and you suddenly see a phone number for Microsoft that you must call to receive help. Your bank sends you a text message asking you to verify a purchase. Out of the blue, a close relative calls to tell you they are in a crisis and need immediate financial assistance. Scams come in many shapes and forms, and it can be challenging to sort through the messaging and determine what's real and what isn't. Where do we turn for help?



Recently, several Heron's Key residents have been the victims of financial scams. Lucky for us, one of our very own residents wants to share her story, hoping it will inspire us to fight back, unplug the computer, turn off the phone, and get help from someone we know and trust. Resident Services and the Computer Helpers are teaming up to provide you with personal testimonials and expert advice on protecting yourself from scams that have had real-life consequences in our community. Join us in person to support our speakers or watch the event on HKTU 370 from the comfort of your couch. Either way, make your plans include attending this important event so you *DON'T FALL FOR IT*.

Quick Tips to Help Prevent Fraud & Scams



Keep antivirus software updated.



Don't open email attachments you weren't expecting to receive.



Only send money to people you know.



When in doubt, hang up the phone. It's OK to be rude to scammers.



Don't open suspicious texts, pop-up windows, or links.



Shred documents with personal information.



Recognizing Phishing Emails

Phishing is the primary method scammers use to get your information over the internet. When you receive a phishing email, the email address and template used may look like an official email from a bank, business, or website you might recognize. The email message looks real and claims there's an issue with your password, credit card number, bank account number, online account, login attempts, or other personal identifying information.

Tip: No bank, government agency, or legitimate business will ask for your personal information via email.

If you suspect an email is a phishing message, do not:

- Click on any of the links in the message
- Open any attachments with the message
- Respond to the message
- Call the customer service number in the message

If you're concerned about the validity of a message, contact the company in question directly using their official customer service telephone number.



Avoiding Phone & Text Scams

Beware of callers who:

- Force you to make decisions quickly
- Threaten you with police or legal action
- Pressure you to not tell family or friends about the call
- Ask for personal information (e.g., name, address, any account numbers, credit card numbers, Social Security number, birthdate)
- Ask you to send photos of your credit cards, ID, Social Security card, etc.
- Disguise their real phone numbers or use fake caller IDs
- Refuse to give you their employee badge number or other ways to verify their legitimacy
- Demand immediate payment via money transfers, gift cards, or cash

If you are the victim of a scam, the Senate Aging Committee encourages you to call its toll-free Fraud Hotline (1.855.303.9470) to report your experience or receive assistance. Find more fraud reporting resources at <https://beta.usa.gov/where-report-scam>.

DON'T FALL FOR IT

When in doubt, PAUSE.

- Check with someone you trust
- Hang up
- Unplug it -or-
- Turn it off

SOME COMMON SCAMS

- Clone websites (fake websites that look like official sites)
- Robocalls
- Phishing emails
- Fake anti-virus notices
- Insurance scams
- Funeral scams
- Vishing
- Telemarketing scams
- Social Security scams
- Grandparent scams (e.g., scammers pretending to be a loved one in trouble)
- IRS impersonation scam
- Tech or computer support scams
- Investment schemes
- Mortgage scams
- Counterfeit apps
- Fake charities
- Romance scams





FALL PREVENTION CAN CHANGE YOUR LIFE Chuck Abbey, Fitness Specialist



Have you, a partner, or a friend fallen in the past year? If you answer yes, could it have been avoided? The vast majority of falls happen when we feel tired, dizzy, distracted, or unsteady. For the most part, these areas of your well-being can be addressed. I would even say that one of the best ways to limit falls doesn't revolve around exercise. And this is coming from your Fitness Specialist! How much money do you think is spent each year on non-fatal falls: \$10 million, \$100 million, \$1 billion!?

I am well aware that falling is a concern for almost everyone reading this. I, too, am always concerned about one of you falling. It is in the back of my mind every day I come to work. It has to be due to my position. With that in mind, do you feel you are being proactive in avoiding falls? I don't want you to live in fear, per se, but I do want you to take

that concern and put it into action. Taking action is the best approach to staying safe and continuing to do the things in life you enjoy.

I mentioned earlier that one of the best ways to limit falls doesn't revolve around exercise. Many of the falls I hear about could have been avoided. Hindsight, right? As easy as that is to say, it's true. Bumping into things while talking, tripping over a rug you know is not lying flat, shuffling your feet yet continuing to not address it, overconfidence as our body ages, etc. These are just a few overlooked reasons why people 65 and older fall. You all understand that as we age, we don't retain the awareness, flexibility, balance, and strength we once had. You tell me this every day after class. For those of you who feel as though you are doing everything you can to prevent avoidable falls, I applaud you. **It takes planning. It takes action.**

Many exercise classes, health professionals, and PowerPoint lectures are at your disposal year-round to address this concern. But have you also given thought to what to do after you fall? Being stuck on the ground for hours on end doesn't seem fun. Have you considered walking with a friend or neighbor for conversation, support, and safety just in case of an accident? Have you recently tried getting down onto the floor and back up? There is a specific way of getting up from a fall that is the safest. Our healthcare professionals on campus can help with that. Part of your plan could also be to mentally accept having healthcare professionals check you out physically after a fall. Embarrassment is not worth the risk of deferring the care you need. Honestly, there is nothing to be embarrassed about, to begin with. All of you

have moved here for many reasons, and I'm positive one of those was having the professional help you need at your fingertips.

After a fall, call your health care provider to ask if an occupational or physical therapy consultation with on-site Consonus may reduce your risk.

I'll end this article with the staggering statistic I referenced earlier. We spend nearly \$50 billion... on non-fatal falls each year! That's a big number and easily conveys the severity and importance of preventing falls. For those who have been proactive, stay the course! It's worth it. For those who aren't, now is the time to plan and be active in preventing and reducing injuries from falling.

EVENT

Sound Bathing Experience

Thursday, September 7, from 11-11:30am (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 first 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 20- to 30-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 September 7 at 11am. 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

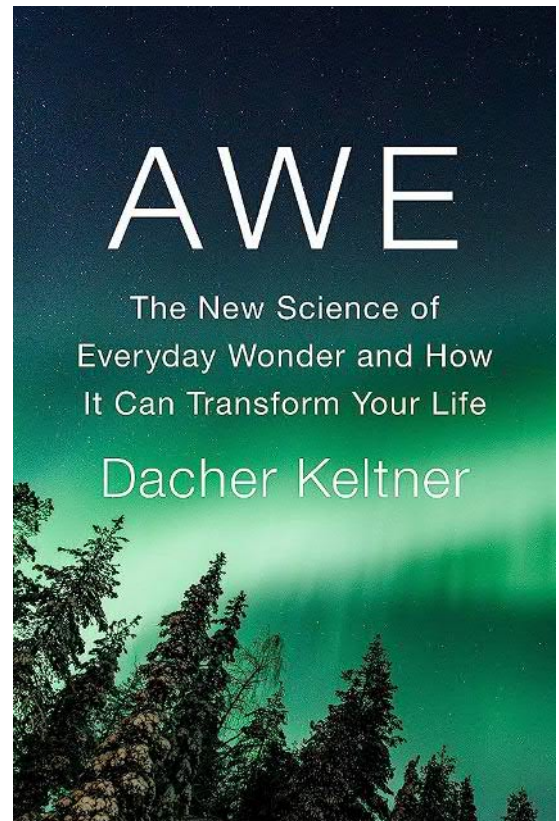
NEW BOOK

Register to Join Us in a Discussion About Awe

The Spiritual Wellness Book Group is starting a new book titled *Awe: The New Science of Everyday Wonder and How It Can Transform Your Life* by Dacher Keltner. This book's description on Amazon (<https://tinyurl.com/bdfey6k2>) states:

"Awe is mysterious. How do we begin to quantify the goose bumps we feel when we see the Grand Canyon, or the utter amazement when we watch a child walk for the first time? How do you put into words the collective effervescence of standing in a crowd and singing in unison, or the wonder you feel while gazing at centuries-old works of art? Up until fifteen years ago, there was no science of awe, the feeling we experience when we encounter vast mysteries that transcend our understanding of the world.

"In *Awe*, Dacher Keltner presents a radical investigation and deeply personal inquiry into this elusive emotion. Revealing new research into how awe transforms our brains and bodies, alongside an examination of awe across history, culture, and within his own life during a period of grief, Keltner shows us how cultivating awe in our everyday life leads us to appreciate what is most humane in our human nature. And during a moment in which our world feels more divided than ever before, and more imperiled by crises of different kinds, we are greatly in need of awe."



We would love for you to join us as we explore this fascinating book selected by residents. We will continue to meet on Zoom to accommodate a variety of needs. You will need to purchase your own copy of the book. **Please register on the Resident Portal by Friday, September 15** so you can be ready to discuss by our October meeting. Looking forward to an interesting read and great conversation!

Registrants will receive the Zoom details before the first meeting.

VISION SUPPORT GROUP

The next Vision Support Group meeting is **Wednesday, September 6 at 3pm in the Anchor Room**. Please bring your ideas, concerns, and tips and tricks to share as we envision how our group can better support and enhance our living at Heron's Key. Our meetings are open to all, especially to those who have vision issues or who know someone who does. Please join us September 6.

SPOTLIGHT GROUP OF THE MONTH

Silent Stroll

Tuesday, September 12 at 11am (Meet in the Clubhouse Lobby)

Join us for our Silent Stroll this month as we stroll intentionally, reflect, and take a moment to appreciate the world around us.

UPDATE

As we transition into the fall and winter months, we are shifting our Silent Stroll to a quarterly event with a specific theme. We will publish our upcoming events in the newsletter and calendar to let you know the dates as they come up. Hope to see you!

HEARING SUPPORT GROUP

We Want to *Hear* from You

A few years ago, a group of residents advocated for a vision support group to begin at Heron's Key. We have had quarterly meetings filled with tips and tricks, speakers, and informational sessions. We now have a supply library to check out new devices. There have also been changes made in our community to better serve those with vision impairment.

It is now time to explore the option of starting a NEW Hearing Support Group. Do you experience any kind of hearing impairment or challenges? Would you like to learn more from others about strategies that work for them or resources that are available? If please so, contact Suzi Entwistle at 253.313.0733 or SuzetteE@heronskey.org to learn more about what could take shape here at Heron's Key. Your involvement is necessary for moving ahead with a new group—your voice matters.



Suzi Entwistle

*Wellness &
Spirituality
Coordinator*

Monday—Thursday
8:30am—5:00pm

253.313.0733

SuzetteE@heronskey.org

We recently said
goodbye to the
following residents.

They will be
remembered and
missed.

Rich Johnson
Joanie Larsen
Hal Ward
Jim Saelens
Jim Furber
Muriel Watts
Pol Vallarta
Kay Haarmann
Mimi Urton

Hugh Murphy
Marc Kleinberg
Sharon Brehan
Mary Fisher
Yoshiko Putzier

LIFELONG LEARNING

FEATURED EVENTS

David Smith Presents “Mormonism”

Thursdays in September 7, 14, 21 & 28; from 1-3pm (M & HKTU 370)

This series is an academic examination of the beliefs, practices, history, and social dynamics of The Church of Jesus Christ of Latter-day Saints. It includes a comparison of Mormonism with mainstream forms of Judaism and Christianity and reflections on how religious communities evolve over time, using Mormonism as a model. David will lecture, show a video documentary on the life of Joseph Smith, and, schedules permitting, bring in three guest lecturers: Brian Manwaring, a local LDS leader; Susan Oxley, a retired apostle with the Community of Christ (the “liberal” Mormon church); and an ex-Mormon.



Dr. David E. Smith grew up in the world of fundamentalist religion. He gradually moved away from that worldview as an adult and became a religious progressive/skeptic. After earning an M.A. in philosophy of religion, David received a second M.A. and a Ph.D. in religious studies from Temple University in Philadelphia, PA. Formerly a full-time philosophy and religious studies faculty member at Central Washington University in Ellensburg, WA, he now teaches for the Osher Lifelong Learning Institute at the University of Washington and offers independent seminars and personal consultations in comparative religion and philosophy. David has published widely in these areas, as well. His mission is to empower people to think well for themselves about things that matter.

“Big, Beautiful, and Bizarre” with Harbor WildWatch’s Rachel Easton

Tuesday, September 12, from 1 -2:30 pm (M & HKTU 370)

This dynamic presentation highlights the big, beautiful, and bizarre animals that inhabit the Salish Sea. From the giant Pacific octopus that reaches 30 feet in length to the aggregating anemone that clones itself by splitting in half, this talk will surely excite, inform, and educate attendees about our local marine life.

Rachel’s career in environmental education began as an education specialist at the Point Defiance Zoo & Aquarium, where she led youth and adult education programs with live animals. She has been a member of the Harbor WildWatch team since 2009, working her way from Lead Naturalist to Program Coordinator to her current role as Education Director. Today, Rachel is responsible for developing, coordinating, evaluating, and delivering environmental education curricula to youth and the public, as well as training and evaluating new staff, interns, and volunteers. She is also the lead aquarist and animal caretaker for the over 300 gallons of saltwater tanks and their inhabitants at the Skansie Interpretive Center in downtown Gig Harbor.



Allan Bogutz Discusses Elder Law

Tuesday, September 19, from 1–2:30pm (M & HKTV 370)

In this presentation, there will be information about the need for specialized elder law attorneys, the areas of law that specifically affect older Americans, resources available to older Americans, special consideration of our needs as we age, long-term planning options for decision making, and the protection of your autonomy.



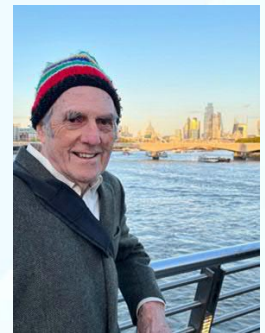
Allan Bogutz is a retired elder law attorney who has practiced in Tucson, Arizona, for more than 40 years. He worked with Legal Aid, served in the Peace Corps, and was appointed the Public Fiduciary for Pima County (Tucson), where he served from 1975 to 1981. He then went into private practice and created the elder law firm of Bogutz & Gordon, PC (bogutzandgordon.com), from which he retired in 2010. He helped found the National Academy of Elder Law Attorneys (naela.org), served as president and was named a Fellow of the Academy. He was also a Fellow of the American College of Trusts and Estates Counsel and a Distinguished Fellow of the Canadian Centre for Elder Law. He has written and spoken extensively on law and aging and was a commissioner on the ABA Commission on Law and Aging.

“The Poetry of Ordinairiness” with Professor Murray Biggs (Yale)

Tuesday, September 26, from 1 -2:30pm, via Zoom and HKTV 370

For the last 100 years, perhaps as an expression of the uncertainty of modern life and values, poetry has, in general, become much harder to understand, provoking the charge of its being written for a self-enclosed coterie. Not all recent poets, however, have succumbed to this trend toward obscurity. Through short readings and commentary, “The Poetry of Ordinairiness” introduces three contemporary poets who have achieved distinction by writing more simply about everyday things.

Murray Biggs is a semi-retired professor of English and Theater at Yale. Although his main professional interests are the dramatic literature of the English Renaissance and the modern period, he has regularly taught English poetry as well, and continues to read contemporary British and American poets. Murray teaches drama seminars at Yale and online for alumni and others and conducts live theatre programs in London and several cities in the United States.



EMPLOYEE OF THE MONTH

Luke Ziegler, Maintenance Tech II

Luke has been a huge asset to Heron’s Key since he started. He helps write procedures, attends to residents in distress, and assists with work orders. He’s always willing to help while still maintaining a full-time job during the week. Thank you, Luke, for all you do and your hard work!

LIFELONG LEARNING



RESIDENT-LED EVENTS

Who Am I? Florence Winsor Helliesen

I Am Who I Am, But WHY?

Wednesday, September 6, at 2pm (M & HKTV 370)

The project-based education I had at my elementary school had a significant impact on my life; that will become obvious at the September 6th event.

The Late Summer Nature Hour with Andy Mauro and Mike West

On the Lookout for Dancing Nymphs and the Himalayan Monster!

Wednesday, September 13, from 2-3:30pm (M & HKTV 370)

Join us for the late summer/early fall edition of the Nature Hour! We'll explore a couple of special treats that Nature serves up for us at this time of year. Have you seen the Nymph dancing through the woods? And not all monsters are to be feared, especially once you experience their sweet side. Has Nature taunted you with a mysterious sight? Is there something out there in the woods that's been bugging you? Come share with us your observations and questions, and our audience of experts will attempt to shed some light on what you've been seeing and wondering about.

Reading Aloud with Gee Heckscher & Friends

Thursday, September 14 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.

Wordplay 2.0

Wednesday, September 27 at 2pm (A)

Join fellow residents who love word puzzles and word games with hosts Bev Cheney, Susan Hoffman, Ron Magid, and Lee Magid. With lots of audience participation, we'll do Wacky Wordies, Will Shortz quizzes, *The New Yorker* cartoon caption contest, creative word definitions and puns, and the *NYT* Spelling Bee. Watch for a game sheet in the mailroom's wall-mounted information racks on Friday, September 22.

CONCERT WITH PIANIST

AARON BUCKNER

Sponsored by Performing Arts

**Wed., Sept. 13,
6:30-8PM (M)**



Aaron Buckner has been a professional pianist for 14 years. He specializes in an all-request show from a repertoire of over 2,000 songs ranging from the 1940s to today. He encourages people to sing along, clap, dance, and participate in this fun, interactive show with no breaks in the energy. You'll have a great evening with friends as you tap your foot, clap, sing, or boogie to Aaron's wonderful piano music.

UPCOMING EVENTS



Wine & Cheese Social

Thursday, September 14 at 4pm (CL)

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



Birthday Celebration

Thursday, September 28 at 3pm (SP)

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

MONTHLY GAMES

Bingo

Sunday, September 10

3-4pm (SP)

Mexican Train

Friday, September 22

2-3pm (SP)



(Photo: Susan Inui)

WEEKLY GAMES

Traditional Mah-Jongg

1st, 3rd & 5th Thursdays

2-4pm (CR)

Special Game Day:

Learn to Play

Traditional Mah-Jongg

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

Mah-Jongg

Mondays, from 12-4pm (CA)

Pinochle

Thursdays, from 1-3pm (CA)

Bridge

Fridays, from 1-3pm (SP)

BENEVOLENT THREADS COMING BACK IN SEPTEMBER

Back by popular demand, the Benevolent Threads virtual store featuring branded Heron's Key apparel is coming back for a limited time. If you like the branded clothes or hats your neighbors wear, you'll have an opportunity to purchase your own. **Online ordering starts in mid-September**, and you'll receive the link in an upcoming KeyNotes.



Each item purchased will contribute \$5 to the Benevolence Fund. Benevolent Threads offers an excellent way to show your Heron's Key pride and support a good cause. Watch for more details in the weekly KeyNotes.

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, September 20

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.



Hearing Aid cleaning & Maintenance

Hearing Screening

On-Site Repair

Function & Insertion Assistance

3rd Wednesday of EACH MONTH

CALL to set up your appointment! 253-851-3932



Take advantage of our free hearing aid cleaning services at HK. Walk-ins welcome.

DINING SERVICES



Find the latest menus and hours on the Resident Portal.

LABOR DAY COOKOUT

Monday, September 4, from 11am-3pm (M & CL Patio) (Restaurant closes at 3pm)

Residents: \$14 | Guests: \$17 | Children ages 6-12: \$9 | Kids 5 and younger: Free

Join us for our final summer cookout, complete with a whole roasted pig and much more, in the Maritime and Clubhouse Patio (weather permitting) from 11am until 3pm. **Reservations are required**, and you can make yours by calling Syren's Grille at 253.3.313.0797. The cookout menu is available on the Resident Portal's "Dining" page, under menus and "Holiday." A limited to-go menu is also available.

NEW SYREN'S GRILLE MENU

The fall menu launches on September 5. It will be available on the Resident Portal and at the host stand. Reservations are strongly encouraged.

CHEF'S SPECIAL DINNERS

Due to the growing excitement over our raffled Chef's Dinners, we are happy to announce we are expanding our offerings. Chef and the culinary team will create inspirational menus for a group of up to 10 residents twice a month for purchase. **Available slots are first come, first serve**, and the meal will be priced at the ingredients' market rate. To inquire about this experience or reserve your group, please call 253.313.0797 or email hkbanquets@heronskey.org.

OKTOBERFEST

September 16 through October 3

Look for special features during Oktoberfest. The first celebration is on **Saturday, September 16, during the Syren's Mixer at 3pm**. Featured German drinks will be available for purchase; small bites are complimentary.

