

# The View

*From the  
Heights of  
Community  
Life*



February 2025

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**Cover Photo Credit:** Ray Hennessy on Unsplash.com, taken in Palmyra Cove Nature Park.

# Useful Contacts

CONCIERGE: (425)556-8100   CORWIN FRONT DESK: (425)556-8150   SECURITY (425)556-8184

**Accounting:**  
(425)556-8229

**Housekeeping:**  
(425)556-8188

**Facilities:**  
(425)556-8180

**Cascades Take-Out:**  
(425)556-8117

**Main Dining Reservations:**  
(425)556-8217

**Rainer Reservations:**  
(425)556-8145

**Chaplain:**  
(425)556-8140

**Fitness:**  
(425)556-8186

**Transportation:**  
(425)556-8105

## TWO SALON LOCATIONS TO SERVE YOU

### ***Elements***

Call (425)556-8171

**Nails with Mikaela**  
Tues., Wed., Thurs., Fri.  
10 a.m.—4 p.m.

**Massage with Nita**  
Wednesday  
10 a.m.—4 p.m.

**Hair with Terry**  
Tues., Wed., Thurs.  
9 a.m.—3 p.m.

**Reflexology with Gretchen**  
Thursday  
9 a.m.—3 p.m.

**Hair with Debi**  
Friday  
9 a.m.—3 p.m.

### ***Hairport***

Call (425)556-8160

**Hair with Tramble**  
Monday & Friday  
9 a.m.—3 p.m.



## **! Reminders !**

- ◇ **No Furniture Sale in February due to lack of inventory.**
- ◇ Always check the date on portal-generated trip cancellation emails.
- ◇ The mailroom in the Evergreen Lodge behind the mailboxes is for employees only.

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Do you want to learn more about the Emerald Heights Board members or review the Q&A series covering a variety of topics relating to our community?  
Visit the Emerald Heights' Board section of the Portal [Here](#).



## New Faces on Campus

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**Jaimisa Gourley**

Brand and Communications  
Director

Jaimisa Gourley joined the Emerald Communities Marketing team as our new Brand and Communications Director, on January 6, 2025.

In this new role, Jaimisa will bring our marketing strategy efforts in-house, working closely with the VP to develop and execute strategies that align with the unique qualities of our communities. Her focus will be on enhancing our internal communications and refining the messaging around our brand to better reflect the distinct personalities of our communities.

Jaimisa joins us from Aegis Living, where she played a key role in developing growth strategies, launching new communities, and supporting more than 30 communities across the West Coast. She also brings valuable experience in communications and strategy from her time with Social Venture Partners and a media agency. Please join us in welcoming Jaimisa to the Emerald Communities family. We are excited to have her on board and look forward to the contributions she will make to our continued success.

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Kat Spottswood, registered dietitian, joined Emerald Heights on December 18, 2024 as our Nutritional Manager.

Kat Spottswood has been a registered dietitian since 2005, completing her bachelor's degree at Samford University and master's degree at the University of Memphis. Kat has worked in hospital clinical settings, gym environment, outpatient counseling and has taught nutrition courses at Bellevue College.

Kat is originally from Tennessee but has called Redmond home for 15 years. She and her husband have 6 kids and lots of furry pets. Her hobbies include jogging, playing roller derby, and hanging out with her family.



**Kat Spottswood**  
Nutritional Manager

# Staff Spotlight

## Golden Coin Winner



Each month, Emerald Heights recognizes one of our employees with the Golden Coin Award. Directors and Managers are encouraged to nominate three employees each month and a winner is chosen at random on the last day of the month.

**The Golden Coin winner for this month is Samantha Puhl, Nursing Assistant Certified!**

Samantha is always looking out for residents, she is a great preceptor for our new NACs, and she went above and beyond for her team during the holidays!

## Shining Star Shout-Outs

We're excited to announce a new monthly program designed to celebrate and recognize the incredible efforts of our staff. This is your opportunity to "shout out" our staff members for a job well done.

Did you see someone going above-and-beyond? Did someone help you or make your day brighter? Write them a card! Blank Shining Star Shout-Out cards will be available for resident use in the resident message center area. Submit your completed card to the resident "suggestion" box next to the Courtyard/Cottage message center boxes.

The cards will then be shared in a dedicated staff area for all employees to see and enjoy. At the end of the month, one lucky Shining Star will be selected in a drawing to receive a special prize!





## Kaitlynd Hewitt, Administrative Services Manager



**Kaitlynd Hewitt**  
Administrative Services  
Manager

We are pleased to announce that Kaitlynd Hewitt, current Executive Assistant, has accepted the newly created position of Administrative Services Manager. Kaitlynd officially started in her new role on January 19, 2025. In the two years that Kaitlynd has been with Emerald Heights, she has expanded the scope of responsibilities for the Executive Assistant role, and now moves into the newly created role of Administrative Services Manager. In this role Kaitlynd will continue with her current duties and provide direct oversight of the concierge team. Dian Williamson will continue to supervise the concierge team.

Dian, the concierge team, and Kaitlynd already work very closely together and have a fantastic working relationship. We know this transition will be a smooth one.

Please join us in congratulating and welcoming Kaitlynd to her new role!

## Rehab Director Departure: Supriya Udhoji

Supriya Udhoji, Rehab Director, is no longer with Emerald Heights, effective January 17.

*I am so grateful to have the opportunity to work at Emerald Heights for the past 7 and half years as an Occupational therapist and the last 1 year as the therapy director. I have enjoyed working with and knowing so many amazing residents here. However, I have decided to take up an opportunity closer to home. It will give me more time to spend with my young family. I will always cherish the great memories at Emerald Heights. I will definitely miss working with all the incredible residents, their families, and our fantastic team here.*

*Thank you. – Supriya Udhoji*

Health Services is working with Consonus on a new rehab director and will keep you updated.

If you have any questions, please contact Jamilyn Bloodworth, Health Services Administrator, at [jamilynb@emeraldheights.com](mailto:jamilynb@emeraldheights.com) or 425-556-8109.

## I.T. Director Departure: Alan Luke

Alan Luke, I.T. Director, has made the difficult decision to resign his position effective January 17. We appreciate his dedication to our communities over the past 11 years and wish him well.

If you have any questions about this change in our I.T. department, please contact Brad Beck, Corporate Technology Officer, at [bradb@emeraldcommunities.com](mailto:bradb@emeraldcommunities.com) or 425-556-8143.

## Preparing for Transitions: Accepting help while preserving autonomy

You've made an important, proactive choice by moving into a Life Plan community that offers a continuum of care and services. However, it's natural that some reluctance and apprehension occurs when it's time to make a transition and accept support or care. On **February 18**, Aging Wisdom will lead a discussion on balancing autonomy while accepting support. Additional talking points on preparing for a higher level of care include:

- Common reasons older adults need additional support
- Key reasons for hesitation to accept help
- Embracing the concept of interdependence
- Risks to well-being by denying necessary care
- The benefits of planning your affairs and having professional guidance to prepare you for a transition to more care



The discussion will be led by Nicole Amico Kane, MSW, LICSW, CMC. Nicole is a licensed clinical social worker and certified care manager. She has spent the past 17 years working in hospice, medical social work, and as an Aging Life Care professional in private care management. She is currently the Director of Care Management at Aging Wisdom, a Seattle care management practice providing consultation and long-term care planning guidance to older adults, their families, and those living with chronic illness and dementia.



**See event details on page 20.**





## FirView Grand Opening: Open House



Everyone is invited to celebrate the FirView grand opening during an Open House event **on February 26 from 2:00 p.m. to 4:00 p.m.** The event begins on the 1st floor in the FirView dining room, where guests can enjoy complimentary appetizers and refreshments. Attendees will embark on self-guided tours of the building, including two beautifully furnished showrooms. Along the way, you'll find informational signs that will direct you to various locations

and helpful staff stationed at key points to answer questions and provide insights. We look forward to coming together to celebrate this exciting milestone for our community! Residents can access detailed floor layouts for FirView on the resident portal under **News & Social > Helpful, Interesting, & Important Info**. These layouts provide a clear view of how each floor is organized, including amenity and room placement. **RSVP on the Portal [Here](#), Registration recommended but not required.**

## February is Black History Month

In 1976, U.S. President Gerald Ford formally recognized February as Black History Month to “honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” This February, Emerald Heights will observe Black History Month with a selection of movies, documentaries, and slides shown on 1981 that highlight important African American figures and history.

The films will highlight a common thread of resilience, courage, and the pursuit of justice in the face of adversity. From Maya Angelou’s transformative journey as a poet and activist in *And Still I Rise* to the systemic challenges exposed in Ava DuVernay’s *13th*, these stories shed light on the enduring fight for equality and recognition. *The Six Triple Eight* celebrates the determination of an all-Black, all-female battalion who defied barriers during World War II to bring hope to soldiers on the front lines.

Together, these films weave a powerful narrative of overcoming obstacles, redefining cultural norms, and making lasting impacts on history. **See page 28–29 to view the movie selection** and be sure to tune in to Channel 1981 throughout the month for thought-provoking slides.





## Submitting your Volunteer Hours

Thank you for your incredible volunteer efforts both within our community and beyond. Your dedication has an enormous impact on others and is deeply valued.

As we prepare for the Volunteer Appreciation event in April, we ask that you submit your 2024 volunteer hours as soon as possible.

Completing this process will help us maintain an accurate annual count for the entire community.

 The *Community Outreach Reporting* form is available at the Concierge desk and on the Resident Portal under **Resources > Handbook Appendices >**

**Appendix I.** Please use this form to report all 2024 volunteer hours, both on and off campus. Once completed, forms should be submitted to the Concierge.



## Respectful Living in Our Community: *Pet Etiquette*

Many of our residents are pet owners, and we welcome your furry companions into the community. However, we must ensure that everyone can coexist harmoniously. Here are some essential guidelines for pet owners:

- **Leash and Control:** When outside your apartment, pets must be on a leash and under control at all times. Often times, residents or staff would like to say hello to your pet. If you and your pet are open to greeting friends, please walk your pet over to the person. Do not allow the leash to stretch out across a walking space, posing a tripping hazard.
  - **Avoid Extendable Leashes:** We discourage the use of extendable leashes, as they can be a tripping hazard. Opt for a standard leash for safer walks with your pet.
  - **Common Area Access:** Pets are not allowed in the dining rooms, Cascades, meeting rooms, the pool or the fitness area.
  - **Shared Living Room and Common Area Furniture:** When using these areas, please be considerate of others.
- 

By adhering to these pet etiquette guidelines, we can ensure the safety and comfort of all residents while maintaining a pet-friendly environment. To read the full Pet Policy, please review Appendix M of the Resident Handbook which is available on the Resident Portal and in the Resident Library.



## Atrium Socials

Tues., February 11, Atrium E,  
4:00 p.m. in Atrium E

Thurs., February 13, Atrium P3,  
4:00 p.m. in Atrium P3

Thurs., February 13, Atrium  
H3, 4:00 p.m. in Atrium H3

Wed., February 19, Atrium H1,  
4:00 p.m. in Atrium H1

Wed., February 19, Trailside,  
4:00 p.m. in Avondale &  
Sammamish Room

Thurs., February 20, Cloud 9,  
4:00 p.m. in Atrium P3

Tues., February 25, Atrium P1,  
4:00 p.m. in Atrium P1

## Monthly or Bimonthly Activities

### Mondays:

*Bonsai Group*: 10:00 a.m., 3rd Mon., February 17, Sammamish Room

### Tuesdays:

*Readers' Theatre Group*: 1:30 p.m., 1st & 3rd Tues., February 4 & 18,  
Tahoma Room

*Bunco Night*: 7:00 p.m., 2nd Tues., February 11, Tahoma Room

### Wednesday:

*Birders & Naturalists Club*: 3:00 p.m., 3rd Wed., February 19, Creative  
Arts Studio

*Voices for Vision*: 3:00 p.m., 4th Wed., February 26, Avondale Room

### Thursdays:

*EH Quilters*: 1:30 p.m., 2nd Thurs., February 13, Creative Arts Studio

*Ukulele Chorus*: 1:30 p.m., 1st & 3rd Thurs., February 6 & 20,  
Avondale Room

*The Good Life Book Club*: 3:00 p.m., 2nd Thurs., February 13,  
Avondale Room

*All that Jazz Group*: 7:00 p.m., 2nd Thurs., February 13,  
Avondale Room

*Poker*: 7:00 p.m., 2nd & 4th Thurs., February 13 & 27, Creative Arts  
Studio

*Knitwits*: 1:00 to 3:00 p.m., 4th Thurs., February 27, Atrium E

*Ukulele Workshop*: 2:00 to 4:00 p.m., 4th Thurs., February 27,  
Avondale Room

## Standing Committee Meetings\*

### Technology Committee

1st Tues. of the month, February 4, 11:00 a.m.,  
Sammamish Room

### Food Services Committee

1st Wed. of the month, February 5, 1:00 p.m.,  
Avondale Room

### Building and Grounds Committee

3rd Thurs. of the month, February 20, 9:00 a.m.,  
Board Room

### Fund Development Committee

3rd Thurs. of the month, February 20, 11:30 a.m.,  
Tahoma Room

### Health and Wellness Committee

4th Tues. of the month, February 25, 10:00 a.m.,  
Avondale Room

**Communications Committee and Residents'  
Activities Committee quarterly meetings occur  
again in April.**



## Weekly Activities

### Mondays:

Painters: 9:00 a.m., Creative Arts Studio

Pickleball: Departs 1:30 p.m.

Duplicate Bridge: 6:45 p.m., Avondale Room

### Tuesdays:

Crafters: 1:00 p.m., Creative Arts Studio

### Wednesdays:

Garden Railroad: 10:00 a.m., Creative Arts Studio

Mahjong: 1:00 p.m., Tahoma Room

Cribbage: 2:00 p.m., Atrium P-3

Shanghai: 6:45 p.m., Avondale Room

Pinochle: 7:00 p.m., Tahoma Room

### Fridays:

Scrabble: 10:00 a.m., Tahoma Room

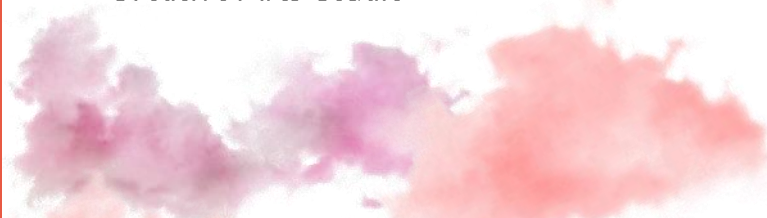
Hand & Foot Canasta: 2:30 p.m., Tahoma Room

Education for Enjoyment: 3:00 p.m., Avondale & Sammamish Rooms

### Saturdays:

Craft & Connect: 10:00 a.m., Creative Arts Studio

Mexican Train, Easy Cards & Games: 2:00 p.m.,  
Creative Arts Studio



Don't see an activity that should be on this list?  
Contact Emma Geary, Communication Specialist,  
at [emmag@emeraldheights.com](mailto:emmag@emeraldheights.com)



## New Resident Orientations

All Meetings are in the Tahoma Room except  
where noted

### Review of Facilities

To occur in the first 7 - 10 days after move-in  
Resident Apartment

### Residents Association Review with

#### Michael Mulroy:

1st Monday of the month,  
February 3, 10:00 a.m., Avondale Room

### Health Services Review with

#### Jamilyn Bloodworth:

1st Thursday of the month,  
February 6, 2:00 p.m.

### Resident Services Review with

#### Nicole McCarthy:

2nd Wednesday of the month,  
February 12, 10:00 a.m.

### Dining Services Review with

#### Dining Services Team:

3rd Tuesday of the month,  
February 18, 10:00 a.m., Copper & Hook

### Marketing Review with Marketing:

4th Tuesday of the month,  
February 25, 10:00 a.m.

### Accounting Review with

#### Nicole Rutledge:

4th Wednesday of the month,  
February 26, 10:00 a.m.

### Final Review with Grant Linacre,

#### Executive Director

60 days after move-in

## The Corwin Connection ~ February 2025

### Monthly Highlights of Corwin Activities

#### Entertainment

- ♦ **Music with Dave & Lynn**  
Saturday, February 1, 10:45 a.m.  
Great Room
- ♦ **"Guitar Gil" Menendez,  
Wine & Cheese Social**  
Friday, February 14, 3:30 p.m.  
AL Library/Lounge
- ♦ **Nancy Quickstad & Friends**  
Thursday, February 27, 4:00 p.m.  
Great Room
- ♦ **Roy Baggerly on piano & Larry Burns on bass**  
Every Thursday, 4:00 p.m.  
Wild Flower Point

#### Special Events

- ♦ **Mak Fai Dragon & Lion Dance: Wednesday,  
February 5 at 3:00 p.m. in the Pavilion**  
Escorts will be available to assist to and from  
this special event.
- ♦ **Scenic Drive: Monday, February 3**  
**Departs: 1:30 p.m.**  
**Returns: 2:20 p.m.**  
Take a simple scenic drive around Redmond  
to see the ever-changing town.

#### Monthly Meetings

- ♦ **Live Chat with Jamilyn**  
Wednesday, February 12, 11:00 a.m.  
AL Game Room
- ♦ **Food Committee Meeting**  
Thursday, February 20, 2:00 p.m.  
Assisted Living Game Room
- ♦ **Skilled Nursing Resident Council**  
Monday, February 24, 11:00 a.m.  
Great Room
- ♦ **Assisted Living Resident Council**  
Thursday, February 27, 3:15 p.m.  
Assisted Living Game Room.

#### Important Changes & Items to Note

- ♦ **Corwin Book Club: Thursday, February 13,  
1:30 p.m. in the AL Library/Lounge**  
We are discussing *Songs of Willow Frost* by  
Jamie Ford and will pass out a new book,  
TBA.
- ♦ **FirView Grand Opening: Wednesday,  
February 26, 2:00 p.m. in the FirView  
dining room.**
- ♦ **New Game: *Talking Technology***  
**Mondays, 3:00 p.m. in the  
AL TV Room**



## Health Services

**Safe Drug Disposal:** Old or expired medications can be taken to the QFC drop-box at 8867 - 161st Ave. NE, Redmond. Or click [Here](#) for more disposal sites.

### On-Campus Services

#### **Audiology: *Evergreen Speech and Hearing***

First Thursday of the month, **February 6, at 10:30 a.m. in the Tahoma Room.**

Services: Clean hearing aids, replace batteries, provide hearing aid checks. No appointment necessary.

If you have questions on audiology services call Kristen Compton at (425)899-5050.

#### **Dermatology: *OnSite Dermatology***

First Thursday of the Month, **February 6**, held in **your own apartment**. Register for the February session before Feb. 3:

On the Portal [Here](#)

Registration for the March session opens on Feb. 7.

Register for the March 6 session by March 3:

On the Portal [Here](#)

OnSite will contact you directly about your appointment time. You also may call them directly at

1-877-345-5300. *Appointments for Independent Living residents only. Appointments not guaranteed.*

Corwin Center residents should schedule with Corwin Center staff.

#### **Mobility Services: *NuMotion***

Third Thursday of the month, **February 20 at 9:30 a.m. in the Tahoma Room.**

#### **Nutritional Counseling Services: *Kat Spottswood***

Monday - Friday; 9:00 a.m. - 5:00 p.m. Contact Dietician Kat Spottswood at (425)556-8190 or [kats@emeraldheights.com](mailto:kats@emeraldheights.com).

### **Providers of Clinical Services**

#### **Located Off-Campus**

To make an appointment with any of the providers listed below please contact them directly.

**Podiatry Services:** Podiatry Associates NW (206)420-3119

<https://www.podiatryassociatesnw.com>

**Optometrist:** Dr. Riskedahl - Office phone (206)618-1335

**Dentist:** Dr. Scott T. Andrews, DDS - Office phone (206)992-9624

**If you have questions related to providers please call Jamilyn Bloodworth, Health Services Administrator, at (425)556-8196.**

**Note: Podiatry does not come to Emerald Heights for Independent Living residents.**



### Get Involved: March is Gender Equality Month

In March, Emerald Heights will be focusing on gender equality to celebrate the history, contributions, and wellness of community members who have been impacted by gender-based bias.

Have you experienced gender-bias? We would like to showcase the varied experiences our residents and staff have had with gender (in)equality and the changing attitudes that have prevailed. We would like to create an event that allows residents and staff to share their experiences as they feel comfortable. If you're interested in presenting at an event or sharing an anecdote, please feel free to join the event planning session on **Monday, February 10 at 2:00 p.m. in the Avondale Room.**

Not interested in presenting? Submit your anecdotes, any length, to the concierge desk or email them to [kaitlyndh@emeraldheights.com](mailto:kaitlyndh@emeraldheights.com) to be featured on the gallery wall or in future editions of *The View*. Your submission may be anonymous if desired.



### Diversity, Equity, and Inclusion Committee Meeting

The next meeting of the Diversity, Equity, and Inclusion Committee will be **Monday, February 24 at 2:00 p.m. in the Avondale Room.** The Committee Charter, Policy, Meeting Schedule, and all Meeting Minutes are on the Resident Portal under the "Resources" tab. All residents and staff are welcome and encouraged to attend these committee meetings. Contact Kaitlynd Hewitt, Administrative Services Manager, at [kaitlyndh@emeraldheights.com](mailto:kaitlyndh@emeraldheights.com) for more info or to be put on the mailing list.

### Table Talks: Black History Month



Are you interested in taking our monthly focus on Black History Month further? Randomly assigned groups will be given the opportunity to get to know each other and discuss the questions below. Let's keep the conversation going!

#### February Questions:

1. Did you experience segregation growing up?
2. What did you know about African American history growing up & what have you learned since then?
3. How have relationships between races changed throughout your life & what improvements can still be made?

**Table Talks will occur on Thursday, February 27 at 11:15 a.m. in the Emerald Room. Coffee and muffins will be served.**



# Religious Services and Support Groups

## Wednesdays:

**Community Prayer:** 11:30 a.m. in the Chapel

## Thursdays:

**Bible Study:** 10:00 a.m. in the Sammamish Room

## Fridays:

**Catholic Communion Service:** 10:00 a.m. in the Avondale Room. Mass celebrated on the fourth Friday of the month, February 28.

**Episcopal Service and Communion with Fr. Eichner:** Fourth Friday of the month, February 28, 11:00 a.m. in the Chapel

## Sundays:

**BelPres Church Livestream:** 11:00 a.m. in the Sammamish/Avondale rooms, AL TV Room

**EH Vespers:** 4:00 p.m. in the Emerald Room with Chaplain John Waltner

## Support Groups

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### Alzheimer's and Dementia Caregiver Support

**Tuesday, February 4**

**1:00 p.m. in the Sammamish Room**

If you are caring for someone with Alzheimer's disease or other form of dementia, this is a time to get together with others in similar situations to share information, encouragement and hope.

### Women's Caregiver Connect

**Monday, February 17**

**1:00 p.m. in the Sammamish Room**

If you are a woman who finds herself caring for a spouse with health or other challenges, join with other women to share support and encouragement.

### Parkinson's Support

**Wednesday, February 19**

**1:30 p.m. in the Sammamish Room**

Whether you're living with Parkinson's Disease or living with someone who has Parkinson's, or are simply interested in learning more, this is a place for support and education.

### Men's Caregiver Connect

**Wednesday, February 26**

**10:00 a.m. in the Sammamish Room**

If you are a man who finds himself caring for a spouse with health or other challenges, join with a group of men for coffee and conversation.

### Questions?

Contact Chaplain John Waltner  
at (425)556-8140 or  
[johnw@emeraldheights.com](mailto:johnw@emeraldheights.com)

# What's Happening: On Campus

## Craft & Connect

Saturdays, February 1, 8, 15, & 22

10:00 a.m. – 12:00 p.m. in the Creative Arts Studio

## Academy Award Movie Contender: *Wicked*

Monday, February 3

2:00 p.m. in the Emerald Room

Enjoy freshly popped popcorn and refreshments while watching *Wicked*, a PG-rated musical fantasy about the untold story of the witches of Oz. The movie, starring Cynthia Erivo and Ariana Grande, runs 2 hours and 40 minutes with a 15-minute intermission.



## New Class: Dance/Step Aerobics

Each Monday, starting Monday, February 3

3:00 p.m. in the Fitness Studio

Fitness Specialist Belay will take you through your paces with a high intensity interval cardio class. Step blocks optional, no dance ability required.

## Sweety's Painting Class

Tuesday, February 4

10:00 a.m. in the Creative Arts Studio

Register on the Portal [Here](#), Limit: 8

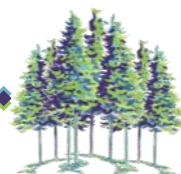
You will be provided with all needed supplies, including a 22"x 14" canvas, acrylic oil paints and the brushes. Sweety will guide you from start to finish, and you will leave with a completed work.

## Readers' Theatre Group

Tuesdays, February 4 & 18

1:30 p.m. in the Tahoma Room

Readers' Theater will be reading a lesser known play, *Once in a Lifetime* by George Kaufman and Moss Hart. This satire tells the tale of three vaudevillians on their way to make it in Hollywood in the new growing film industry. Contact Ginny Ford at [vpatrikford@aol.com](mailto:vpatrikford@aol.com), (360)477-0350 for a script.



## **Lunch and Learn: Assisted Living**

**Wednesday, February 5**

**11:30 a.m. in the Rainier dining room in Corwin**

Curious about Assisted Living? Join our lunch with Phill Jones or Sharon Cruse, first Wednesdays monthly. Space limited to 5— reserve early! **To reserve your seat, contact Phill at (425)556-8151 or [phillipj@emeraldheights.com](mailto:phillipj@emeraldheights.com)**

## **Performance: Mak Fai Dragon and Lion Dance Association**

**Wednesday, February 5**

**3:00 p.m. in the Pavilion**

Celebrate Chinese New Year with Seattle's premier Mak Fai Dragon and Lion Dance Association, founded in 1974. Enjoy their vibrant lion dance performance, a tradition symbolizing happiness and good luck in Chinese culture.

## **Card Game: Shanghai**

**Wednesdays, February 5, 12, 19, & 26**

**6:45 p.m. in the Avondale Room**

Join a game of Shanghai, a strategic gin rummy-style card game for 3-6 players. To obtain a set of rules for the game contact Dee Patrick: (206)356-8684, [dee@teampatrick.com](mailto:dee@teampatrick.com).

## **Bible Study: Presented by Rev. Jeff Reed**

**Thursdays, February 6, 13, 20, & 27**

**10:00 a.m. in the Sammamish Room**

Rev. Jeff Reed will be leading this month's series: "Great Prayers of the Bible". Each week we'll examine one of the prominent prayers recorded in the Bible to see what we can learn about God, about ourselves, and about the practice of prayer itself.

## **Tech Help Hour**

**Thursdays, February 6, 13, 20, & 27**

**1:00 p.m. in the Evergreen Lodge Living Room**

Resident volunteers are available to try to help with phones, tablets, or laptops.

## **Assisted Living Awareness**

**Thursday, February 6**

**1:00 p.m. in the Emerald Room**

With the addition of FirView, there's never been a better time to explore what Assisted Living is all about. Discover what Assisted Living has to offer with insights from Sharon Cruse and Phill Jones on services, qualifications, and the moving process. A Q&A session will follow the presentation.



## **Thrift Shop**

**Friday, February 7**

**10:00 a.m. to 3:00 p.m. in the Thrift Shop**

New items, 1/2 price items, free items, oh my! Take a trip to the Thrift shop and check out our stock! Follow the signs from the lobby.

## **Grant's Live Chat**

**Friday, February 7**

**1:00 p.m. in the Emerald Room and Channel 1981**

Grant Linacre, Executive Director, shares campus updates in this monthly program.

## **WACCRA: Working to Bring Consumer Protections to CCRC Residents**

**Friday, February 7**

**3:00 p.m. in the Emerald Room and Channel 1981**

The Office of the Insurance Commissioner previously confirmed that CCRCs in Washington compare poorly with the protections provided to CCRC residents in other states. Join the President and Vice President of WACCRA to learn about their efforts to improve consumer protections for CCRC residents in Washington. Hear about current legislation and how you can support this initiative.

## **Education for Enjoyment: *The Middle East in the 20<sup>th</sup> Century***

**Friday, February 7, 14, & 21**

**3:00 p.m. in the Avondale & Sammamish Rooms**

You can't understand our world today without understanding the last 100 years of Middle Eastern history. Now that we have some historical distance from the tumultuous 20th century, it is a great time to take a deep dive into the history of the region.

## **KCLS Library To Go**

**Tuesday, February 11**

**9:00 a.m. – 10:00 a.m. in the Tahoma Room**

Access KCLS library books at Emerald Heights. Pick up holds, browse shelves, and return books by 7 p.m. Monday or Tuesday morning in the Tahoma Room. Bring your own bag.

## **Quarterly Residents' Association Meeting**

**Tuesday, February 11**

**10:30 a.m. in the Pavilion and Channel 1981**

Come hear reports from officers, council business, and reports from Council members, Marketing, and Grant Linacre, Executive Director. Please sign-in outside the Pavilion so quorum can be met.

## **Virtual Reality Group Experience**

**Tuesday, February 11**

**1:00 p.m. in the Sammamish Room**

**Register on the Portal [Here](#), Limit: 10**

Join this small group with Alex Clark as your guide through famous landmarks or your own childhood hometown. Bring your address books.

## **Dr. David Smith: Themes in Philosophy**

**Tuesday, February 11 & 25**

**1:00 p.m. in the Emerald Room**

Explanation and discussion of fascinating themes in philosophy—a philosophy buffet!



## **Bunco Night**

**Tuesday, February 11**

**7:00 p.m. in the Tahoma Room**

Bunco Night is organized by resident Carolyn Dusenbury, (425)242-0354.

## **Rightsizing & Longevity Planning Presentation**

**Wednesday, February 12**

**11:30 a.m. in the Pavilion**

**Register on the Portal [Here](#), Limit: 10**

Led by experts from Eliminate Chaos and Badgley Home, join our future residents while gaining valuable insights on downsizing, organizing, and planning for the future. Lunch will be provided.

## **Rightsizing & Longevity Planning Info Fair**

**Wednesday, February 12**

**12:30 p.m. in the Pavilion Hallway**

Discover tools and strategies to plan for the future at this resource fair, featuring experts in longevity and elder law attorney, financial planning, home care, and aging life care.

## **Folk Dance for Everyone**

**Wednesday, February 12 & 26**

**3:30 p.m. in the Fitness Studio**

Join resident Bob Cohen, an experienced folk dance teacher, for approachable line and circle dances that don't require a partner. Enjoy cultural music while learning simple steps that gradually build in rhythm and complexity at a comfortable pace.

## **Valentine Performance: *Romance in Paris***

**Thursday, February 13**

**2:00 p.m. in the Emerald Room**

Experience Rouge, a lively group featuring a pianist, accordionist, and singer-dancer Janet Rayor, as they perform stylized French music—your ticket to France without the jet lag!

## **The Good Life Book Club: *A Most Beautiful Thing* by Arshay Cooper**

**Thursday, February 13**

**3:00 p.m. in the Avondale Room**

Our February book, by Arshay Cooper, is *A Most Beautiful Thing*, the true story of America's first all-black high school rowing team. Our March book is Kristin Hannah's *The Women*, tackling women's roles as American military nurses in the Vietnam War. Books are selected by club members.

## **Anything Goes**

**Friday, February 14**

**7:00 p.m. in the Pavilion**

We have a great lineup to showcase the talents of our residents at Emerald Heights. From skits, puns, musical performances, and hula dancers—you won't want to miss it. Starring your neighbors: John Nelson, Barbara Klingberg, Lindy Thompson, Marge Hansen, David G. Cole, Roy Baggerly, and Stephanie Wilson. Questions? Contact David G. Cole, davidgcole@gmail.com, (919)605-3418.

## **The Bonsai Group: *Welcome to 2025***

**Monday, February 17**

**10:00 a.m. in the Sammamish Room**

Join our study and practice of the ancient art of Bonsai. Create these miniature trees and landscapes with the guidance of instructors with a combined 120 years practical experience. Most materials will be provided. Just bring your creative energies.



## **Preparing for Transitions: *Accepting help while preserving autonomy***

**Tuesday, February 18**

**2:00 p.m. in the Emerald Room**

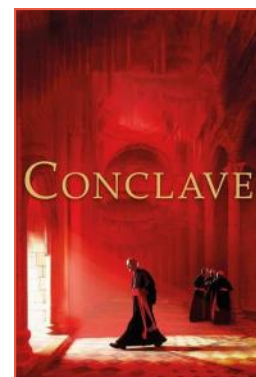
More information is shared in an article on page 7.

## **Academy Award Movie Contender: *Conclave***

**Wednesday, February 19**

**2:00 p.m. in the Emerald Room**

Join us for *Conclave*, a 2-hour PG-rated mystery about Cardinal Lawrence's role in selecting a new pope while uncovering deep secrets within the Vatican.





## **Birders & Naturalists Group**

**Wednesday, February 19**

**3:00 p.m. in the Creative Arts Studio**

Join the group of residents that enjoy sharing their knowledge and experiences with birds.

## **Focus on Fitness: *Exercising with Arthritis***

**Thursday February 20**

**2:00 p.m. in the Emerald Room**

Join Fitness Specialist Katharine Manter for a live presentation on arthritis, its major types, and how exercise can help improve symptoms. Bring your questions and learn valuable insights on managing arthritis through physical activity.

## **February Birthday Celebration: *Byron Street Swing***

**Friday, February 21**

**7:30 p.m. in the Emerald Room and on Channel 1981**

Celebrate February birthdays with an evening of Jazz and a birthday treat.

## **Mah Jongg, Anyone?**

**Monday, February 24 & Tuesday, February 25.**

**10:00 a.m. to 1:00 p.m. in the Sammamish Room**

**Register by contacting June Bruno at [junebruno@comcast.net](mailto:junebruno@comcast.net), Limit: 5**

Join resident June Bruno for a two-day lesson on American Mah Jongg. **Bring a snack or light lunch.** On Wednesday, Feb. 26, you'll be able to join the regular weekly game in the Tahoma room, playing at the beginners' table under June's guidance.

## **AI Interest Group Meeting**

**Tuesday, February 25**

**2:00 p.m. in the Sammamish Room**

Interested in AI? Join the Technology Committee's AI Interest Group.

## **Social Dance Activity: *Square Dance***

**Tuesday, February 25**

**4:00 p.m. in the Fitness Studio**

**Register on the Portal [Here](#), Limit: 18**

Be sure to sign up on the Portal and assure yourself a spot to participate. Partner not required.

## **FirView Grand Opening: Open House**

**Wednesday, February 26**

**2:00 p.m. – 4:00 p.m. in the FirView Dining Room**

**RSVP on the Portal [Here](#), Registration recommended but not required**

For details, please view the article on page 8.

## **Voices for Vision**

**Wednesday, February 26**

**3:00 p.m. in the Avondale Room**

Questions? Contact Lois Farris at (425) 298-4455.

## **Table Talks: Black History Month**

**Thursday, February 27**

**11:15 a.m. in the Emerald Room**

Join us for Table Talks, where the focus is on reflection of our understanding of black history and our communal experience growing up in a changing world. Table groups will be selected at random, ensuring you connect with known and unknown neighbors. While conversing, indulge in a spread of coffee, tea, and muffins.

## **SilverKite Community Arts: Intergenerational Activity**

**Part 1: Meet & Greet Eastside Catholic High School Students**

**Friday, February 28**

**10:30 a.m. in the Emerald Room**

**Register on the Portal [Here](#) (You will be registered for both sessions)**

**NOTE: To participate, you need to be able to attend both sessions.**

**Cancellation Deadline: Monday, February 17**

**Limit: 17: Wheelchair arrangements, contact Vicky (425) 556-8204**

A Silverkite Representative will introduce the program's goals of fostering communication and empathy between generations. Chat with Eastside Catholic students in the Emerald Room.

**Part 2: Field Trip to Eastside Catholic High School**

**Wednesday, March 26**

**Depart: 12:30 p.m.**

**Cost: No cost**

**Estimated Return Time: 4:00 p.m.**

Reunite with the high school students you met, as they present you with a handmade Memory Box, reflecting the life adventures you shared during the meet and greet.



## **Education for Enjoyment: Turning Points in Modern History**

**Friday, February 28**

**3:00 p.m. in the Avondale & Sammamish Rooms**

Turning Points in Modern History takes you on a journey around the globe—from China to the Americas to New Zealand—to shed light on how two dozen of the top discoveries, inventions, political upheavals, and ideas since 1400 have shaped the modern world.

## **Social Hour: Last Friday of the Month**

**Friday, February 28**

**4:45 p.m. – 6:00 p.m. in the Emerald Room**

Have a glass of wine or sparkling cider with snacks a-plenty while meeting with new neighbors.



## **What's Happening: Trips**

PLEASE NOTE: Event registration on the Portal does not open until February 1, 10:00 a.m.

### **Transportation to Redmond Pool**

**Register on the Portal [Here](#)**

**All Mondays, Wednesdays, and Fridays**

**Location: Redmond Pool**

**Departure Time: 7:20 a.m. (Aqua Aerobics) or 12:45 p.m. (Senior Swim)**

**Estimated Return Time: 8:30 a.m. (Aqua Aerobics) or 2:15 p.m. (Senior Swim)**

**Cancellation Deadline: 4:00 p.m. the day prior  
Limit: 9**

We have arranged temporary transportation to the Redmond pool for their Water Aerobics and Senior Swim sessions. Payment will be on your own and no leader will be going.

### **Pickleball: Recreational Play**

**Register on the Portal [Here](#)**

**Mondays, February 3, 10, 17, 24**

**Location: Redmond**

**Departure Time: 1:30 p.m. (Front Lobby)**

**Estimated Return Time: 3:30 p.m.**

**Cost: Court costs vary per session**

**Transportation: Free**

**Deadline: Noon the Thursday before**

**Limit: 10**

**Contact: Mike Mulroy (206)200-8282**

Pickleball continues on Mondays. New players welcome—call Mike Mulroy to join.

### **Trip to Norcom 911: Docent Tour**

**Register on the Portal [Here](#)**

**Friday, February 7**

**Location: Bellevue**

**Departure Time: 1:00 p.m.**

**Estimated Return Time: 3:45 p.m.**

**Cost: Free**

**Transportation: \$6.51**

**Cancellation Deadline: Wednesday, February 5**

**Limit: 11 {Wheelchair arrangements, contact  
Vicky (425)556-8204}**

Tour the NORCOM facility and learn about 911 dispatch operations.



### Happy Hour Trip: Woodin Creek Kitchen & Tap

[Register on the Portal Here](#)

**Wednesday, February 12**

**Location: Woodinville**

**Departure Time: 4:00 p.m.**

**Estimated Return Time: 6:00 p.m.**

**Cost: Food & beverages on own + staff costs**

**Transportation: \$3.65**

**Cancellation Deadline: Monday, February 10**

**Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

WCKT offers Happy Hour Monday through Friday from 3 p.m.-6 p.m., with \$2 off specialty cocktails, wine, craft beers, and small bites. Discount extends throughout the restaurant.

### Panama Hotel and Tea House: Docent Tour of the Japanese American Museum of Seattle

[Register on the Portal Here](#)

**Monday, February 17**

**Location: Seattle**

**Departure Time: 1:00 p.m.**

**Estimated Return Time: 5:00 p.m.**

**Cost: Docent fee is \$20.00 per person,**

**purchases on your own + staff costs**

**Transportation: \$11.47**

**Cancellation Deadline: Monday, February 10**

**Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

The Panama Hotel is a historic landmark showcasing Japanese American heritage. The Tea House, serving a wide selection of teas, Mio Coffee, cocktails, and pastries, has been welcoming guests since 2001.

### Seattle Rep Theatre: Blues for an Alabama Sky

[Register on the Portal Here](#)

**Sunday, February 23**

**Location: Seattle**

**Departure Time: 1:00 p.m.**

**Estimated Return Time: 5:00 p.m.**

**Cost: Ticket price \$40.00 each + staff costs**

**Transportation: \$11.09**

**Cancellation Deadline: Monday, February 10 (Tickets purchased Feb. 11)**

**Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

*Blues for an Alabama Sky* follows artists Angel and Guy as they navigate dreams of a better future, while their neighbors face challenges in bringing a family planning clinic to Harlem during the Great Depression.

### Meany Center for the Performing Arts: Isidore String Quartet

[Register on the Portal Here](#)

**Tuesday, February 25**

**Location: Seattle**

**Departure Time: 6:30 p.m.**

**Estimated Return Time: 10:30 p.m.**

**Cost: Tickets \$57.00 per person + staff costs**

**Transportation: \$9.67**

**Cancellation Deadline: Thursday, Feb. 13 (Tickets purchased on 2/14)**

**Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

The Isidore String Quartet offers fresh interpretations of classical music, inspired by the Juilliard Quartet's approach. The program features Mozart, Beethoven, and Billy Childs' String Quartet No. 3.

### Seattle Opera: *The Magic Flute*

[Register on the Portal Here](#)

**Wednesday, February 26**

**Location: Seattle**

**Departure Time: 6:15 p.m.**

**Estimated Return Time: 11:00 p.m.**

**Cost: Ticket price ranges from \$59.00 to \$99.00 each + staff costs**

**Transportation: \$10.97**

**Cancellation Deadline: Wednesday, February 19 (Tickets purchased Feb. 20)**

**Limit: 10 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Experience Mozart's whimsical world in a new Seattle production inspired by silent movies, featuring stunning hand-drawn animation. This audience favorite offers a visually captivating performance.

### Brew Pub Trip: Northwest Brewing Company

[Register on the Portal Here](#)

**Friday, February 28**

**Location: Redmond**

**Departure Time: 1:00 p.m.**

**Estimated Return Time: 3:45 p.m.**

**Cost: Purchases on your own + staff costs**

**Transportation: Free**

**Cancellation Deadline: Wednesday, February 26**

**Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Northwest Brewing Company, originally Pint & Pie Public House, is located in Tacoma's historic Stadium District with a newer location in Redmond, Wash. Enjoy a variety of brews, pizza, pot pies, salads, small plates, and dessert pies, all crafted to satisfy different tastes. [NW Menu](#) [NW Beers](#)

### Shoreline Community College Theatre: *9 to 5, The Musical*

[Register on the Portal Here](#)

**Sunday, March 9**

**Location: Shoreline**

**Departure Time: 1:45 p.m.**

**Estimated Return Time: 6:45 p.m.**

**Cost: Tickets Free**

**Transportation: \$15.25**

**Cancellation Deadline: Thursday, Feb. 27**

**Limit: 13 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Enjoy a fun afternoon watching a humorous musical in this excellent venue.

### Meany Center for the Performing Arts: *Jeremy Denk*

[Register on the Portal Here](#)

**Tuesday, March 18**

**Location: Seattle**

**Departure Time: 6:30 p.m.**

**Estimated Return Time: 10:30 p.m.**

**Cost: Tickets \$72.00 per person + staff costs**

**Transportation: \$9.67**

**Cancellation Deadline: Thursday, March. 6 (Tickets purchased on 3/7)**

**Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Pianist Jeremy Denk, praised for his virtuosic skill and imaginative performances, presents a recital featuring Bach's Six Partitas for Keyboard.

# What's Happening: Shopping Trips

Register on Portal for all Shopping Trips  
Deadline for all shopping trips: Noon the day before  
Questions? Contact Jorge (425)556-8105

## Weekly Grocery Shopping:

### Monday Grocery Shopping

Departure: 10:00 a.m.

Estimated Return: Noon

*Redmond Fred Meyer & Bear Creek Safeway, Bank of America, U.S. Bank & Washington Federal*

### Friday Grocery Shopping

Departure: 10:00 a.m.

Estimated Return: Noon

*QFC, both new & old, Trader Joe's, Bartell Drugs at Bella Bottega, Wells Fargo, Chase Bank, Bank of Washington & Columbia Bank*

### Costco Shopping Trip

Wednesday, February 5

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 17

### Costco Shopping Trip

Wednesday, February 19

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 17

### Bellevue Square Shopping

Monday, February 10

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 17

### Value Village Shopping Trip

Friday, February 21

Departure: 1:00 p.m.

Estimated Return: 2:45 p.m.

Register on the Portal [Here](#)

Limit 17

### PCC Shopping Trip

Thursday, February 13

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 9

Personal transportation is available for a fee. Contact Jorge Cartagena at (425)556-8105 for more information.





# Channel 1981 Exclusives

## Movies

### *My Big Fat Greek Wedding 2*

**Saturday, February 1**

**6:45 p.m. on Channel 1981**

Toula (Nia Vardalos) and Ian (John Corbett) navigate challenges in their marriage, a rebellious teenage daughter, and Toula's aging parents. When a family secret emerges, the Portokalos clan unites for their biggest wedding yet.

**2016, PG-13, 1 Hour 34 Minutes**



### *Erin Brockovich*

**Thursday, February 6**

**6:45 p.m. on Channel 1981**

Erin Brockovich (Julia Roberts), struggling to get by, persuades attorney Ed Masry to hire her at his law firm. While investigating misplaced medical records, Erin finds a cover-up of contaminated water causing illnesses in a local community.

**2000, R (for profanity), 2 Hours 11 Minutes**



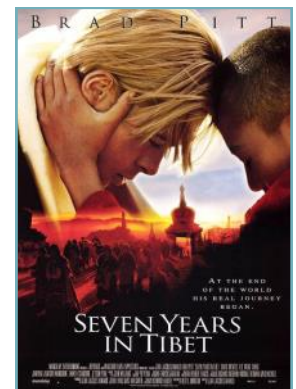
### *Seven Years in Tibet*

**Saturday, February 15**

**6:45 p.m. on Channel 1981**

Austrian mountaineer Heinrich Harrer's (Brad Pitt) Himalayan expedition is disrupted by World War II, leading him to Tibet. There, he befriends the Dalai Lama and undergoes profound personal growth amidst turbulent times.

**1997, PG-13, 2 Hours 16 Minutes**



### *Aloha*

**Thursday, February 20**

**6:45 p.m. on Channel 1981**

Military contractor Brian Gilcrest (Bradley Cooper) reconnects with his ex, Tracy Woodside (Rachel McAdams), while working in Hawaii and develops feelings for his guide, fighter pilot Allison Ng (Emma Stone). As relationships deepen, surprising revelations from his past emerge.

**2015, PG-13, 1 Hour 45 Minutes**



# Channel 1981 Exclusives

## Programs

### **Great Courses on 1981: Peoples and Cultures of the World**

**Monday, February 3, 10, & 17, 6:45 p.m.**

Professor Edward F. Fischer reveals the extraordinary power of anthropology—and his subspecialty, cultural anthropology—as a tool to understand the world's varied human societies, including our own.



### **Keeping Our Spirits Up In 2025**

**Wednesday, February 5, 10:30 a.m.**

Chaplain John delivers a weekly half hour of information, inspiration and occasional silliness to encourage our positivity in challenging times.

### **Maya Angelou: And Still I Rise, BBC One Imagine**

**Wednesday, February 5, 6:00 p.m.**

Documentary portrait of the trail-blazing activist, poet and writer Maya Angelou. Born in 1928, she enthused generations with her bold and inspirational championing of the African-American experience that pushed boundaries and redefined the way people think about race and culture.

**2017, TV-14, 1 hr 33 mins**



### **Osher Lecture: Exploring the Complexities of CBD and its use in Older Adults**

**Monday, February 10, 1:00 p.m.**

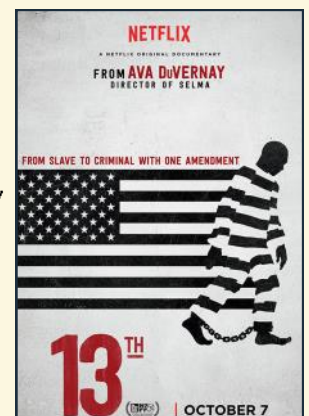
Join Dr. Abby Winter, PharmD, for a discussion on CBD use in older adults, covering trends, potential benefits and risks, and tips for using these products. Dr. Winter is a pharmacist and professor at the University of Washington School of Pharmacy.

## **13th**

**Wednesday, February 12, 6:00 p.m.**

Combining archival footage with testimony from activists and scholars, director Ava DuVernay's examination of the U.S. prison system looks at how the country's history of racial inequality drives the high rate of incarceration in America. This piercing, Oscar-nominated film won Best Documentary at the Emmys, the BAFTAs and the NAACP Image Awards.

**2020, Rated TV-MA, 1 hr 40 mins**



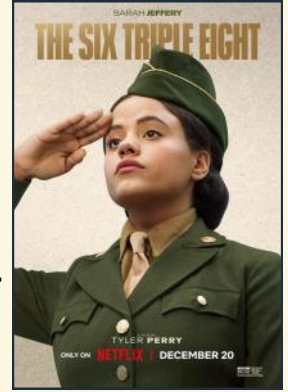
# Channel 1981 Exclusives

## The Six Triple Eight

**Wednesday, February 19, 4:00 p.m.**

During the height of WWII, as warehouses begin to overflow with unfulfilled deliveries, soldiers' hopes are dashed as they lose contact with their families back home. To fix this problem, the 6888th Central Postal Directory, the Women's Army Corps' all-Black battalion including over 800 female soldiers is sent to tackle the impossible challenge of sorting years' worth of backlogged mail.

**2024, PG-13, 1 hr 7 mins**



## Great Courses on 1981: Mr. Lincoln: The Life of Abraham Lincoln

**Monday, February 24, 6:45 p.m.**

This course delves into what made Abraham Lincoln great, exploring his qualities through the insights of a distinguished Lincoln scholar and award-winning author. Discover what struck those who knew him as you gain a deeper understanding of this iconic figure.

### The Fitness Trifecta: 7 days a week

**8:15 – 9:00 a.m.: Total Body Fitness**

Takes you through strength and mobility exercises.

**9:00 – 9:45 a.m.: Posture and Balance**

Strength and skill-building for fall prevention.

**10:00 – 10:30 a.m.: Seated Zumba Gold**

Energetic seated exercise class.



**Questions about fitness?  
Contact Alexandra Clark, Wellness  
Programs Manager,  
at (425)556-8186 or  
[alexandrac@emeraldheights.com](mailto:alexandrac@emeraldheights.com)**

## KHTS Schedule on Channel 1981

**Special Programs: 10:30 a.m., 2:00 p.m. & 9:00 p.m.**

Please refer to the Daily Schedule for listings of the week's selections provided by your dedicated KHTS team. The Daily Schedule is on the hall monitors and your Channel 1981. The 10:30 a.m., 2:00 p.m. and 9:00 p.m. programs change on Mondays.

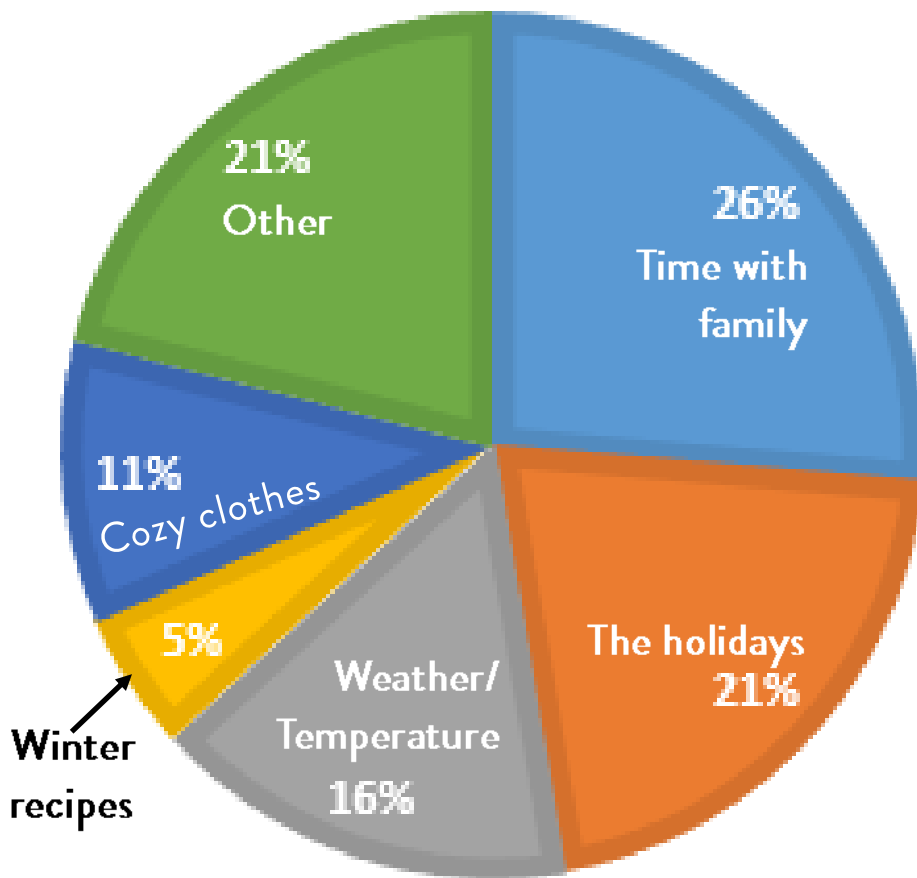


## 1. NEW Year, NEWsletter (ha!) What would you like to see from this publication in the future?

We received excellent suggestions for new content, ideas for improvement, and feedback on the new newsletter as a whole. From word search suggestions to salon information corrections, we are pleased to hear so many thoughtful responses to this survey question.

We will keep your responses in mind as the newsletter matures. If you think of new ideas or see discrepancies, please reach out to Emma, Communication Specialist, at [emmag@emeraldheights.com](mailto:emmag@emeraldheights.com) or (425)556-8138.

## 2. What is your favorite part of winter?



### Write-ins for "Other":

- "Christmas lights on our buildings (LOTS!) Let's add more!"
- "Getting up late; the big dark."
- "Staying at home with a book or watching TV & snacking on popcorn."
- "Looking at the snow and knowing I don't have to drive in it!"

Thank you to those who submitted a survey in January.  
Want to chime in? See survey submission instructions on the next page.

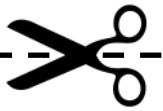
# February Survey

## How to Participate:

Each month, we have a survey that residents can participate in. Collected resident responses for surveys may be shared in future newsletters and will provide valuable insight on ways to enhance our community. The identities of the responders are anonymous.

Write your answer, cut along the dotted lines at the bottom of the page, and submit the poll to Concierge or Emma Geary in Resident Services. Submissions are due by the 15th of each month. **A digital version on the survey can be accessed [Here](#).**

Results from the January survey can be found on page 30.



### Channel 1981 Movie Survey

This survey is being conducted to gather feedback on the Thursday and Saturday evening movies shown on Channel 1981. Your input will help us improve your viewing experience and address issues you may have encountered. Please take a few moments to answer the questions below.

*Circle the option most applicable to you:*

**1. I watch Thursday night movies on Channel 1981.**

Never      Rarely      Sometimes      Often      Always

**2. I watch Saturday night movies on Channel 1981.**

Never      Rarely      Sometimes      Often      Always

**3. I have had issues with sound quality while watching movies on Channel 1981.**

Never      Rarely      Sometimes      Often      Always

Explain: \_\_\_\_\_

**4. If you do not watch Thursday or Friday night movies on Channel 1981, please share why.**

(Ex. personal choice, using a different cable provider or type of Comcast box, etc.)

\_\_\_\_\_  
\_\_\_\_\_

**5. Please provide any additional context or feedback related to movies on Channel 1981.**

\_\_\_\_\_  
\_\_\_\_\_

Submit to Concierge or Emma Geary in  
Resident Services by **February 15**.

