

A scenic view of rolling green hills under a rainbow, with a grain elevator in the foreground. The hills are lush green and undulating, with a rainbow arching across the sky in the upper left. In the lower left, a grain elevator stands on a hillside, with the text "WHITMAN COUNTY GROWERS" visible on its side. The overall atmosphere is peaceful and rural.

# The View

*From the Heights of Community Life*

March 2025

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**Cover Photo Credit:** Dave Hoefler on Unsplash.com, taken at Steptoe Butte State Park in Colfax, Washington.

# 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.

#### **Hair with Terry**

Tues., Wed., Thurs.  
9 a.m.—3 p.m.

#### **Hair with Debi**

Friday  
9 a.m.—3 p.m.

#### **Massage with Nita**

Wednesday  
10 a.m.—4 p.m.

#### **Reflexology with Gretchen**

Thursday  
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 March due to lack of inventory.**
- ◇ Always check the date on portal-generated trip cancellation emails.
- ◇ Prefer the digital version of *The View*? Email Emma Geary, Communication Specialist, to stop receiving physical copies: [emmag@emeraldheights.com](mailto:emmag@emeraldheights.com)

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](#).

# Staff Spotlight

## New Faces on Campus

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**Juie Mesvani**  
Rehab Director

We are happy to introduce our new Rehab Director, Juie Mesvani. Juie has been hard at work getting up to speed on learning about Emerald Heights and our residents. Below is a bit about Juie to help us get to know her. Juie completed her Bachelor's in Physical therapy in India (2011) and her Master's in Exercise Physiology in Syracuse (2016). She first worked at a skilled nursing facility in Queens, NY, for 3.5 years before moving to Seattle.

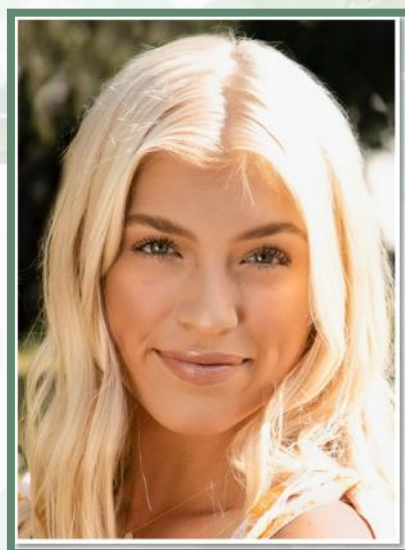
She then worked as a physical therapist at Wesley Homes in Auburn, a skilled nursing facility with assisted and independent living apartments. Her passion for working in geriatric settings motivated her to pursue her Doctorate in physical therapy from Arcadia University in Pennsylvania, graduating in 2022. Following that, she worked at various Aegis living communities in Redmond and Bellevue.

Juie's philosophy of care revolves around her passion for restoring a high quality of life for individuals of all ages. She believes in creating a positive environment while encouraging the residents to lead a fulfilling life of health and wellness. In her free time, she loves to spend time with her family, friends, and travel with her husband.

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We are excited to share that Claire Nees has joined the Emerald Heights team as our Marketing and Move-in Coordinator. Claire is a recent graduate of San Diego State University where she received her undergraduate degree in psychology. Claire has previous experience at Swedish Hospital and Aegis Living. Please join us in welcoming her to the community!

"A bit about me - I grew up in Sammamish, Washington and attended Skyline High School. I have a background in basketball and have always enjoyed staying active. When I was living in San Diego, I was lucky enough to have the opportunity to learn how to surf, which became such an amazing hobby for me. I also enjoy spending time outdoors, being with family, and discovering new restaurants. If you have any recommendations, I would love to hear them! I look forward to meeting all of you and becoming a part of this wonderful community. Please feel free to stop by and say hello!"



**Claire Nees**  
Marketing and  
Move-in Coordinator

## Staff Spotlight



**Russell Blueye**  
Food & Beverage  
General Manager

On February 13, Emerald Heights welcomed Russell Blueye as our Food and Beverage General Manager. Russell will oversee all front of house operations in all dining rooms on campus under the direction of Matthew Lecours, F&B Director.

“I was born and raised outside of Buffalo, NY. However, my mother being from Arlington resulted in most of my childhood summers being spent here enjoying the incredible state of Washington. Two years ago I moved to Washington to further my career and live in a beautiful place near the ocean and the mountains. As the second oldest of 7 kids I knew a thing or two about rallying the troops for success and feeding a large group. I started my career in hospitality as a server in a senior living facility in western New York. I later went on to work in various kitchen and front of house positions where I eventually landed in restaurant management. I have worked for world renown companies like PF Chang’s and The Cheesecake Factory as well as smaller fine dining establishments like El Gaucho. I love creating exceptional experiences for guests through food and customer service. Thank you for the opportunity to serve you here at Emerald Heights, and I look forward to getting to know you all!”

## 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. A winner is chosen at random on the last day of the month.

**The Golden Coin winner for this month is Katie Dyson, Life Enrichment Assistant!**

Katie goes above and beyond to ensure that the lives of our Corwin Center residents are enriched, including creating personalized activities for residents that provide mental stimulation, meaningful engagement, and a sense of fulfillment.

# Staff Spotlight

## “Golden Spotlight”

Beginning in March, the Golden Coin monthly award will be rebranded as the “Golden Spotlight” award. Updates to the process will include the manner in which winners are chosen. More information to follow in the April edition of *The View*.



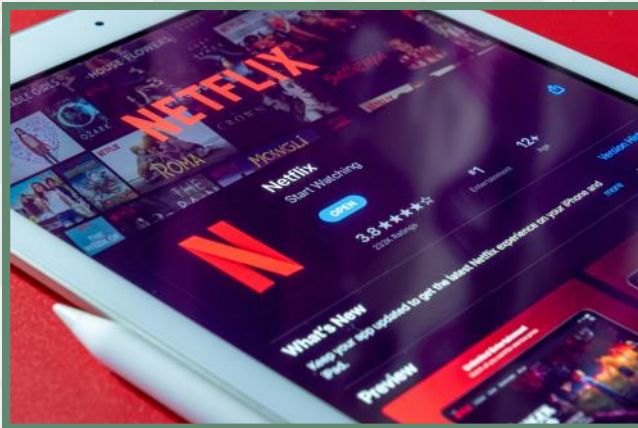
## Shining Star Shout-Outs

The winner of the Shining Star prize for January is:  
**Magda Turcios, EVS Tech**

Shining Star Nominees for January include:  
Magna Turcios  
Susanna Rincon  
Mitchell Flores

# Articles

## Movies, Streaming, and Licensing



Emerald Heights, is pleased to offer a variety of movies, documentaries, and entertainment options through Channel 1981. Most streamed content not created at Emerald Heights is subject to specific limitations outlined by a licensing agreement that allows us to show copyright-protected content. While we strive to offer a wide range of entertainment, not all movies or shows can be shown on Channel 1981 due to the restrictions of the licensing agreement.

We are fortunate to have our dedicated KHHS volunteers and the Resident Services team working together to provide a diverse range of programming. If you have any suggestions for movies you'd like to see, we encourage you to share them with Vicky Neil, Trips and Events Leader, at (425)556-8204 or [vickyn@emeraldheights.com](mailto:vickyn@emeraldheights.com). We will do our best to accommodate requests that meet the terms of our licensing agreement.

## Dry Cleaning

To continue providing dry cleaning services, our Transportation team has agreed to transport resident dry cleaning to and from Sammamish Cleaners.

Resident requests must be turned into the Concierge desk by 9:30 a.m. on Monday mornings. Resident dry cleaning items will be picked up by our transportation team the following Monday and returned to Concierge for resident pick-up.

Thank you to Jorge and the Transportation team for accommodating our residents' needs!

## Articles

### Solo Aging Presentation: Joy Loverde

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Join us on **March 20 at 3:00 p.m.** for an inspiring and interactive event featuring Joy Loverde, a celebrated author and expert on aging and caregiving. Her book, *Who Will Take Care of Me When I'm Old?*, and her appearances on Today, NPR, and the Wall Street Journal have helped countless individuals take control of their futures. **This discussion will be especially focused and valuable for Solo Agers.**

This event will include prospective residents as well as those who register on the Portal. Each attendee will receive a copy of Joy's book.

**Register for this event on the Portal [Here](#)**

**Limit: 10 attendees**

### Emergency Notification System (ENS)

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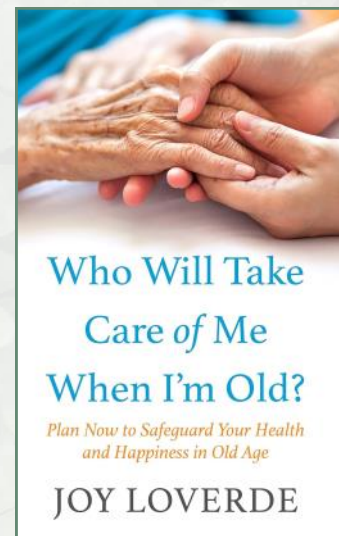
If a potential life-threatening situation exists, use the Emergency Notification System (ENS) and also call 911 immediately. Please remember to wear your ENS pendant around your wrist or neck at all times to ensure you can easily press it in an emergency.

Once a pendant or pull-cord is activated, both an audible and a visual signal are sent to the Corwin Center Community Associate desk, the Security gatehouse, and to a pager carried by a licensed nurse. Nursing staff will be dispatched from the Corwin Center to respond to your call as soon as practical. Additionally, non-nursing staff who are nearby may respond to assist with the situation.

While help is on the way, a staff member may call you to assess the situation. Upon arrival, the nursing team will evaluate the emergency and take necessary steps to ensure your protection and comfort.

If ENS is activated by accident, please notify the Corwin Center at (425)556-8150 immediately to prevent the staff from making an unnecessary trip to your location. More information on ENS is located in the Resident Handbook, available on the Resident Portal, and in the Evergreen Lodge and Assisted Living libraries.

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# A PreView of FirView



Activity Room



Rainier Dining Room



Entry into Living Room (left) and CA Desk (right)

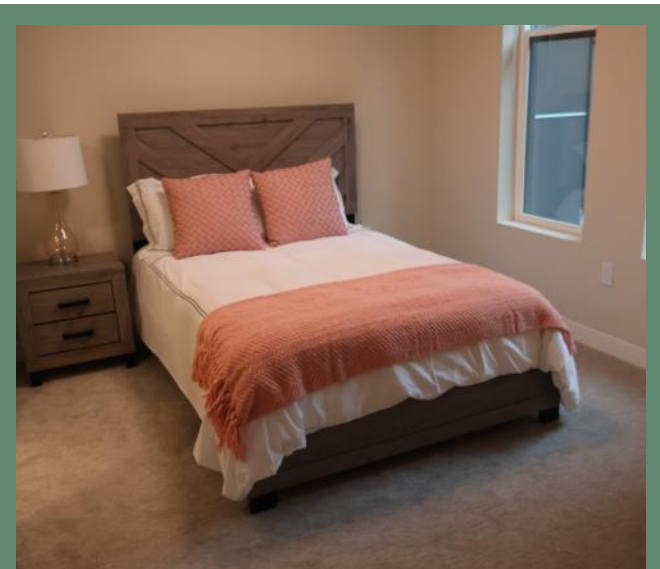


Private Dining Room





**Resident Kitchen**



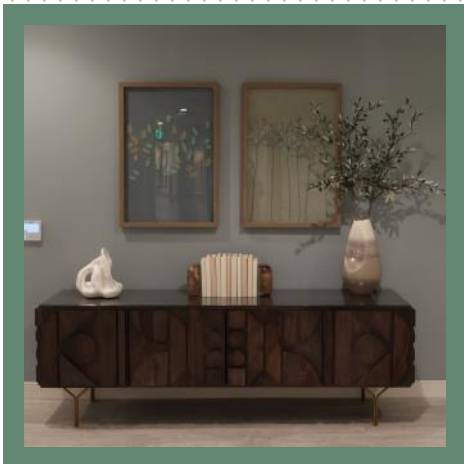
**Resident Bedroom**



**Resident Living Room**



**Resident Bathroom**



**Laundry Room**



## Atrium Socials

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

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



## Monthly or Bimonthly Activities

### Mondays:

*Bonsai Group*: 10:00 a.m., 3rd Mon., March 17, Emerald Room

### Tuesdays:

*Readers' Theatre Group*: 1:30 p.m., 1st & 3rd Tues., March 18 (no 3/4 meeting), Tahoma Room

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

### Wednesday:

*Birders & Naturalists Club*: 3:00 p.m., 3rd Wed., March 19, Sammamish Room

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

### Thursdays:

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

*Ukulele Chorus*: 2:00 p.m., 1st & 3rd Thurs., March 6 & 20, Avondale Room

*The Good Life Book Club*: 1:00 p.m., 2nd Thurs., March 13, Avondale Room

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

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

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

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

## Standing Committee Meetings\*

### Technology Committee

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

### Food Services Committee

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

### Building and Grounds Committee

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

### Fund Development Committee

3rd Thurs. of the month, March 20, 3:00 p.m.,  
Tahoma Room

### Health and Wellness Committee

4th Tues. of the month, March 25, 10:30 a.m.,  
Avondale Room

### Fitness and Sports Committee

March 26, 11:30 a.m.,  
Emerald Room

## Weekly Activities

### Mondays:

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

Pickleball: Departs 1:30 p.m.

Duplicate Bridge: 6:30 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 Rummy: 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

## 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,  
March 3, 10:00 a.m., Avondale Room

### Health Services Review with

#### Jamilyn Bloodworth:

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

### Resident Services Review with

#### Nicole McCarthy:

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

### Dining Services Review with

#### Dining Services Team:

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

### Marketing Review with Marketing:

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

### Accounting Review with

#### Nicole Rutledge:

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

### Final Review with Grant Linacre,

#### Executive Director

60 days after move-in



## The Corwin Connection ~ March 2025

### Monthly Highlights of Corwin Activities

#### Entertainment

- ◆ **Music with Dave & Lynn**  
Saturday, March 1, 10:45 a.m.  
Great Room
- ◆ **Ed Pearson on Accordion & Banjo, Wine & Cheese Social**  
Friday, March 14, 3:30 p.m.  
AL Library/Lounge
- ◆ **Nancy Quickstad & Friends**  
Thursday, March 20, 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

- ◆ **Scenic Drive: Friday, March 7**  
**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, March 12, 11:00 a.m.  
AL Game Room
- ◆ **Food Committee Meeting**  
Thursday, March 20, 2:00 p.m.  
Assisted Living Game Room
- ◆ **Skilled Nursing Resident Council**  
Monday, March 24, 11:00 a.m.  
Great Room
- ◆ **Assisted Living Resident Council**  
Thursday, March 27, 3:15 p.m.  
Assisted Living Game Room.

#### Important Changes & Items to Note

- ◆ **Corwin Book Club: Thursday, March 13, 1:30 p.m. in the AL Library/Lounge**  
We are discussing *Wild Card* by Stuart Woods and will pass out a new book, TBA.



# Campus Life

## 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, **March 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, **March 6**, held in **your own apartment.** Register for the March session before March 3:

On the Portal [Here](#)

Registration for the April session opens on March 7.

Register for the April 3 session by March 31:

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, **March 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.**



## March is Gender Equality Month

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This March, Emerald Heights will be celebrating Gender Equality Month to recognize gender equality as a fundamental human right that can improve the lives of all people, regardless of gender.

Gender equality month promotes a more just and equitable society, boosts economic development, and raises awareness about the challenges

women still face while empowering them to achieve their full potential.

This month, we challenge residents and staff alike to consider the strides we have made to bring equality to gender, such as securing the right to vote for women, and the lengths we must go to continue the fight, like ensuring women are represented across industries and leadership positions. Interested in learning more? Look for slides and documentaries on 1981, Table Talks, and *Reel Matters: 9 to 5 a movie showing and discussion*.

## Diversity, Equity, and Inclusion Committee Meeting

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The next meeting of the Diversity, Equity, and Inclusion Committee will be **Monday, March 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: Gender Equality Month

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Are you interested in taking our monthly focus on gender equality 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!

### March Questions:

1. What is your experience with gender discrimination?
2. Is gender equality just for women? How are men impacted by this?
3. Why do you believe there is resistance to gender equality?
4. When do you try to buck gender stereotypes and when do you use them to your advantage?

**Table Talks will occur on Thursday, March 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:** 10:30 a.m. in the Sammamish Room (note new time)

## Fridays:

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

**Episcopal Service and Communion with Fr. Eichner:** Fourth Friday of the month, March 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, March 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, March 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, March 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, March 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

## Emerald Heights: Quilt Tour & Scavenger Hunt

Saturday, March 1 – Monday, March 31

### **Pick up the Quilt Tour & Hunt instructions at the Concierge Desk**

The Trips and Events Committee invites you to a self-guided quilt hunt in the Evergreen Lodge. Discover 36 artisan-made quilts by 17 resident quilters, explore new hallways, and meet neighbors. Pick up instructions at the concierge desk, complete the scavenger hunt, and turn it in at the front desk for a small prize! Questions? Contact Donna Murphy, (425)306-2200.



## Craft & Connect

Saturdays, March 1, 8, 15, 22 & 29

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

Come with your own craft, join the Paper Mache group, or decide if you want to learn something new.

## Rosalind Renshaw Lenten Devotional Reading

Monday, March 3

2:00 p.m. in the Sammamish Room

Come and relax as you listen to Rosalind reading her “prayer-poems” and begin to prepare your hearts for the Lenten journey that leads us through Jesus’s rejection, execution and resurrection, bringing God’s ultimate gift: triumph over death for us. Hallelujah!

## Sweety’s Painting Class

Tuesday, March 4

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

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

Sweety guides you through the art process from start to finish. Supplies provided.

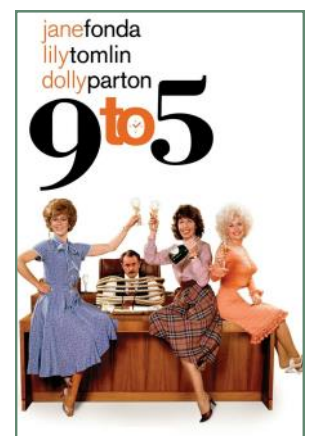
## Reel Matters: “9 to 5” Movie Showing & Discussion

Tuesday, March 4

1:00 p.m. in the Emerald Room

Come join us on March 4 for popcorn and a movie, *9 to 5*, starring Jane Fonda, Lily Tomlin, and Dolly Parton, who take on their tyrannical, sexist boss. Feel free to stay afterwards to discuss in small groups how things have changed in the decades since this movie was released in 1980 and share our experiences and observations around gender issues.

**1980, PG, 1 Hour 50 Minutes + Discussion to Follow**





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

**Wednesday, March 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)**

## **Ash Wednesday Service**

**Wednesday, March 5**

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

Ash Wednesday marks the start of Lent, a time of spiritual preparation for Jesus's passion, crucifixion, and resurrection. The service includes the tradition of placing ashes on the forehead, symbolizing mortality and penitence.



## **Folk Dance for Everyone**

**Wednesdays, March 5, 12, 19, & 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.

## **Card Game: Shanghai**

**Wednesdays, March 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).

## **Mardi Gras Entertainment: Fidgety Feet**

**Wednesday, March 5**

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

Fidgety Feet is a fun jazz group that will be playing the traditional music associated with Mardi Gras.



## **Bible Study: The Apostle Paul's Last Will and Testament**

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

**10:30 a.m. in the Sammamish Room (Note new time)**

Todd Goldschmidt will be diving into 2 Timothy for March's Bible Study.

## Tech Help Hour

Thursdays, March 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.

## Residents' Council Study Session

Thursday, March 6

2:30 p.m. in the Sammamish Room

This is where the Council members discuss the potential agenda items for the formal meeting and choose which topics will generate a motion for action and an opportunity for discussion. All are welcome.

## Thrift Shop

Friday, March 7

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

Thank you to everyone who supported February's sale. Mark your calendars for March 7th—surprises await! **Starting March 31, donations can only be dropped off in the Tahoma Room on the last Monday of each month, 10:00–12:30.** For large or inconvenient items, or scheduling conflicts, call Jina at (206)508-1088. Please ensure all donations are in good condition. Thank you for your support and adaptability.

## Grant's Live Chat

Friday, March 7

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

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

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

Friday, March 7, 14, 21, & 28

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

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

## Readers' Theatre Presents: *Hurry Up!*

Monday, March 10 at 2:00 p.m. and Tuesday, March 11 at 7:00 p.m.

In the Pavilion

The comedy, told in five different scenes, will appeal to anyone who's been in a rush and wanted to scream when told "patience is a virtue." Appearing in the play are EH residents David G. Cole, Ginny Ford, Bob Hale, Sam Hauer, Jeanne Jones, Barbara Klingberg, David Livingston, Donna Murphy, John Nelson, Asha Patel, Lea Ann Strand and Billie Ylvisaker.

## KCLS Library To Go

Tuesday, March 11

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

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

## Residents' Council Meeting

Tuesday, March 11

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

Come hear reports from officers, council business, and reports from Council members.

## Virtual Reality Group Experience

Tuesday, March 11

1:00 p.m. in the Tahoma 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, March 11 & 25

1:00 p.m. in the Emerald Room

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



## Bunco Night

Tuesday, March 11

7:00 p.m. in the Tahoma Room

## Puyallup Valley Brass Performance

Wednesday, March 12

7:00 p.m. in the Emerald Room

Join your favorite brass band in the Emerald Room, for another entertaining concert.



## The Good Life Book Club: *The Women* by Kristin Hannah

Thursday, March 13

1:00 p.m. in the Avondale Room (Note new time)

Our March book is *The Women* by Kristin Hannah. It tackles one of the cruelest and most despicable wars of the last century, the Vietnam War, and reveals the contributions and sacrifices of the American military nurses. Our April book is *The Road to Wisdom* by Francis Collins.

## **Focus on Fitness: Hiking & Walking this year Planning Event**

**Thursday, March 13**

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

The team will talk about the hikes and walks we will go on, what you might like to see added or changed, and how to be in shape for a great season of beautiful hiking and walking.

## **The Bonsai Group: Guest Speaker, David DeGroot**

**Monday, March 17**

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

Back by popular demand, David DeGroot is returning to campus for the third time. Author, lecturer, and former curator of the Pacific Bonsai Museum for over 25 years, DeGroot will demonstrate the making of a forest planting. Be sure to mark this event in your calendar.

## **Scottish Bagpiper: Neil Hubbard**

**Monday, March 17**

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

Bagpiper Neil Hubbard has been providing high quality bagpipe performances in Seattle since 1990.



## **Readers' Theatre Group**

**Tuesday, March 18**

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

On March 18, we will read *Once in a Lifetime* by George Kaufman and Moss Hart, a satire about three vaudevillians pursuing success in Hollywood's budding film industry. Reserve a script: Contact Ginny Ford at [vpatrikford@aol.com](mailto:vpatrikford@aol.com), (360)477-0350.

## **Performance: Tara Academy of Irish Dance**

**Monday, March 18**

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

Founded in 1994 by Julie Raney and Sara Raney Williams, the academy has achieved competitive and performance success locally, regionally, and internationally.



## **AI 101: Artificial Intelligence and Fraud**

**Wednesday, March 19**

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

Learn from AARP about AI-driven social engineering tactics, AI's future impact, and how to navigate misinformation in a rapidly changing world. (This was written by Artificial Intelligence).

## **Birders & Naturalists Group**

Wednesday, March 19

3:00 p.m. in the Sammamish Room

## **Spring Evening of Remembrance**

Wednesday, March 19

7:00 p.m. in the Emerald Room & Channel 1981

Reflect on the seasons of life as we honor community members lost during Autumn and Winter. Remember and celebrate those who have been a cherished part of Emerald Heights.



## **Karaoke Crooning**

Thursday, March 20

3:00 p.m. in Copper & Hook

Choose a song from Lindy's list to sing or plan ahead by contacting her, [lindythompson1978@gmail.com](mailto:lindythompson1978@gmail.com), to have your chosen song ready. Residents and staff are welcome to participate.

## **Solo Aging Presentation: Joy Loverde**

Thursday, March 20

3:00 p.m. in the Emerald Room

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

Details on page 7.

## **March Birthday Celebration: Riverwinds Flute Choir**

Friday, March 21

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

Celebrate March birthdays with an evening of music and a birthday treat.

## **Mah Jongg, Anyone?**

Monday, March 24 & Tuesday, March 25.

1:00 p.m. to 4:00 p.m. in the Sammamish Room (3/24) and Avondale Room (3/25)

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. On Wednesday, March 26, you'll be able to join the weekly game in the Tahoma room, playing at the beginners' table.

## **AI Interest Group Meeting**

Tuesday, March 25

2:00 p.m. in the Sammamish Room

## **Social Dance Activity: Irish/Scottish Theme**

Tuesday, March 25

4:00 p.m. in the Fitness Studio

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

Sign up on the Portal and assure yourself a spot to participate. Partner not required.

## **Voices for Vision**

Wednesday, March 26

3:00 p.m. in the Avondale Room

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

## **Table Talks: Gender Equality Month**

Thursday, March 27

3:00 p.m. in the Emerald Room (Note new time)

Join us for Table Talks at the new time of 3:00 p.m., where the focus is on individual experiences with gender equality and implicit biases we may have. Table groups will be selected at random, ensuring you connect with neighbors. While conversing, indulge in a spread of coffee, tea, and muffins.

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

Friday, March 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.



## **Blooming Bingo Bash**

Monday, March 31

2:00 p.m. in the Emerald Room

Join your fellow bingo fans for a blooming good time playing this fun game of chance. You are sure to win a prize or two— bottles of wine, coffee table books, candy, cookies, handmade items, and much more.

# What's Happening: Coming Attractions

## **Rise and Dine: Dottie Metcalf-Lindenburger, Retired NASA Astronaut**

Tuesday, April 15

10:00 a.m. in the Pavilion

Register on the Portal [Here](#), Limit: 100, Cost: \$8.75

Join us for the next Rise and Dine featuring Dottie Metcalf-Lindenburger, a retired NASA astronaut and mission specialist from the 2010 Space Shuttle mission to the International Space Station.



## Anything Goes: Talent Recruitment

Friday, May 9 (Registration open March 1 – April 12)

7:00 p.m. in the Pavilion

Register on the Portal [Here](#), Limit: 10 “acts”

Are you a fount of talent without an outlet? Sign up to perform in the second *Anything Goes* show.



## What's Happening: Trips

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

### Pickleball: Recreational Play

Register on the Portal [Here](#)

**Mondays, March 3, 10, 17, 24, & 31**

**Location: Redmond**

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

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

**Cost: Court costs vary per session**

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

**Transportation: Free**

**Deadline: Noon the Thursday before**

**Limit: 10**

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

### St. Jude – Knights of Columbus: Crab Feed

Register on the Portal [Here](#)

**Saturday, March 8**

**Location: Redmond**

**Departure Time: 6:00 p.m.**

**Estimated Return Time: 8:30 p.m.**

**Cost: \$50.00 per person + staff costs**

This Knights of Columbus fundraiser activity includes all-you-can-eat Dungeness crab, rolls, salad, and dessert. There will also be an open bar with beer, wine and soft drinks, at no additional charge.

**Transportation: Free**

**Cancellation Deadline: Thursday, March 6**

**Limit: 12 {Wheelchair arrangements, contact Vicky (425)556-8204}**

### International Woman's Day: Can Do Chorus - We Can Do It! Register on the Portal [Here](#)

**Saturday, March 8**

**Location: Bellevue**

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

**Estimated Return Time: 10:00 p.m.**

**Cost: Ticket price is \$17.50 each + staff costs**

Performed by the “Can Do Chorus” and directed by Eric Lane Barnes, the show features 1940s-inspired music and lyrics honoring women who stepped into roles beyond traditional “woman’s work” to support the war effort.

**Transportation: \$8.25**

**Cancellation Deadline: Tuesday, March 4 (Tickets purchased March 5)**

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



## ***Happy Hour Trip: Redmond's Bar & Grill***

[Register on the Portal Here](#)

**Wednesday, March 12**

**Location: Redmond**

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

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

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

**Transportation: Free**

**Cancelation Deadline: Monday, March 10**

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

Redmond's Bar & Grill, located at Redmond Way and Leary Way, has been serving classic and modern dishes since 2011. Enjoy a full bar, craft cocktails, and 24 beers on tap, featuring local and craft options.

## ***Quilt Show 2025: Journey into Quilting***

[Register on the Portal Here](#)

**Friday, March 14**

**Location: Monroe**

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

**Estimated Return Time: 4:30 p.m.**

**Cost: \$10.00 per person + staff costs**

**Transportation: \$11.03**

**Cancelation Deadline: Wednesday, March 12**

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

The Quilters Anonymous Guild proudly presents its 43rd Quilt Show: Journey into Quilting. There will be over 400 beautiful quilts using traditional piecing, innovative art design, applique, holiday designs and much more.

## ***Master Chorus Eastside: All Together Now***

[Register on the Portal Here](#)

**Sunday, March 16**

**Location: Issaquah**

**Departure Time: 2:00 p.m.**

**Estimated Return Time: 5:45 p.m.**

**Cost: \$15.00 per person + staff costs**

**Transportation: \$10.86**

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

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

Master Chorus Eastside offers innovative programs ranging from American music celebrations, to jazz, Broadway, and multicultural works. Led by Dr. Linda Gingrich, their concerts blend diverse repertoire with engaging commentary, showcasing the joy and benefits of communal singing.

## ***Little Bit Therapeutic Riding Center: Docent Tour***

[Register on the Portal Here](#)

**Monday, March 24**

**Location: Redmond**

**Departure Time: 2:15 p.m.**

**Estimated Return Time: 4:15 p.m.**

**Cost: Free**

**Transportation: Free**

**Cancelation Deadline: Thursday, March 20**

**Limit: 17**

Since 1976, Little Bit has enriched the lives of people with disabilities through adaptive horseback riding and hippotherapy. Learn about their programs and observe a therapeutic session.



### [Brew Pub Trip: McMenamins Anderson School](#)

[Register on the Portal Here](#)

**Friday, March 28**  
**Location: Bothell**  
**Departure Time: 1:00 p.m.**  
**Estimated Return Time: 4:15 p.m.**  
**Cost: Food/beverages on your own + staff costs**

**Transportation: \$6.07**  
**Cancelation Deadline: Wednesday, March 26**  
**Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Tavern on the Square serves breakfast, lunch, and dinner daily, featuring market-fresh seafood, local produce, house-made desserts, and McMenamins' handcrafted drinks in a warm, light-filled setting with signature stained glass accents. [Food Beverages](#)

### [Sebi's Kitchen: Authentic European Cuisine](#)

[Register on the Portal Here](#)

**Friday, April 4**  
**Location: Seattle**  
**Departure Time: 4:30 p.m.**  
**Estimated Return Time: 8:00 p.m.**  
**Cost: Dinner on your own + staff costs**

**Transportation: \$10.41**  
**Cancelation Deadline: Tuesday, April 1**  
**Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Sebi's Kitchen, founded by Chef Kamila Kanczugowski, celebrates Polish, German, and Ukrainian cuisine with comforting classics like crispy potato pancakes, creamy cucumber salads, and tangy beet sides.

### [Washington Wind Symphony: Venti Freschi](#)

[Register on the Portal Here](#)

**Sunday, April 6**  
**Location: Redmond**  
**Departure Time: 1:15 p.m.**  
**Estimated Return Time: 5:00 p.m.**  
**Cost: \$10.00 per person + staff costs**

**Transportation: Free**  
**Cancelation Deadline: Thursday, April 3**  
**Limit: 27 {Wheelchair arrangements, contact Vicky (425)556-8204}**

The Washington Wind Symphony performs classic wind band literature in a four-concert season at Redmond's Robertson Performing Arts Center, earning a loyal Eastside Seattle following.

### [Pacific Bonsai Museum: Building Wonder: Bonsai Treehouses by Dave Creek](#)

[Register on the Portal Here](#)

**Friday, April 11**  
**Location: Federal Way**  
**Departure Time: 1:00 p.m.**  
**Estimated Return Time: 5:30 p.m.**  
**Cost: Suggested donation is \$12.00 (Check or**

**cash)**  
**Transportation: \$25.97**  
**Cancelation Deadline: Wednesday, April 9**  
**Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

The Pacific Bonsai Museum in Federal Way merges nature and art through bonsai, providing a serene experience. Its current exhibit features six intricately designed treehouses by Dave Creek.

# 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, March 5

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 17

### Costco Shopping Trip

Wednesday, March 19

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 17

### Bellevue Square Shopping

Monday, March 10

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

### Totem Lake Shopping Trip

Friday, March 21

Departure: 1:00 p.m.

Estimated Return: 2:45 p.m.

Register on the Portal [Here](#)

*Ross, Ulta Beauty, Nordstrom Rack, Whole Foods, Trader Joes, and local restaurants*

Limit 17

### PCC Shopping Trip

Thursday, March 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

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### *Age of Adaline*

**Saturday, March 1**

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

Adaline Bowman (Blake Lively), age 29 for nearly eight decades, avoids closeness to hide her secret. A romance with Ellis Jones (Michiel Huisman) rekindles her passion, but a weekend with his parents risks exposing her truth.

**2015, PG-13, 1 Hour 52 Minutes**



### *Midway*

**Thursday, March 6**

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

On Dec. 7, 1941, Japan attacks Pearl Harbor. Six months later, the U.S. Navy and fighter pilots face Japan in the pivotal Battle of Midway, June 4-7, 1942.

**2019, PG-13, 2 Hours 18 Minutes**



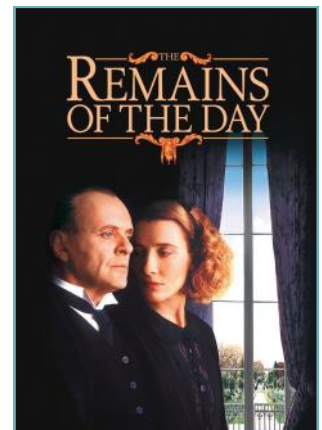
### *The Remains of the Day*

**Saturday, March 15**

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

In the 1930s, James Stevens (Anthony Hopkins), a devoted English butler, serves Lord Darlington (James Fox), overlooking his employer's troubling anti-Semitic politics. Twenty years later, Stevens reconnects with Miss Kenton (Emma Thompson) and reflects on his misplaced loyalty and missed opportunities.

**1993, PG, 2 Hours 14 Minutes**



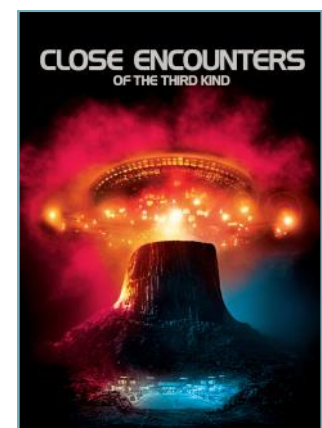
### *Close Encounters of the Third Kind*

**Thursday, March 20**

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

Roy Neary (Richard Dreyfuss) witnesses an unidentified flying object, and even has a "sunburn" from its bright lights to prove it. Roy refuses to accept an explanation for what he saw and is prepared to give up his life to pursue the truth about UFOs.

**1977, PG, 2 Hours 18 Minutes**



# Channel 1981 Exclusives

## Movies (Continued)

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### *Erin Brockovich*

Saturday, March 29

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



## Programs

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

Monday, March 3, 10, 17, 24, & 31, 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 Lincoln as you gain a deeper understanding of him.



### Keeping Our Spirits Up In 2025

Wednesday, March 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.

### Fighting for the Vote: Women's Suffrage in America

Wednesday, March 12, 6:00 p.m.

The American suffrage movement began when two women were barred from an anti-slavery meeting.  
2024, NR, 31 minutes

### To the Contrary: The History of Second-wave Feminism

Wednesday, March 19, 4:00 p.m.

*To the Contrary* interviews feminist activist, Muriel Fox, notably a co-founder of the National Organization for Women (NOW). Her new book, *The Women's Revolution: How We Changed Your Life*, shares untold stories of the "unsung heroes" from the second-wave of the feminist movement, highlighting their contributions to gender equality and the impacts they have made.

2024, NR, 27 minutes

# Channel 1981 Exclusives

## The Secret Life of Edith Wharton

Wednesday, March 26, 6:00 p.m.

Writer Edith Wharton resisted societal pressures to create great works of literature.

2024, NR, 30 minutes

## Osher Lecture: Alcohol Use Disorder Is a Biological Brain Disease. Why Is it Often Not Treated as Such?

Thursday, March 27, 1:00 p.m.

Dr. Andrew Saxon from UW's School of Medicine will discuss the epidemiology and neurobiological effects of alcohol use, treatments for alcohol use disorder (including underutilized medications), and their benefits.

### The Fitness Trifecta: 7 days a week

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

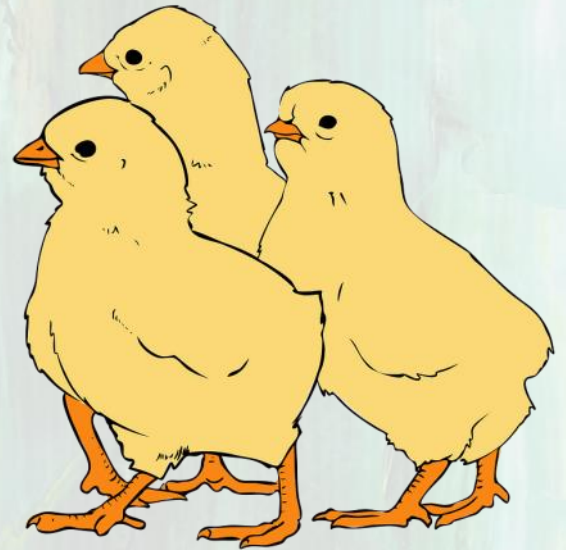
Takes you through strength and mobility exercises.

**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

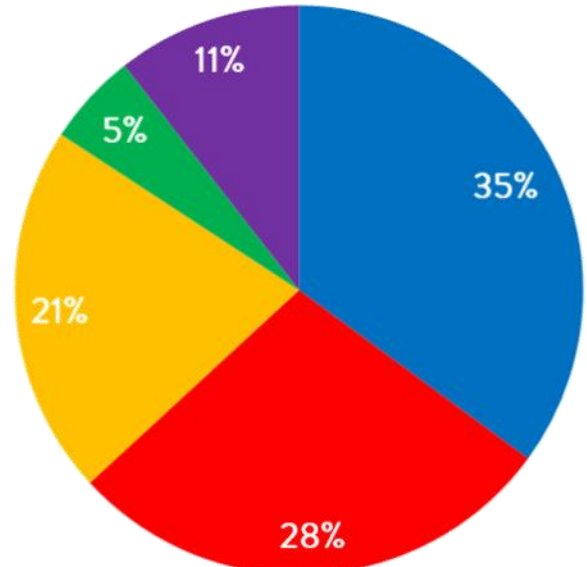
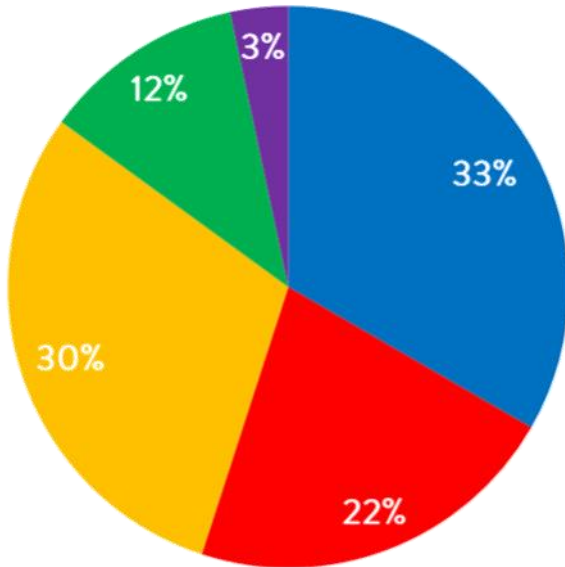
**Special Programs: 10:30 a.m., 2:00 p.m. & 9:00 p.m.**

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.

# February Survey Results

1. I watch Thursday night movies on Channel 1981

2. I watch Saturday night movies on Channel 1981

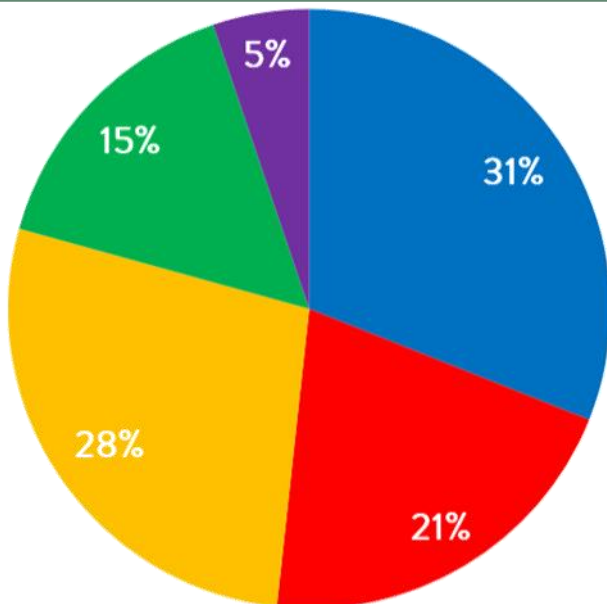


■ Never 33% ■ Rarely 22% ■ Sometimes 30% ■ Often 12% ■ Always 3%

■ Never 35% ■ Rarely 28% ■ Sometimes 21% ■ Often 5% ■ Always 11%

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

4. If you do not watch Thursday or Saturday night movies, please share why



■ Never 31% ■ Rarely 21% ■ Sometimes 28% ■ Often 15% ■ Always 5%

Based on resident short-answer responses, the major reasons can be summarized as:

- **Personal choice** (i.e. other options available via personal streaming services/ cable programs)
- **Lack of interest in provided options** (some noted preference for older movies while others preferred newer movies)
- **Lack of accessibility** (the overwhelming majority of responders noted a desire for closed-captioning on all movies)

Thank you to those who took the time to respond to the survey. The insight we have acquired will allow us to make improvements to movie selections and closed-captioning.

# March Poll

## How to Participate:

Each month, we have a survey or poll that residents can participate in. Collected resident responses 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 your response 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](#).



### March Poll

This poll is being conducted to gather feedback on the registration opening time. Currently, these events open for sign-ups at 10:00 a.m. on the first of every month.

Please answer the question below:

Is there another time you would like the registration-required events to open on the first of every month? Check one box below to indicate your preferred time.

8:00 a.m.

9:00 a.m.

10:00 a.m. (This is the time that events currently open for registration)

12:00 p.m. (noon)

Other (please specify): \_\_\_\_\_

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



EMERALD HEIGHTS  
REDMOND  
A MEMBER OF EMERALD COMMUNITIES

