



The Mirabella Monthly

www.mirabellaliving.com/Seattle



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FEBRUARY | 2021

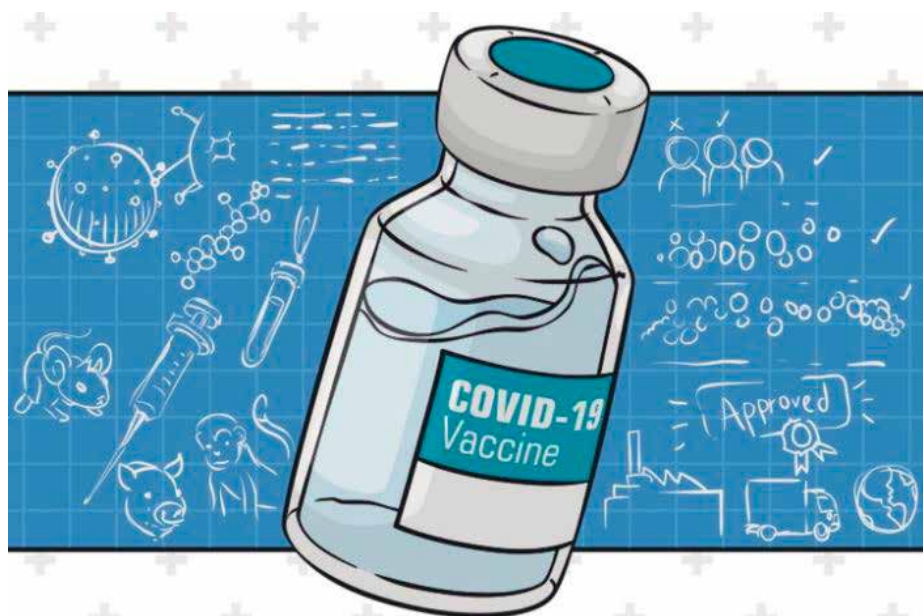
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A SHOT IN THE ARM: I'LL TAKE TWO, PLEASE

BY MARY JOSSEM

IN what seems an eon ago, Mirabella Seattle locked down on March 11, 2020, due to the COVID-19 virus. No more communal dining, music, lectures, or programs in Emerald Hall; no outside excursions; no more social gatherings, period. Rising to the occasion, staff pampered us with excellent creative service, and many residents soon mastered using Zoom to enjoy outstanding lectures, music, and exercise programs, as well as participate in community committee work. Despite working hard to maintain positive attitudes, many residents and staff longed for the day a vaccine would be found that could once again open the doors to perhaps once taken-for-granted freedom to enjoy the company of friends and family in any venue of their choosing.



The Mirabella Monthly
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CARD UP FOR BINGO NIGHT

On December 11, 2020, the United States Food and Drug Administration issued an emergency use authorization for the Pfizer-BioNTech COVID-19 vaccine, a major milestone in the battle against the virus that has brought so much devastation and sorrow to people around the world.

For Mirabella Seattle's front-line workers and Health Center residents, the vaccine became a reality on December 29 when 194 staff and residents received their first dose of the vaccine with an injection administered by Mirabella's pharmacy partner, Consonus. Imagine the emotions Health Center residents must have felt upon receiving the vaccine. In the not-too-distant future, perhaps their extreme isolation can end, and they may once again see their families and friends.

Shortly after New Year's Day, the Washington State Department of Health determined that all residents of long-term care facilities in the state qualified to be included in the first priority group for immunization. At the January 5 Residents' Association Meeting, Mirabella's Executive Director Travis Duncan announced independent living residents would receive their first vaccine dose on January 19. You could almost feel the walls of the building shake with joy as hope for brighter days ahead was restored.

To be most effective, two doses of the vaccine are required, three weeks apart. On February 9, the second dose will be administered at Mirabella to those who received their first shot in January. Making COVID history, Mirabella Seattle is the first PRS community to receive the vaccine facility wide.

Although the vaccine is a preventive measure, there is no cure at this time for the COVID-19 virus. But studies have shown the Pfizer vaccine is effective in preventing the viral infection and is effective in reducing the severity of the symptoms if one does get the virus.

The vaccine is definitely a shot in the arm, and I'll take two, please!

COVID-19 Vaccine Recordkeeping

- » Keep your vaccine card in a safe place. This may be your only proof of getting the vaccine. After the second shot on February 9, you may wish to get the card laminated at FedEx Office, 910 Lenora Street, located above Whole Foods, and UPS Store #6951 at 508 Yale Avenue North.
- » V-safe After Vaccination Health Checker: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/>. If you use a smartphone, go to the Centers for Disease Control to sign up with the CDC. You will need all information on your card to do this. Help yourself and help others. Also find the latest Pfizer vaccine reaction data for the second shot on this site.

Leslie Klein

BINGO AT MIRABELLA!

*Monday, February 8, and Monday, February 22;
7:30 pm, via Zoom*

Everyone is invited to participate in Mirabella Seattle Bingo Night! Great Prizes! Don Drury has



CASCADE BEAT

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cards available (call him at x 1720 or leave a request in box 302). Please note that Bingo is now moving to Monday evenings from mid-week.

My interest in Bingo began a number of years ago when Dick and I were in Palm Springs. He was attending a business meeting, and I happened to go to the hotel's information session about local activities. When he came home that evening, he asked me what I would like to do and to his surprise, I said, "Let's go to the casino in Indio and play Bingo," something we had never done before. We showed up, paid our fee, received twelve cards each and a package of colored markers, and went into a big room with several hundred people.

When the caller began, I was having trouble marking so many cards. The man next to me said, "You're a beginner. I'll help you." Soon, he said, "you have a winning card," and he yelled out "Bingo." A scantily dressed young woman came over and rolled out \$600 in ten-dollar bills! The couple next to us looked surprised, but as the caller went on my neighbor said, "You've got another winner" and I yelled. Another young woman came with \$400! At that, Dick said, "Let's go back to the hotel." So, with \$1,000 burning a hole in my pocket, we did.

Now, the prizes at Mirabella are not quite the same, but I have already won two of them, a doll made of dish rags and a toy bat with a baseball-shaped toy bank. Everyone has a chance to win. Come and join the fun!

Marilyn Campbell

NEIGHBORHOOD NEWS

BY PAT THENELL

Taking a Tour Up Denny Way Hill

Much of my love for Seattle is rooted in Capitol Hill where I grew up and where I raised my family. Although I drove up and down by using Mercer

Street (it was a two-way street), today I use Denny Way to get there. Just across I-5, the first building on the left is Denny Terrace at 100 Melrose Avenue East, supported housing for seniors and those with disabilities whose incomes are limited. There are 220 small apartments in the twelve-story building, which is owned and run by Seattle Housing Authority (SHA). SHA provides long-term, low-income rental housing and rental assistance to approximately 35,000 people, representing more than 17,000 households in the city of Seattle. SHA owns and operates more than 8,000 apartments and single-family homes at nearly 400 sites throughout the city. Going to their website helps clarify that residents of Denny Terrace are busy and active and have a resident council that gets them involved in decision making by making suggestions to management. There is a computer club that puts out a resident news sheet. Other buildings run by SHA include the Ballard House in Ballard, Capitol Park on Capitol Hill and, in the downtown area, Bayview Tower and Bell Tower.

As I continue up to Capitol Hill, East Denny Way becomes John Street. Older buildings of interest are the house at 1122 East John Street (1901) and the building at 1314 East John that houses Bischofberger Violins. Two of my children took violin lessons, making this elegant frame building a



Bischofberger Violins

BUILDING FOR THE FUTURE

familiar calling place where violins were repaired. Another interesting drive or walk is to leave East Denny Way on Belmont Street and go past the Lamplighter Condos and the Shannon Condos. These tall residential buildings were built in the 1960s in the Mid-Century Modern style and have great western views.

Construction near Mirabella

Onni continues to finish its main residential building and the smaller building on the corner of



Onni South Tower deck holds bags of pavers ready to be installed – photo, J. Curtis

Denny Way and Boren Avenue North. The round-shouldered residential building at 2014 Fairview is being constructed by Bosa Seattle. The two-tower commercial and residential site at 1200 Stewart Street is being constructed by Westbank. All three firms are based in Canada with offices in Seattle.

Events in the City

Favorite places to visit, such as Seattle Art Museum downtown (SAM at <http://seattleartmuseum.org>), Seattle Asian Art Museum in Volunteer Park (<http://seattleartmuseum.org/visit/asian-art-museum>), or MOHAI on Lake Union (<https://mohai.org>), are

closed during this pandemic. You can do so virtually by visiting their websites for information on current online programming. Olympic Sculpture Park on Elliott Bay is open for touring the outdoor exhibits even though its PACCAR Pavilion remains closed until further notice (<http://seattleartmuseum.org/visit/olympic-sculpture-park>). This SAM site is well worth a visit on a sunny day.

Seattle Parks

Seattle Parks and Recreation Department is working toward clearing out tents in Denny Park and in the pocket parks along Denny Way. They are offering housing to those in tents and asking them to remove their tents if housing is not accepted. The success of this work will allow regularly scheduled events to take place once again.

Climate Pledge Arena

The signage has been lowered to the roof by helicopter, and it is beginning to look like its old “Key-Arena” self, where residents from Mirabella Seattle cheered on the Seattle Storm. When the next season starts, we can do that again. Before long, Seattle will have a hockey team, the Seattle Kraken, playing there as well.



ClimatePledge Arena sign being lowered in place on the signature roof of what was Key Arena in the heart of Seattle Center

WHO DOES WHAT AT MIRABELLA

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RESIDENT COUNCIL, 2020–2021



Pat Kushmerick,
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Mort Berman, Member-at-
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Tim Hill, Member-at-Large,
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Nickie Askov,
Past President, 2020–2021,
Box 1116, x 1858,
ena1@psu.edu

COUNCIL & RESIDENTS' ASSOCIATION MEETINGS

Residents' Association Meetings are held on the first Tuesday of the month at 11 am via Zoom Conferencing. Resident Council meets on the second and fourth Tuesday of the month, 9 am via Zoom. Links for both meetings are found on MIRANET on the Home Page under upcoming events. Residents are welcome at all Council meetings.

RESIDENTS' ASSOCIATION COMMITTEES & CHAIRS, 2020–2021

For a committee meeting time & place, consult the calendar, contact the chair, or go to MIRANET SEATTLE > Groups > Committees

Committee or Group	Chair/Cochairs	Contacts
Art	Joanne Mearls	Box 931, x 1814
Communication	Susan Dillon	Box 522, x 1663
Dining	Mandy Wertz	Box 531, x 1672
Emergency Preparedness	Ted Taylor David Webber	Box 814, x 1763 Box 1122, x 1864
Employee Appreciation (01–12/2021)	Warren Askov Helen Roberts	Box 1116, x 1858 Box 505, x 1548
Environment & Facilities	Betty Heycke Dieter Heycke	Box 414, x 1619 Box 414, x 1619
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Janice Kaplan-Klein	Box 830, x 1779
Library	Toni Myers Martha Oman	Box 1022, x 1827 Box 501, x 1642
Lifelong Learning	Louise Lowry Julia Wan	Box 607, x 1684 Box 1110, x 1852
Mirabella Seattle Foundation	David Webber	Box 1122, x 1864
Nominating	Nickie Askov	Box 1116, x 1858
Outside Activities (on pause) Program	See MIRANET for Kitty Dow Judy Guder	Bus Trip Schedule Box 517, x 1658 Box 1026, x 1831
Welcoming	Diane Holmes	Box 927, x 1810



PUZZLING NEW ART EXHIBIT

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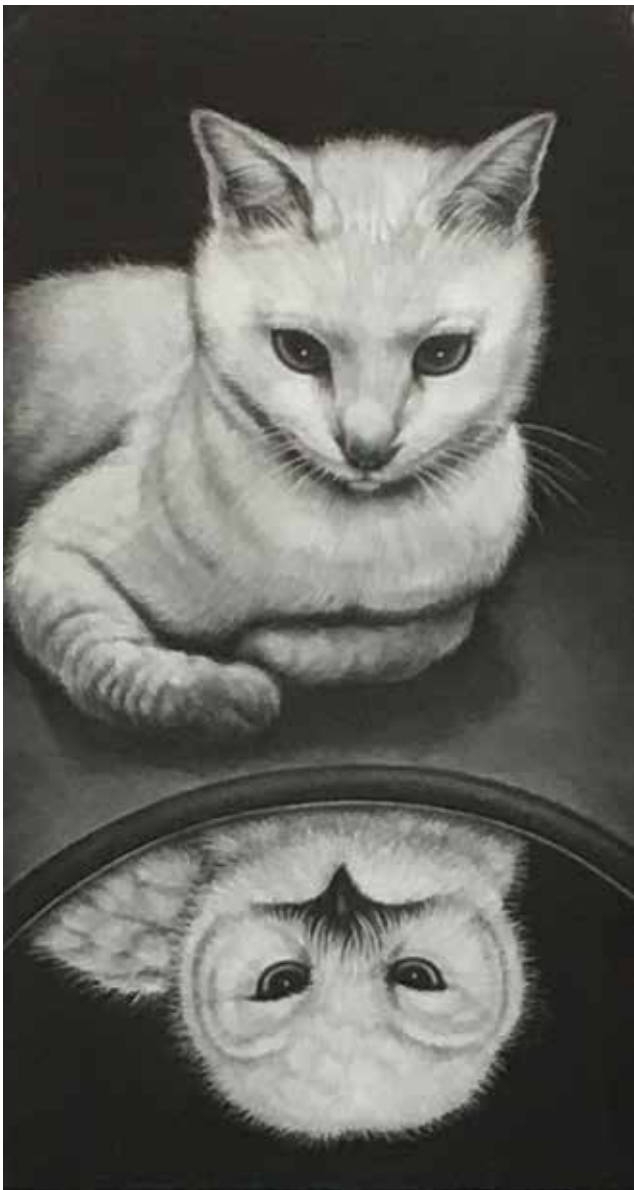
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ART COMMITTEE

Joanne Mearls, Chair

Magic and Mystery

What's going on here? I mean, what is really going on here? That's what you might be asking yourself as you wander through the current exhibition titled *Magic and Mystery* in the first-floor gallery. The



"Owl and Pussycat" by Koji Okuta

exhibit of art from Mirabella Seattle residents' collections will run until April 5, giving you plenty of time to ponder the magic and mysteries revealed there, or perhaps . . . not revealed.

Uncomfortable with ambiguity? Gird yourself. You probably have never looked in a mirror and seen a face not yours, have you? There is a cat here who has. That would give you pause. Giving pause is what these pictures do. They make you wonder. They give you the interesting feeling that something is going on that you don't quite understand. An empty chair by a window gives you the eerie impression that someone has just left the room, but a haunting presence remains. There are questions looming. Fine. Just go with it.

Perhaps you prefer the comfortable world of a solvable mystery. Then look for a picture called *Sunecheia* (from the Greek *synekhes* meaning hold together) and accept the challenge you will find there. If you have a soft spot for the magic of the fairy tale world then look for the rabbit with a violin. Rabbits are popular. You'll find a giant specimen there someplace, also a mermaid and even a mad hatter. There are smiles and laughter in the world of magic and mystery too. Search for the Inuit hunter. Be surprised by an airborne porker.

It has been said that everything that is sacred and wishes to remain sacred envelops itself in mystery. You can feel this in the beautiful African leopard mask found near the beginning of the exhibit together with the Indian and Australian indigenous paintings and the Mexican carving of the Day of the Dead that depicts spirits of the dead playing music and dancing on top of market stalls of vendors selling animals and skulls of sugar. There are many layers of magic and mystery to be discovered in Mirabella.

Ann LeVeque

GIFT OF ART § PEELING TECH PUZZLES

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More on Gifted Art

Moving around the halls at top speed for your exercise? Take a breather in front of a series of twelve lithographs depicting medical workers from ancient Greece to a Napoleonic era army surgeon.

An internet search for the signed Vasji Honegger Lareater yielded virtually nothing. In frustration I tried to find something about fifteenth-century hospital administrators in Siena, Italy, my favorite in the group. What popped up but that very picture and the other eleven.



Surgeon, 1400s

Physician, 1700s

The artist is a Swiss woman with a more “westernized” name, Warja Honegger-Lavater (1913–2007), noted for accordion-fold illustrated books of famous fairy tales. The medical lithographs, created before the 1930s, were chosen by Abbott Labs for a promotional in 1962.

Posters of these twelve physicians, surgeons (with particularly gruesome tools), a nurse, an apothecary, and the Sienese hospital administrator show up on the internet.

See these fascinating figures on the 7th floor between the B and C elevators. And say thanks to

Dr. Jerry Roling, the generous donor. In fact, Jerry is one of our largest gift givers. At least eight other gifts from him enliven our hallways.

Joanne Mearls

COMMUNICATIONS COMMITTEE

Susan Dillon, Chair

Technical Assistance at Mirabella

The mission of the Communications Committee is to clarify specific issues for residents, some of whom have become confused by the various options for tech help. Put simply, Darren Mowry is here for assistance with MIRANET, television, and telephone services. The best way to request help is to fill out the “Request Work Order” on the MIRANET home page. Your second choice is to place a call to x 1413 and explain your issue, for example, “I need help connecting my new wireless printer to my apartment network” or “Please set up my DVD/CD player for me.” Darren will respond to your request.

Peel Tech is here for technical issues. The company was brought to Mirabella over a year ago and has been solving specific technical problems on Mondays and Fridays ever since. In the pandemic the hours continue to change but currently stand at 9 am to noon on both days. Peel Tech can be contacted for the following services:

- » mobile phone and tablet setup
- » printer and peripheral support
- » wireless network installation
- » customized coaching and tutorials
- » smart home device setup
- » universal remote programming
- » data backup and storage solutions
- » smart TV setup
- » digital home office setup

MEDICATION DISPOSAL § WHAT IS A-FIB?

The Peel Tech “help desk” currently meeting in Emerald Hall will answer questions and assist with issues that can be resolved in approximately ten minutes. This service is complimentary.

If your issues are more complicated, you can contact Peel Tech at 1-866-702-7335 or help@peel.tech to make an appointment for either Monday or Friday afternoon in your apartment. Peel Tech offers reasonable discounted rates for these sessions.

Barbara Porter

ENVIRONMENT & FACILITIES COMMITTEE

Betty and Dieter Heycke, Cochairs

Safe Medication Disposal

Laura Bailey, Green Subcommittee Chair

The Green Subcommittee has received questions about how to dispose of unused over-the-counter and prescription medicines. We want to bring you up to date with current information.

The *Green Guide for Disposal of Household Items* was issued August 2020. If you do not have a printed copy, it is available on MIRANET under the Environment and Facilities Committee. Information about *Medicine Disposal* is on page 13 of the *Green Guide*.

It is important *not to flush* any unused prescription pills, eye drops, or other medications down the toilet or the kitchen sink drain. Also, do not put these items or creams and other medicinal items in the garbage.

The online list for dropbox locations is at medicinereturn.org. The listing is in alphabetical order within each zipcode. QFC is the only supermarket with dropboxes. The Mirabella shopping bus goes to the QFC at University Village. The nearby Mercer Street QFC has a dropbox. Check

online for other QFCs offering this service.

The *Green Guide* also explains how to request a mailback envelope to dispose of unwanted medicines. This may be useful for home healthcare workers.

Please pass on this information to neighbors without access to MIRANET.

In pre-pandemic times, the Seattle Police Department held regular collection days, but the service is not currently available owing to COVID-19 restrictions.

Jane Blackwell

HEALTH & WELLNESS COMMITTEE

Janice Kaplan-Klein, Chair

Dr. Christine J. Chung: Atrial Fibrillation

Wednesday, February 24; 3:30 pm, live via Zoom

Dr. Christine J. Chung, a cardiologist from the University of Washington Medical Center, will be with us to discuss a medical condition called atrial fibrillation, a heart condition that affects up to ten

percent of people over the age of sixty-five. In this virtual seminar, Dr. Chung will discuss this heart condition and current treatment options. Dr. Chung is an interventional cardiologist specializing in the management of structural heart disease and coronary artery disease. She



Dr. Christine J. Chung

CLINICS FOR ALL

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received her medical degree from Drexel University College of Medicine in Philadelphia and completed her training in General Cardiology, Interventional Cardiology, and Structural Heart Disease at Columbia University in New York City. She recently moved to the Seattle area and is now an Assistant Professor of Medicine in the Division of Cardiology at the University of Washington School of Medicine. Coordinator: Janice Kaplan-Klein.

HEALTH SERVICES

Brooke Kasten, Director of Social Services
Loni Held, Resident Services Director

Health Services Clinics Available to All

The following clinics are being held for Independent Living (IL) residents in first-floor Suite 133 by the C elevator. Wear your mask and complete a COVID-19 questionnaire. Do not bring food or drink. For questions, please contact Loni Held at x 1418 or Brooke Kasten at x 1452.



Optometrist

On hold; no set return date

Dr. Aditi Kakade, OD, an optometrist who specializes in the vision of older adults, provides eye examinations and treatments, and will also be holding a drop-in, no-cost eyeglass clinic to repair glasses. Please call Katie Harrison at x 1457 for an eye exam appointment.

Podiatrist

Wednesday, February 24; 8 am–3 pm

Mak Abulhosen, DMD, is available for morning appointments for IL residents in Suite 133. Health

Services residents will be seen in their locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117.

Audiologist

Thursday, February 11; 9:30–11 am

Dr. Patricia Munson of Seattle Hearing Services will offer hearing assessments. For appointments, call Mary Jo Guajardo, Patient Care Coordinator/Office Manager, Seattle Hearing Services at (206) 937-8700 or maryjo@seattlehearingservices.com.

Foot Care Clinic

Monday, February 15 and 22; Tuesday, February 16 and 23

Bonnie Ackles, RN, CFCS, provides professional foot care for Mirabella residents. Appointments are available 9 am–4 pm and will last 45 minutes plus 15 minutes for paperwork (total one hour). Due to extended time and PPE protocols, foot care rates are \$60 for established clients (or those with recent foot care) and a one-time fee of \$75 for new clients (or those without recent foot care). Cash or check only. For appointments, call or text (206) 940-0748.

Massage

Wednesdays, Thursdays, Sundays

Susan Stein, LMT, is available for massage services in Suite 133. Call x 1421 to schedule an appointment.

Acupuncture

Tuesdays and Fridays

Jennifer Lewis, MTCM, LAC, is available for acupuncture services in Suite 133. Call x 1421 to schedule an appointment.

Medical Equipment Repair

TBD

Access Medical Repair will do free simple repairs or diagnostics for wheelchairs and walkers, or with a fee for larger repairs. Currently, Access will not be making visits to Mirabella, but multiple items

LIBRARY § LIFELONG LEARNING

may be grouped and sent to the repair site. Call Loni Held for details (x 1418).

Did you know . . . you can recycle your old prescription, sun, reading glasses (no cases, please), or old hearing aids? Please drop these items into the Lions Recycle box located in the Resident Business Center. Unused hearing aid batteries are welcome, as well.

Loni Held, Resident Services Director

LIBRARY NEWS

Martha Oman and Toni Myers, Cochairs

Following our January theme of New Beginning, we have made some changes to help give you access to materials and information in the Library.

All of the opera and ballet DVDs have been moved to the shelves to the right of the fireplace. You are welcome to borrow and enjoy them. We have also moved children's DVDs out of the main DVD collection and put them on the shelf with the children's books. They have the added search tag of JUV (Juvenile) in the catalog and a label of JUV.

By popular request we have put the list of books available on the B elevator lobbies on the Library page on MIRANET. To find it, select "Services," then select "Library" from the list. The "Dewey Nonfiction Classification" and "B Lobby Authors 2021" are below the catalog access. Click on entries to expand them to readable size.

Enjoy our theme of "Greatest Love Stories of All Time" during the month of February! Please share your favorites with us!



Martha Oman

LIFELONG LEARNING COMMITTEE

Louise Lowry and Julia Wan, Cochairs

Zoom events: To join LLC Zoom events go to MIRANET's "Upcoming Events" on the date and time of the event. Click on the title of the event to bring up the Zoom link. Click on the Zoom link to join.

OLLI-UW Zoom free lectures require pre-registration, but no fee. Pre-register early on MIRANET's "Upcoming Events" to receive your personal Zoom link to the event.

Free recordings of the OLLI-UW virtual lectures are available by entering in your browser:

<https://www.campusce.net/uwolli/course/course.aspx?catId=7>.

Supportive Friends, Zoom Resident Café

Tuesday, February 2, 2021; 3 pm, via Zoom

The February Supportive Friends Zoom gathering for bereaved Mirabella residents arrives this year on Groundhog Day, a traditional harbinger of spring. It's a good time to join the conversation in the café with other residents who may be feeling a bit lonely this time of year.

To join, click on "Residents' Café" on MIRANET's "Upcoming Events" at 3 pm on Tuesday, February 2. Then click on the Zoom link that comes up.

Residents who do not own a computer may join with a phone connection. Please call one of the coordinators for assistance: Carolyn Blount (x 1644) or Natalie Siegel (x 1698).

Three Days of Gettysburg with Ed Gordon

Mondays, February 8, 15, and 22; 3-4:30 pm, via Zoom

At the Battle of Gettysburg in 1863, Union General George G. Meade defeated for the first time Confederate General Robert E. Lee. Almost 200,000 men fought in this decisive battle of the U.S. Civil War, the largest ever fought in North America. In

LIFELONG LEARNING

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this three-part series, Ed Gordon discusses each day of the battle, the pivotal decisions, the triumphs and tragedies, and the diverse personalities of the men who fought there.

Monday, February 8, Day One at Gettysburg includes the prelude to the Battle.

Monday, February 15, Day Two of the Battle.

Monday, February 22, Day Three includes Lincoln's famous address after the Battle.

Ed Gordon, a popular returning Mirabella speaker,



Ed Gordon

is an internationally known historian, researcher, author, and speaker. He taught at DePaul University in Chicago and is the author of twenty books and more than 150 articles on history, business, and education. Coordinator: Leslie Klein.

Art Museums of Paris with Rebecca Albani

Mondays, February 8 and 15; March 8 and 15; 10:45 am, via Zoom

This is the third series of Rebecca Albani's virtual tours of world art centers. In this series she is in Paris.

Monday, February 8, The Louvre

The Louvre, a former royal palace, is the world's largest and most frequented museum. It holds some of western culture's most universally recognized masterpieces, from the *Winged Victory of Samothrace* to the *Mona Lisa*. Visitors will see a tiny Vermeer, an enormous painting of Napoleon's coronation, and many lesser-known treasures.

Monday, February 15, Musée Rodin

Auguste Rodin gave his artistic estate to the French state on the condition they transform his Paris studio into a museum devoted to his work. The museum contains a stunning array of Rodin's sculpture, including bronzes displayed in the charming garden, important paintings Rodin collected, and a significant collection of works by his muse and lover, Camille Claudel.

More Paris art in March: Musée Picasso and Musée d'Orsay. Coordinator: Sylvia Fisher.

Resident Revelations: Confessions of a Think Tanker with Paul Hill

Tuesday, February 16; 3:30–4:30 pm, via Zoom
Paul Hill, a career researcher at public policy think tanks (principally, the RAND Corporation and also with Brookings, the Urban Institute, and Hoover), will tell how think tanks do their work. Paul will address questions like how do they differ? Do they all have biases or are some straight? What influence do they have?

What is their role in the time of fake news and conspiracy theories? He'll focus mainly on RAND, where he worked full time for seventeen years and with which he was still connected until 2019. Coordinator: Carolyn Blount.



Paul Hill

Death and Aging Café

Wednesday, February 10; 3:30 pm, via Zoom

All are welcome to participate or just listen to the conversation about death and aging—two taboo

ZOOM AND LEARN

subjects that are discussed frankly and confidentially in this setting. Coordinator: Barbara Standal.

OLLI-UW Virtual Lecture

Integrative Medicine in the Time of COVID-19 with staff from the University of Washington School of Medicine

Wednesday, February 10; 12–1 pm, no fee but pre-registration required

Integrative medicine is focused on what each unique person needs for their own health and well-being. The COVID-19 pandemic has forced each of us to consider what being “healthy” means. It has sparked a search for health-promoting resources that can support healthier, happier lives during this pandemic and beyond. This interactive session introduces integrative medicine topics specific to the pandemic as well as general tools to guide participants through whatever challenges life offers next.

Participants will also learn about the new Osher Center for Integrative Medicine at the University of Washington. Coordinators: Julia Wan and Louise Lowry.



Thanks due to Wilson Panoy Jr., LPN, Kinga Nagy, RN, and Bashir Abumenjel, RN, Infection Prevention Team ready for Mirabella Seattle’s COVID-19 vaccination days – photo, J. Frazier

2020 African Safari with Charles Sleicher

Tuesday, February 23; 3:30 pm, via Zoom

In early January 2020, Mirabella residents Makiko Doi, Bill Ellis and his son, Judy and John Owens, and two others joined Charles Sleicher for a safari in Tanzania. The group flew to Arusha to begin an eleven-day safari that included the Serengeti, Ndutu, Olduvai Gorge, and the Ngorongoro Crater.



Male Lion – photo, C. Sleicher

They saw elephants, rhinos, hippos, zebras, many species of antelopes, hyenas, lions, a cheetah chase, leopards, and the famous wildebeest migration. Charles will speak about the safari and share his amazing photographs. Coordinator: Carolyn Blount.

OLLI-UW Virtual Lecture

Ten African American Women: Models of Success, Overcoming Hurdles, and Making a Difference with Dr. Wilson Edward Reed

Friday, February 26; 12–1 pm, no fee but pre-registration required

This talk is about ten African American women from diverse backgrounds who overcame major hurdles and obstacles like classism, sexism, racism, and poverty. Dr. Reed discusses how the ten women in this talk, including Oprah Winfrey and others, navigated social, political, and economic forces and overcame childhood trauma and poor self-esteem to achieve success.

Dr. Reed has taught a range of courses on African

SHOPPING SCHEDULE

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American history, cultures, and lifestyles at Seattle University, Washington State University, and the University of Washington. He grew up in Redwood, Mississippi, attended segregated schools there, and moved to Seattle in 1969 where he learned of educational opportunities at the University of Washington. Dr. Reed earned BA and MA degrees at UW and later a PhD from Northern Arizona University.

OLLI-UW Zoom Remote Winter Courses

Starting in February:

Remote courses are being offered online via Zoom for a small fee and annual membership. The courses are recorded so you can view a class later if you miss it.

You may register through Loni Held to pay your tuition by credit card or through Mirabella billing. For more information and to sign up for a course visit: <https://www.campusce.net/uwolli/course/course.aspx?catId=11>.

The Shifting Sand of Middle East Security with David Fenner

Thursdays, February 4, 11, and 18; 10–11:30 am.
Cost: \$40

This series explores the currently fast-changing landscape of the Middle East, especially in light of the recent Abraham Accords. David Fenner will explore these dramatic changes and the challenges they present to U.S. foreign policy makers.



David Fenner

Seeing and Making Portraiture with Miha Sarani

Wednesdays, February 10, 17, 24 and March 3;
9:30–11:30 am. Cost: \$50

Join Miha Sarani to traverse art history examining the practice of portraiture—how to view it, understand it, discuss it, and even create it. The course includes both visual understanding of the work of others and applying that understanding to creating one's own portraiture.

No prerequisites, all levels welcomed.

The Roots of Rock & Roll, Part I: Tracing the Beginnings of Rock from the 1920s to the 1960s with John Jensen

Tuesdays, February 16, 23, and March 2, 9;
9:30–11:30 am. Cost: \$50

The course seeks the roots of rock through great music, using rare film and video clips, and examines the legacies of the pioneers of the genre.

Other February OLLI-UW courses:

Our Changing Ocean with Mikelle Nuwer

Mondays, February 22, and March 1, 8, 15;
10–12 pm. Cost: \$50

20th Century Women Artists with Rebecca Albiani

Fridays, February 26, and March 5, 12, 19;
9:30–11:30 am. Cost: \$50

OUTSIDE ACTIVITIES

Loni Held, Resident Services Director
Marcus Cullen, Facilities Services Director

Transportation will offer shopping bus trips each week in February. Trips in the first week of March are also included. Sightseeing trips have been cancelled.

Bus Service: Residents may reserve space on the bus for desired shopping trips by calling the Town Car reservation request line (x 1419) and leaving a voicemail (we ask residents to leave only one message). Signup sheets in the lobby will not be used.

Seating: Proper social distancing will be practiced

ZOOM IN TO PROGRAMS

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at all times. Individuals as well as couples will be asked to space themselves accordingly. Capacity has been reduced due to spacing protocols. Residents must wear masks at all times.

Shopping Destinations: When arriving at the destination, residents will shop while the bus waits on site. As residents complete their shopping, they may re-board the bus and wait to return to Mirabella.

No Show and Late Passengers: We encourage residents who change their plans to please call the Town Car reservation line as early as possible in order to make space available for other residents.

SHOPPING TRIPS

Mondays, February 1, 8, 15, 22, and March 1;

Safeway, 10:30 am; Metropolitan Market, 1:30 pm.

Tuesdays, February 2, 9, 16, 23, and March 2; Fred

Meyer, 10:30 am; PCC, 1:30 pm.

Wednesdays, February 3, 10, 17, 24, and March 3;

Costco, 10:30 am; U Village/QFC, 1:30 pm.

Thursdays, February 4, 11, 18, 25, and March 4;

Fred Meyer, 10:30 am; Uwajimaya, 1:30 pm.

Fridays, February 5, 12, 19, 26, and March 5;

Safeway, 10:30 am; Metropolitan Market, 1:30 pm.

Mary Rogers

PROGRAM COMMITTEE

Kitty Dow and Judy Guder, Cochairs

Paul Gillespie, Jazz Saxophonist

Thursday, February 4; 3:30 pm, via Zoom

Paul Gillespie is a tenor saxophonist, composer, and music educator who performs throughout the Seattle area as a member of the Jazz Police, PGM Trio, and Jim Cutler Jazz Orchestra. He and two collaborators will play a special program of accessible improvised jazz for Mirabella residents.

Paul teaches instrumental music and International

Baccalaureate Music in the Bellevue School District in Bellevue, Washington. He also worked for years as an instructor in the fabled youth music camps offered by Mirabella residents Neal and Barbara Porter. Paul is also a composer. His work includes *Three Movements for Piano and Orchestra* in 2017, *Wind Quintet* (2011), *Woodwind Trio* (2012), *Octet for Winds, Strings, and Percussion* (2013), *Variations for Orchestra* (2014), and *String Quartet No. 3* (2019).



Paul Gillespie

Zoom links will be available on MIRANET and via email in early February. Coordinator: Paul Hill.

Christina Scheppelmann, General Director, Seattle Opera

Thursday, February 11; 4 pm, via Zoom

Ms. Scheppelmann will discuss how the creation of virtual and streaming services continues to bring opera and recitals into the homes of Seattle Opera lovers.

Born in Hamburg, Germany, Christina Scheppelmann is the fourth General Director to lead Seattle Opera. She began her career in the arts in early life, performing in the children's choir of the Hamburg State Opera. After completing a degree in banking, she left her home country of Germany in 1988 to work in an Artist Management agency in Milan. Fluent in five languages, she quickly became

MUSICAL TREATS § WHITE ON GRANT

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Christina Scheppelmann

known for her communication skills and was soon offered a job in arts administration at the Gran Teatre del Liceu, where she was responsible for programming, casting, and overall artistic direction.

In 1994, she was recruited by Lotfi

Mansouri to assist him at San Francisco Opera, where, as one of the youngest artistic administrators at the time, she continued her work in planning seasons and hiring singers, conductors, directors, and designers.

As Director of Artistic Operations at Washington National Opera, Scheppelmann oversaw artistic planning for eleven years. A long-time champion of young artists, she has led masterclasses, lectured at artist training programs, and judged vocal competitions around the world. Coordinator: Nancy Lucht.

Clarice Alfonso, Soprano

Thursday, February 18; 3:30 pm, via Zoom

Thrilled to be returning to perform at Mirabella, soprano Clarice Alfonso will give a concert that features golden standards of musical theater, including music by Rodgers and Hammerstein, Sondheim, Bernstein, and Andrew Lloyd Webber, just to name a few. An avid singer of opera, art song, and musical theater, Clarice has performed throughout the Seattle area with Puget Sound Concert Opera, Northwest Opera in Schools, the Ladies Musical Club, Seattle Modern Opera Company, Emerald Ensemble, and also cantors at St. James Cathedral and sings with

Temple Beth Am.

Recent engagements include performing as Pamina in *The Magic Flute* with Northwest Opera in Schools, Gretel in *Hansel and Gretel* with Engage Opera, and in Samuel Barber's *Knoxville:*

Summer of 1915 at the Seattle Art Museum. In current times, she is keeping herself busy on Zoom teaching voice lessons and children's music classes at Joyful Music Seattle. Coordinator: Nancy Lucht.

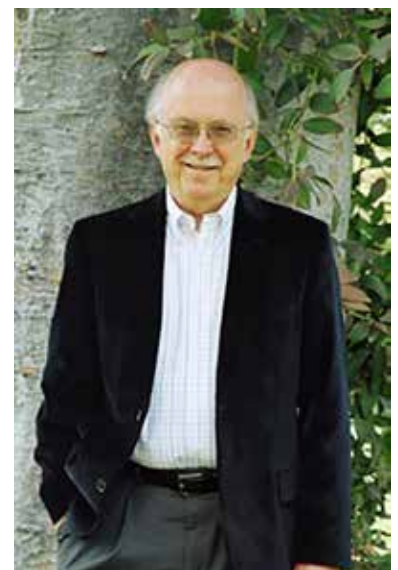
Ronald White on Ulysses Grant

Thursday, February 25; 3:30 pm, via Zoom

Learn more about the dramatic story of one of America's greatest and most misunderstood military leaders and presidents, Ulysses S. Grant. Ron White, who spent seven years researching primary documents, will discuss when and why Grant fell from favor and why we need to refocus and revise our estimates of him today.



Clarice Alfonso



Ronald C. White

WELCOME, CAROL § BOOK CLUB

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White's work on Grant, *American Ulysses: A Life of Ulysses S. Grant* is, in the words of presidential historian Jon Meacham, "thorough and engaging and invaluable."

White is a graduate of UCLA and Princeton Theological Seminary. He received his PhD from Princeton University. He is a Reader at the Huntington Library and a Senior Fellow at the Trinity Forum in Washington, D.C.

He has lectured at the White House and been interviewed on the PBS *NewsHour*. In 2019, at the invitation of the Library of Congress, he spoke to members of Congress on "Leadership Lessons from Lincoln and Grant." Coordinator: Judy Guder.

LOOKING AHEAD

A Celebration of an Irish Spring, 2021

Thursday, March 4; 3:30 pm, via Zoom

Mark your calendar! Internationally recognized as one of the world's premier Irish Fiddle players, Randal Bays will entertain us with a suite of tunes and airs that will knock your socks off. A native of Seattle, Randal took up the fiddle in his youth and has been sawing away ever since, to growing acclaim. Be sure to come; it will be well worth it. Coordinator: Rich Atwood.

WELCOMING COMMITTEE

Diane Holmes, Chair

Carol Purvis

Carol Purvis was one of the originals to sign up at Mirabella, a year or two before a brick was laid. Mirabella offers many things she enjoys: city living, not needing a car, and having people to talk to. It was sixteen years before she felt ready to move in, and she is delighted with the warm welcome she has received from the Mirabella community. Carol was born in Parkston, South Dakota, but grew up in Port Angeles. She graduated from the University of Washington

School of Nursing and has spent time in Connecticut and New York City, which she loved. She has lived in Yarrow Point for the last forty-four years. For six years she lived in England and in the Netherlands, where she biked around with her two young sons aboard.



Carol Purvis – photo, L. Held

Carol was an RN in Seattle in Pulmonary Medicine and Thoracic Surgery for most of her career at Virginia Mason in downtown Seattle. She, her husband and her two brothers bought property on Lopez Island where they built themselves a home. She has been a volunteer at the Seattle Opera Guild doing fundraising. At one time she delved into French cooking. She enjoys reading, embroidery, and needlework, and hopes to finish a long overdue holiday needlepoint stocking soon. She lives in unit 535. We are happy to welcome Carol into our midst.

Susan Callegari

BOOK CLUB

Fourth Monday of the Month; via Zoom

On February 22 at 2 pm we will gather to discuss *Grandma Gatewood's Walk* by Ben Montgomery. In 1955 Emma Gatewood, a sixty-seven-year-old grandmother, left her home in Ohio without telling her family of her plans and headed to Georgia to hike the Appalachian Trail. She was the first woman to hike the entire trail alone. The public attention she brought to the trail and its need for maintenance is credited with its preservation.

ART SCENE IN SLU

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On March 22 at 4 pm we will meet to talk about *Mr. Bridge* by Evan Connell. This is the companion novel to *Mrs. Bridge*, which we discussed in November. It is the story of the Bridge family from the husband's perspective.

Everyone is welcome to join us.

Tina Moss

ARTS NOTEBOOK

BY JARED CURTIS

Local Exhibits

MadArt Studio on Westlake Avenue in South Lake Union is now showing two overlapping exhibits. Occupying part of the studio's floor-to-ceiling windows and visible from the sidewalk outside the studio is *Rhea*, a work by local artist Barry Johnson, the first in a series called *The MadArt Mural Project*. Emily Kelly, director of MadArt

Seattle, said the mural project emerged in response to the new reality of global pandemic and the surge of protests surrounding racial inequality. It is "a recognition that we needed to and wanted to create more opportunities for artists, specifically underrepresented BIPOC artists, in our community." The artist depicts his young daughter in a stance of hope, vitality, and a sense of power. *Rhea* is on view at MadArt Seattle only through February 1, 2021, but the work will be followed by new murals created by other local artists through June 2021.

The other exhibit, *Parable of Gravity* by Casey Curran, is currently under construction. Here are the venue details for this single unified three-dimensional work.

Open Studio: January 5–February 10, 2021; Studio visits available to the public by appointment—call or email to schedule your visit to view artwork under construction.

*Opening Reception: Thursday, February 11
Exhibition Period: February 12–April 17*

In *Parable of Gravity*, Seattle-based artist Casey Curran brings together aspects of mythology, science, and religion to explore what the future on earth might hold for humanity. Blending elements of decay and growth, human technological advance and natural decay and renewal into a single structure, this project, like the preceding exhibit by Marela Zacarias called *Inside Out*, blends old and new in a room-filling effort to make sense of the modern world.

See photos and stories about both exhibits at <https://www.discoverslu.com/story/the-mural-project/> and <https://madartseattle.com/whats-happening-jan-8-21/>.



"Rhea" by Barry Johnson



BIRTHDAYS § POETRY CORNER

HAPPY BIRTHDAY! FEBRUARY 2021

- | | | |
|-----------------------|----------------------|---------------------|
| 4 – Bess Porterfield | 15 – Phyllis Golden | 24 – Carol Purvis |
| 4 – Mary Kirkendall | 21 – Don Ries | 25 – Makiko Doi |
| 5 – Tom McArthur | 21 – Judy Guder | 27 – Marcy Golde |
| 7 – Warren Askov | 22 – Miriam Charney | 27 – Jim Ohta |
| 8 – Jane Blackwell | 22 – Sandy Lutinen | 28 – Taylor Putney |
| 9 – Darlene McTaggart | 23 – Bob Hayward | 28 – Mimi Gormezano |
| 11 – Barry Weintraub | 23 – Corky Williams | 28 – Leigh Nowell |
| 14 – Dee Dickinson | 23 – Frances Shannon | 29 – Helen Brumbach |
| | 24 – Alvin Novack | |

THE FACE OF GRATITUDE

ANCIENT LIGHT

BY JARED CURTIS

Pausing my walk in early morning mist
 And looking up, I glimpse the stars beyond
 Refracting ancient light through water drops,
 The only bar a broken band of cloud.
 Time halts in such moments while earth revolves.
 Or does the sky swing by while I stand still?
 To ask makes me seem small and yet connects
 Me to the dancing, turning firmament.
 What can we do in times like these but let
 The drops of light console and lead us out
 Of self, the stress and worry for all those
 Who daily meet the face of illness, death,
 And bravely carry on. What can we do
 But thank them daily, hourly, when we can.



From *A Way Forward* © by Jared Curtis (Private printing, Seattle, 2021)



Amy Heider, Health Services Activities Director, receiving her COVID-19 vaccine shot from Wilson Panoy, Jr., LPN – photo, K. Nagy

REFLECTIONS

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COUNTING ON PFIZER

BY CONNIE CHAPLIN

WELL, it's the second month of 2021, and you can uncross your fingers now. At least 2020 is gone. And hey, the days are getting longer! We'll have Valentine's Day! And we've had our first COVID shot. So far, so good, for us, but soooo much slower than expected for most people. Ordinarily, developing vaccines takes several years and Warp Speed was launched with unprecedented speed, but rollout in the United States has been embarrassingly s-l-o-w. When public health observers stated that getting vaccinations to people in India and the Congo have worked much more smoothly, that must have been a slap in the face to workers at Pfizer, Moderna, AstraZeneca, Johnson & Johnson, et al. They produced. Health workers were ready. FedEx and UPS took off on schedule. And then? Actually putting needles in millions of arms is left up to states, regional hospitals, and municipalities . . . with no central advanced planning. Such a non-plan is as fraught as hitting a high fly ball into the outfield and nobody calling the ball while all three fielders and the shortstop rush toward it on a collision course. Meantime, the virus keeps mutating. Those British-Colorado-South Africa variants boast about twenty mutations and that includes several "that affect how the virus locks onto human cells and infects them." Now, that's just not fair. Of course, a mutating virus doesn't mean you'll get sicker, you'll just be more likely to get it. Small comfort. This mutating

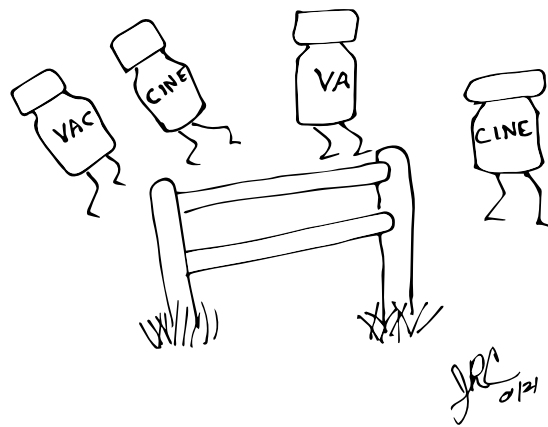
business seems to involve missing letters in the genetic code and along the way, the code has shown up in animals. Danish minks, specifically. (Minks sound a lot more acceptable to me than, say, Florida opossums, but that's not relevant. Possums always get a bad rap.) Anyway, the mutating, shape-shifting virus is chugging along (shucking and jiving along the way), keeping the scientists busy. Fortunately, that doesn't mean that the vaccines we're getting won't work. Even the lowly common cold viruses "evolve to escape immune detection—but over many years." The common denominator is "virus." Some of the research done for the AIDS virus turns out to

be relevant; maybe vaccine research in COVID will also help with AIDS. AIDS vaccine would be nice. As for flu virus shots, they're different every year; we accept that and go along with the program. That may be how we'll deal with this pandemic: a yearly COVID shot. Anyway, that's the opinion of Trevor Bedford, evolutionary biologist at the

Fred Hutch Cancer Research Center.

Next question: how do you deal with those who resist joining the herd? Is there a percentage? Sixty percent of the population inoculated within a year? How do we know who's had one? How do you count them? Can we just wait on this question?

One good thing: if you have trouble getting to sleep these winter nights, just picture those purple-topped bottles of Pfizer vaccine going round and round . . . and round . . . on the factory conveyor belt. Counting sheep is so two years ago. But I am way past needing to see television coverage of needles punching arms. Please.





The Mirabella Monthly



VOLUME 13 | ISSUE 2

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Guide to Mirabella Publications

The Mirabella Monthly

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Chris Jamin, Tina Moss, Betty

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Sleicher

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Eliason, Charles Fitzgerald, Chris

Jamin, Paul Keown, Ron King,

Tina Moss, Janet and Jim Ohta,

Judy Rourke, and Susan Webber

How to Submit Events to

MIRANET Upcoming Events

and *Mirabella Weekly*

If you want information added

to MIRANET and the printed

Mirabella Weekly, please email

details to Katie Harrison at

kharrison@retirement.org or Loni

Held at lheld@retirement.org by

5 pm Wednesday of the prior week.

Room bookings must be made in

writing on the proper form and

turned in to the Front Desk.

How to Submit Your Article, Story, News, or Event Report to *The Mirabella Monthly*

Before submitting copy, please proof it carefully for typos, spelling errors, accuracy of dates and times, and possible cuts or changes. Only original writing will be accepted.

While some Mirabella staff members contribute articles, *The Monthly* is intended to showcase writing and images from residents. We do not reprint internet captures, widely distributed emails, or previously published writing.

The deadline for all submissions is the fifteenth of each month prior to the month of publication. Any piece submitted after this date will risk being held over. The length of your submission is negotiable, but the editorial team must work within the *MM* format and style. Guidelines are available on request.

All written submissions will be edited, formatted, and proofed by *Mirabella Monthly* staff.

Please email your submission to Mary Rogers at mkr3824@gmail.com.

Word or RTF documents work best. Pages documents should be

“exported” to Word format before submission. Submit paper copy to mailbox #824 as a last resort.

Tips for a successful submission:

- » Use the Enter or Return key only at the end of each paragraph.
- » Use only one font in one size for the entire article.
- » Avoid elaborate text formatting, like columns, boxes, or effects.
- » Show emphasis by *italics*, never ALL CAPS, even in titles.

How to Submit Photos

Adjust the camera or scanner to make photographs or scans of the highest quality (or the highest resolution). JPEG is the most convenient format. Focus the image on the part of the scene that is most important. Submit each image at full size. When attaching an image to an email, choose the option for “original” or “full size.” Send digital images to

jaredcurtis@icloud.com.

Put all illustrations and sketches on paper in mailbox #801.

**The Mirabella Monthly
*Mirabella Seattle***

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