



The Mirabella Monthly

www.mirabellaliving.com/Seattle



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JANUARY | 2021

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The Mirabella Monthly
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What We Are Reading

"Let us read, and let us dance; these two amusements will never do any harm to the world."

—Voltaire

BY SALLY HAYMAN

WHEN we come together, a common way to start a conversation is, "What are you reading?" We asked several randomly selected Mirabella Seattle residents that question and came up with an interestingly diverse group of books. We also asked what they were rereading, and what books they aspired to read.

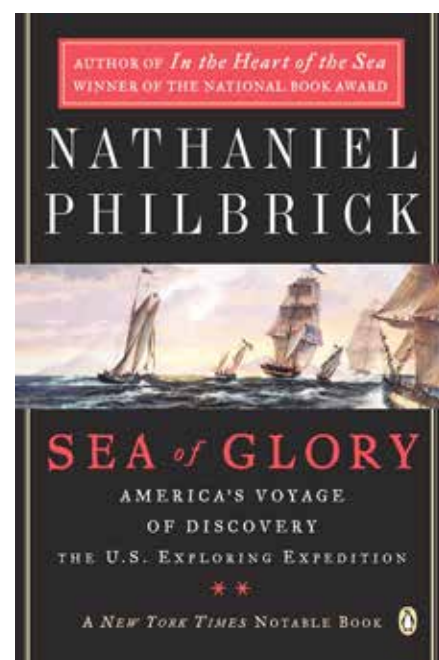
Ted Taylor

Reading now: *Sea of Glory, America's Voyage of Discovery; the U.S. Exploring Expedition 1838–1842*, by Nathaniel Philbrick. *Blowout: Corrupted Democracy, Rogue State Russia, and the Richest Most Destructive Industry on Earth*, by Rachel Maddow. *Guide to Surviving Prostate Cancer* by Dr. Patrick Walsh.

Aspire to read: *Alexander Hamilton* by Ron Chernow. I read halfway through several years ago, got diverted, and never got back. I need to finish it!

Categories of fiction or nonfiction: Patrick O'Brian wrote a series

of roughly twenty historical novels about the Royal Navy and the French Navy, beginning during the Napoleonic wars. They are terrific. I have read them all at least twice, mostly during summer



READERS ON READING

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cruising on our sailboat. Ivan Doig has written a number of semi-biographical novels about growing up and life in the West in the early twentieth century. Jonathan Raban, an Englishman who moved to America, writes about his impressions of the West and his adventures along the Canadian and Alaskan intercoastal waterway. He has also produced historical novels of the same era.

Rosa Lea Taylor

I am reading *Hild* by Nicola Griffith. I don't aspire to anything in particular, perhaps some classics I have missed. I like history, both fictional and actual, mainly English, middle ages, and old sailing ship days, and biography. I like the poems of Wendell Berry and Robert Louis Stevenson's stories of childhood and older years.

Darrell Guder

I usually have several reading projects going at the same time. Right now, I am reading one of Donna Leon's mystery novels set in Venice, *Quietly in Their Sleep*. There are about thirty novels in the series, and we have a good collection in our Mirabella library. I recently finished Louise Penny's newest Gamache novel, *All the Devils Are Here*. I have at the back of my shelf Gibbon's *The History of the Decline and Fall of the Roman Empire*, six volumes that I am working through very (!) slowly. My theological reading focuses on Karl Barth, and right now I am involved with a team of fellow translators in reading and translating his early essays published in the 1920s. I am serving as the English language editor of the project, which is prosaically entitled *Lectures and Shorter Papers*, of which there are six volumes stretching from 1905 to 1924. Our group, sponsored by the Center for Barth Studies at Princeton Seminary, has a grant from the National Endowment for the Humanities. Judy Guder is also a translator in the team of about twenty people.



A German stamp showing Karl Barth
1886 – Public Domain

Betty Heycke

I'm reading three books right now. *Beyond Khyber Pass* by Lowell Thomas, a rare and wonderful travel book that I've almost finished and will return to Charles Fitzgerald, to whom it belongs. *The Disuniting of America: Reflections on a Multicultural Society* by Arthur M. Schlesinger, Jr. This American historian argues that multiculturalism is tending to divide the nation into "a quarrelsome spatter of enclaves, ghettos and tribes." I'm almost finished with this one; it's quite short.

I'm moving slowly *Autodictionnaire Simenon* by French biographer Pierre Assouline, 2009. Georges Simenon is one of the most read and most translated authors in the world. He is the creator of hundreds of works of fiction, nonfiction, and essays, and is best known for his detective novels featuring Inspector Maigret. Assouline's dictionary of Simenon's observations about a variety of subjects allows me to look up "golf," "musique," or "Montaigne" and get his comments. This is endless fun and exercises my French, when I dip into it from time to time.

GREAT BOOKS § GREAT ELVES

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Tim Hill

A wonderful book I read not too long ago is *A Game of Birds and Wolves*, a WWII nonfiction account of how a group of British women implemented a strategy of sinking German submarines that were a menace to U.K. and American cargo ships. I also



Mrs Dalloway, 1st edition, cover design by Vanessa Bell

liked *The Splendid and the Vile* by Erik Larsen, about how Churchill led Great Britain during the German blitz.

I'm in two book groups and am presently reading *The Price of Peace* by Zachary Carter, about John Maynard Keynes and his writings. In the second book group I am reading *Mrs Dalloway* by Virginia Woolf.

Dieter Heycke

The most impressive books to me this past year were: *The Conservative Sensibility* by George Will; *Winter is Coming: Why Vladimir Putin and the Enemies of the Free World Must be Stopped*, by Gary Kasparov (former Russian chess champion); *Charter Schools and their Enemies*, by Thomas Sowell; *The Road to Serfdom* by F. A. Hayek. I also enjoy ancient history and keep rereading Herodotus.

I had fun reading Lowell Thomas, *Beyond the Khyber Pass*, and also his book about Count Luckner, *The Sea Devil*, who was a raider for the German navy and managed to capture and sink a number of Allied supply ships during WWI both

in the Atlantic and Pacific. He captured captains and crews, releasing them into neutral countries on their word, all without killing any of his opponents. Thomas considered Count Luckner and Lawrence of Arabia the top two heroes of WWI.

Charlotte Lindsey

Right now, I am reading *Together* by Vivek Murthy, MD (former surgeon general). I have just finished *Caste* by Isabel Wilkerson, well written on a difficult but important subject. On the lighter side I read any book by Martin Walker. I've just ordered Louise Penny's latest. I can always read any of my eighty(!) Agatha Christie's. I bought them at a church book fair—ten dollars for eighty individual leatherbound books. Am willing to share.



We look forward to more readers stepping up and sharing favorites old and new. Not only do we get ideas for our next books to read, but residents also get to know each other better. Please send more reading lists to Sally Hayman at rshayman@msn.com for the next issue of *The Mirabella Monthly*.



Elves come a-treating – photo, P. Keown

A THANKSGIVING TO BE THANKFUL FOR

THANKSGIVING, 2020: REFLECTIONS

BY LYNNE IGLITZIN

The date: November 25, 2020. The place: Mirabella Seattle.

“Not a creature was stirring . . . not even a mouse.”

No, wait! That is the wrong holiday. This was the eve of Thanksgiving, not Christmas Eve. How could I have gotten my holidays mixed up? Well, given that most of the year 2020 was itself a mashed up, confused kind of year, this misquote is not surprising. For indeed, there we were on the eve of Thanksgiving, new residents of Mirabella Seattle.

Thanksgiving! Spent not as we had always spent it in the past, with children and grandchildren, poems and laughter, and home-cooked food. We had just enjoyed a delicious “Thanksgiving-in-a-Bag.” Not only was it fun and truly delectable, but it served as a marker for us. We had come to Mirabella so recently—just barely over three months—and this holiday was a milestone for us.

Moving into a retirement community of more than 300 people is a big decision for everyone. Do we do it? Should we stay put? How do we deal with all the stuff accumulated over thirty years of living in our own home? And the strangeness of moving during pandemic restrictions.

Yes, we arrived in Mirabella in the middle of the pandemic! It has been an experience getting used to an apartment, corridors, elevators, and quiet.

The latter has been the big challenge. How quiet it seems as we walk or stroll or tiptoe through the halls, masks in place. But above the masks of other residents there are smiling eyes, and friendly hands patting our dog, Candy. From the day we arrived, when we found notes on our shelf and received phone invitations, we have felt welcomed. And

for the few weeks the dining room was open, we enjoyed our dinners, socially distanced, with many residents who contacted us. The food has been delicious, and the “Thanksgiving-in-a-Bag” a total triumph for Dining Director Stephen and the whole dining crew.

We appreciate how many of the residents in this community have extended their warmth and friendship in whatever ways they have been able to do. Whether it was our first contacts, Kevin and Loni, or the continued helpfulness of Carolyn at the Front Desk, we are grateful to all of you.

On this Thanksgiving Day, we extend our gratitude to those of you we have gotten to know, even in the limited way possible. We look forward to meeting more of you, hopefully in more open and free settings, as time goes on.

In conclusion, thanks to the staff for a delicious Thanksgiving dinner. Instead of feeling sorry for ourselves separated from our families we feel fortunate to have been treated so warmly and with such a welcoming attitude by all. We hope to enjoy mask-less, happier days ahead, and the sooner the better.



*Lynne Iglitzin and Walter Bodle,
apartment 404*

WHO DOES WHAT AT MIRABELLA

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RESIDENT COUNCIL, 2020–2021



Pat Kushmerick,
President, 2020–2021,
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Sue Herring,
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Louis Swart, Member-at-
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Mort Berman, Member-at-
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Tim Hill, Member-at-Large,
2020–2022,
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Nickie Askov,
Past President, 2020–2021,
Box 1116, x 1858,
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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



GIFT OF ART § MASTERING MIRANET

ART COMMITTEE Joanne Mearls, Chair

A Wedding Gift

Ever plan a wedding? Reminisce before “Wedding,” an abstract fabric construction by Diane Katsiaficas. Complex, multi-layered, fraying, and finally, somehow, all nicely tucked together. “Wedding” is our latest art acquisition, gifted to us by John Benditt in memory of his mother Marcella, who lived at Mirabella until her death in 2019.

The artist, Diane Katsiaficas, received her MFA in teaching from the University of Washington and is currently on the faculty of the University of Michigan. She has had exhibits in the United States as well as a show in Egypt and two in Greece. She is represented in the Seattle Art Museum (SAM) collection. And now the Mirabella Seattle collection. We have the honor of displaying “Wedding” for the first time on January 18, 2021, in our upcoming show “Magic and Mystery.”

Joanne Mearls

COMMUNICATIONS COMMITTEE Susan Dillon, Chair

Keeping Up with Memos, Alerts, and Dining Notifications

This brief article is intended to guide you to where and how to find memos and alerts and dining information on MIRANET.

If you have subscribed to the green dot program, you will receive all memos and alerts in your email and on MIRANET, not in your mailroom inbox. Dining menus and messages will be found on MIRANET under “Dining.” If you have not received emails containing either menus or messages, it means you have not subscribed to them. To do so follow these three simple steps

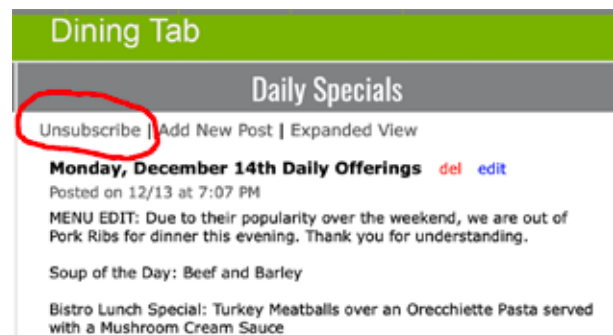
1. Go to the MIRANET main page and look under “Site Search” on the right side of the page. Below it you will see “Search” and below that the word “Subscribe.”



2. Click it and you will be connected to News and Alerts. If you see the word “Unsubscribe” (as in the graphic image above), you should already be connected. If you are not receiving notifications, do this:
3. Toggle the switch until it says “Unsubscribe” again, and that should fix it.

If you are not subscribed to the Green Dot program, all but the daily dining specials will be delivered to your mailroom inboxes. To see those daily dining specials on MIRANET, do this:

1. Under the Dining tab, right side of the page (shown below), find Dining Daily Specials.



The toggle here, “Subscribe/Unsubscribe,” relates only to Daily Specials.

Barbara Porter

EAF GIFTS TO STAFF AND DIRECTORS

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EMPLOYEE APPRECIATION COMMITTEE

Warren Askov and Helen Roberts, Cochairs 2021

Employee Appreciation Committee 2020 Final Report

2020 was a banner year for being grateful—for our employees and for Mirabella management. We have been both protected and pampered since the first lockdown began. Great meals being delivered to our rooms were only the start. We ended the year with adorable elves bringing us all kinds of surprise goodies. Our housekeepers and cleaners never faltered, despite their own challenges in commuting during the pandemic. The valets were there for us, retrieving our cars and getting us to appointments on time. At the front desk, Carolyn never stopped smiling and Administration helped us out when we needed it. All the people we don't see have kept everything humming.



Marlene Glymph, Valet – photo M. Cullen



*Certificates gift-wrapped by Re-Store's expert gift wrapping team, Ellie Fife and Judy Rourke
– photo, P. Keown*

Gift checks to employees, funded by EAF Drive contributions, traditionally were distributed at an afternoon employee-resident party. Due to restrictions on gathering this year, the year-end gift checks were presented to employees in their work areas by their department Director. Human Resources staff embellished the check envelopes with a holiday candy cane and a label noting that the gift was from donations by Mirabella residents and families.

Thank you, Mirabella Seattle residents, for your contributions to the EAF Fund Drive.

Toni Myers and Paul Keown

LOBSTERS I'VE KNOWN § BE A FRIEND

DINING COMMITTEE

Mandy Wertz, Chair

Lobster Memories

The lobster entrée served in Mirabella Seattle's Lakeview Dining Room last November was a tasty experience but more importantly, it triggered many delicious memories.

My first encounter with lobster was not memorable—likely a dinner dance during my Purdue years. After that, I travelled the United States as a Market Research Investigator with Procter & Gamble. With my colleagues, I enjoyed the tradition of seeking out the best and unique dining venues in every location. Among the many assignments were Boston and Rhode Island where the local diner's lobster roll was the best I have ever tasted, and the famous seafood restaurants did not disappoint. Later in the 1960s and 70s we enjoyed the standard jumbo South African lobster tails at our small-town country club. Then a move to New England where our local pub featured a twin lobster special for \$7.99! One year, I purchased a live six-pounder for husband John's birthday dinner. That was a full pot and full bellies.

Another interesting lobster experience occurred in the Florida Keys. While scuba diving, we were accompanied by a couple who were harvesting Florida lobster while we were admiring the tropical fish and coral. Then when John's corporate travel took us to Hamburg, Germany, my go-to lunch was cold lobster tail with a glass of champagne in the downtown shopping district. All lobsters are a treat, but my favorite is Maine lobster just off the boat steamed with seaweed and served with drawn butter and lemon.

This is the first in a series of Mirabella menu-inspired essays sponsored by the Dining Committee. Let us hear from you in future issues. Submit ideas to mandysw@aol.com.

Mandy Wertz

HEALTH & WELLNESS COMMITTEE

Janice Kaplan-Klein, Chair

How to be a Friend to Someone with Dementia with Allyson Schrier

Tuesday, January 26; 3:30 pm, live via Zoom

Exactly how does one communicate with family members and friends who have dementia? You communicate clearly and calmly. Go at a slightly slower pace than usual if the person is struggling to follow you. Use short, simple sentences. Don't talk to the person as you would to a child; be patient and have respect for them. Allyson Schrier, ECHO Dementia Program Manager/Project Coordinator at the University of Washington Memory & Brain Wellness Center, presents suggestions for creating better and more meaningful communication with friends and loved ones who are at various stages of memory loss and/or have other cognitive deficits. Her team at the University of Washington includes Dr. Barak Gaster, who spoke to us in Emerald Hall two years ago, and Dr. Lee Burnside, who is currently on the Mirabella Seattle Board of Directors. Coordinator: Janice Kaplan-Klein.



Allyson Schrier

Impacts of Isolation on Seniors

At the Health and Wellness Committee's November meeting, members discussed the negative impacts of prolonged isolation on seniors, due largely to the extended restrictions of normal social interactions needed to protect residents against the pandemic. Research by medical and psychological professionals on the impacts of ongoing isolation is

CLINICS FOR ALL

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being published by the National Institutes of Health (NIH.gov), World Health Organization (WHO.int), National Council on Aging (NCOA.org), the Center for Disease Control (CDC.gov), Johns Hopkins Medical School (HopkinsMedicine.org), American Geriatrics (AmericanGeriatrics.org), and others. The impacts under study range from increased falls, decreased mental and physical capabilities, depression, fears, loneliness, and sometimes a loss of will to live. The lesson is clear: proactive care is imperative.

Ken Castillo, Director for Assisted Living, Memory Care, and the Mirabella Seattle In-Home Care program, met with the task force to discuss these concerns. Ken's many years of developing home care programs in statewide agencies have allowed him to understand the challenges and risks for our residents brought on by isolation measures imposed to protect against the COVID-19 virus. This situation is especially challenging for residents who might be blind, seriously hard of hearing, have even mild levels of dementia, cannot communicate on computers or smart phones, have physical challenges in caring for themselves, or who simply live alone in quarantine or self-isolation. Ken and the other Directors discuss any residents who are facing special problems at their weekly meetings and try to intercede, but they need to know about them.

At the task force's suggestion, Ken will follow up with directors of Facilities, Security, and other departments on ways that staff members can become more aware and alert their managers, who, in turn, can inform Loni Held if they suspect someone might need help. Some residents may not have the will even to get up in the morning, to order meals, or manage activities of daily living or their medications. Loni, Ken, and the directors need to these residents, especially if they live alone in

Independent Living.

We residents can help, too. It is so important.

- » We can pay closer attention to our neighbors and to residents we see around Mirabella.
- » We can ask, "Are you OK?" and listen carefully to the answer. Ask leading questions and listen.
- » Pay attention when someone has gone unusually quiet. Investigate and communicate with them or ask Security to please check on them.
- » Reach out to someone who is alone, lonely, struggling, or challenged. A phone call, email, or even a note on their ledge, indicating a way to get back to you, could help immensely.
- » Offer to help them contact their family.
- » Offer to run an errand or respond to some other request.
- » If you see something about anyone that is cause for worry, say something. Notify Loni Held at x 1418 (LHeld@retirement.org) or Security at x 1420 (*security cell is 206-856-2093*).
- » Remember, we are all in this together and we are all friends and family for each other.

Gennie Thompson

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, 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.



LIBRARY IN ACTION AGAIN

Optometrist

Monday, TBD

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, January 13; 8:30 am–3:30 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

Tuesday, January 12; 9–11 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, January 18, and 25; Tuesday, January 19 and 26

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 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

The library has been humming with activity, thanks to well-read Mirabella residents. We try to keep up with usage via gentle notations in the books returned. And gifts continue to flow in, so don't think you've read everything here; shelves are continually refreshed with new content.

Our theme for January is New Beginning! Do you include book reading among your resolutions? Feel free to send a book title or two that you intend to read this year. *Remembrance of Things Past?* *The History of the Decline and Fall of the Roman Empire?* Let us know.

My resolution is to read all the books I'm partway through.

Toni Myers

LIFELONG LEARNING

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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, January 5; 3 pm, via Zoom

A new year is here and most are relieved to say good-bye to 2020. All are welcome to ring in 2021 with Supportive Friends, a virtual meeting for shared conversation with Mirabella's bereaved residents. Bring suggestions on how to stay motivated to keep safe, healthy, and positive until we are vaccinated. To join, click on "Residents' Café" on *Upcoming Events* on MIRANET'S Home page at 3 pm on Tuesday, January 5. 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 cochairs for assistance: Carolyn Blount (x 1644) or Natalie Siegel (x 1698).

The Abraham Accords: Why Now? with David Fenner

Mondays, January 11, 18, and 25; 3–4:15 pm, via Zoom

The Abraham Accords, recently negotiated alliances

between Israel and the Arab World, are the subject of this three-part series about Israel, Palestine, and the Middle East. *Abraham Accords* refers to the Prophet Abraham, patriarch of the three monotheistic religions in the Middle East: Judaism, Christianity, and Islam.



David Fenner

Monday, January 11

David Fenner explores the 3,000-year history of the peoples and empires of the "Holy Land," paying particular attention to wars, uprisings, and United States' peace efforts since Israel's founding in 1948.

Monday, January 18

With the United Arab Emirates and Bahrain normalizing relations with Israel in August, Sudan in October, and Morocco in December, Dr. Fenner will discuss possible motivations of the remaining Muslim majority to make peace with Israel and which countries might be next.

Monday, January 25

How will President Biden's approach differ from President Trump's or President Obama's? How much of a priority will the Middle East be in a Biden Administration? Will there ever be peace with the Palestinians?

David Fenner is an affiliate faculty member at the University of Washington's Middle East Center. He will teach a UW Osher course in February.

Coordinator: Leslie Klein.

Resident Revelations: Toni Myers—Activist Librarian

Tuesday, January 12, 3:30–4:30 pm, via Zoom

Toni Meyers began her career as a librarian in 1968

ZOOM AND LEARN



Toni Myers – photo S. Kerr

while still in library school. In that year she lived in New York City and went to Columbia, the year of the Columbia Strike.

One of the big issues for her and fellow strikers was, “Should we take books to the kids occupying the undergraduate college?” She

describes the situation as a fine beginning

to her career as an Activist Librarian. Coordinator: Carolyn Blount.

Death and Aging Café with Ann Burns, Facilitator

Wednesday, January 13; 3:30 pm, via Zoom

All are welcome to participate or just listen to the conversation about death and aging—two taboo subjects that are discussed frankly in this setting. This will be the last session facilitated by Ann Burns. At this session participants will decide how to continue the conversation after Ann Burns leaves. Coordinator: Barbara Standal.

OLLI-UW Virtual Lecture

Pacific Northwest’s Killer Whales with Dr. Deborah Giles

Friday, January 15; 12–1 pm, no fee, but pre-registration required

The University of Washington Center for Conservation Biology is home to an expansive killer whale (orca) study. In this talk, Dr. Deborah Giles, PhD, Research Tech at the Center, will give an inside look into the life of our local orcas and share what the research team has learned about

their health and possible causes for their alarming population decline.



Orca breaching – photo C. Sleicher, 2014

Dr. Giles, PhD, University of California, Davis, previously served as a research director at the Center for Whale Research, based in Friday Harbor. She currently conducts research and lectures at the University of Washington Friday Harbor laboratory, where she teaches *Marine Mammals of the Salish Sea* and *Marine Biology*. She is an advisor to *Orca Salmon Alliance* (OSA), *Killer Whale Tales*, and *Salish Sea Ecosystem Advocates*. Coordinators: Julia Wan and Louise Lowry.

Re-imagining the Police with Ronald Hallman

Fridays, January 22 and 29; 11 am, via Zoom

These two classes will examine the current crisis of confidence in policing resulting from the use of excessive force by police and the killing of citizens, disproportionately people of color. The public argument of defunding the police vs. reforming the police will be discussed. A brief history of policing and the militarization of police will be examined, followed by a projection of what can be done to achieve a model of policing that truly represents the community it serves.

Professor Ronald Hallman has spent a lifetime in

SHOPPING SCHEDULE

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criminal justice from serving ten years as Deputy Sheriff and Undersheriff of Genesee County, New York, to Professor of Criminal Justice at Roberts Wesleyan College in Rochester, New York, from 1988 to 2013. Coordinator: Terry Cochrane.

OLLI-UW Zoom Remote Courses

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>.

Winter Courses Starting in January: Secret Lives of Winter Birds We Love: Waders, Crows, Waterfowl, Gulls, and Thrushes with Connie Sidles, Master Birder

Mondays, January 4, 11, 25 and February 1 and 8; 10–11:30 am. Cost: \$55

UW Memory and Brain Wellness Center Series with University of Washington Faculty and Staff

Wednesdays, January 6, 13, 20, 27; 10–11:30 am. Cost: \$50

The series includes topics on precision medicine, the basics of dementia, and lifestyle interventions to promote cognitive health.

UW Jewish Studies with UW Faculty and Staff

Thursdays, January 14, 21, and 28; 2–4 pm. Cost: \$40

The topics are “Women of the Book: Biblical Women in Jewish History, Memory, and Ritual Life;” “You say you want a revolution? Be careful because they usually turn into tragedies;” and “Rethinking *Tolerance* as a Political Ideal in the Netherlands.”

Social and Criminal Justice with David Smith

Fridays, January 15, 22, 29, and February 5 and 12; 9:30–11:30 am. Cost: \$55

An examination of interpretations of both social and criminal justice and evaluation of proposals for change within American society.

Mindful Travel in an Unequal World with Anu Taranath

Wednesdays, January 6, 13, 20; 1:30–3 pm. Cost \$40

This class focuses on how travelers can look inward to deepen their understanding of race, access, inequality, and social justice. The class is designed for interaction, discussion, and reflection, not as a lecture class.

Neoclassicism and Romanticism with Kolya Rice

Thursdays, January 7, 14, 21, 28; 10–11:30 am. Cost \$50

This art history course traces themes explored by mid-eighteenth to mid-nineteenth-century European and American artists. It focuses on how the artists of this time found it important to expand beyond traditional artistic forms and subjects.

OUTSIDE ACTIVITIES

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

Transportation will offer shopping bus trips each week in January. Trips in the first week of February 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.

PROGRAMS

Seating: Proper social distancing will be practiced 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

No trips January 1

Mondays, January 4, 11, 18, 25, and February 1;

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

Tuesdays, January 5, 12, 19, 26, and February 2;

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

Wednesdays, January 6, 13, 20, 27, and February 3;

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

Thursdays, January 7, 14, 21, 28, and February 4;

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

Fridays, January 8, 15, 22, 29, and February 5;

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

Mary Rogers

PROGRAM COMMITTEE

Kitty Dow and Judy Guder, Cochairs

Recorder Concert: Vicki Boeckman with Joan Lundquist

Thursday, January 7; 3:30 pm, via Zoom

This pre-recorded program will feature recorder virtuoso Vicki Boeckman, in collaboration with pianist Joan Lundquist, presenting a varied program spanning several centuries and styles of music.

Vicki Boeckman is an internationally acclaimed performing and recording artist who has traveled all over the U.S. and other countries to perform and teach. She resided in Denmark for twenty-three years, where her Danish recorder trio “Wood’N’Flutes” performed, and she was adjunct faculty of the Royal Danish Academy of Music in Copenhagen. Locally, Ms. Boeckman has performed with many northwest ensembles



Vicki Boeckman



Joan Lundquist

and is currently music director for the Seattle Recorder Society. Joan Lundquist has served as a collaborative pianist for Seattle area musicians and organizations for over thirty-five years. She is currently the organist/pianist at Immanuel Lutheran Church in Seattle and rehearsal accompanist for the Seattle Choral Company. Coordinator: Darrell Guder.

COVID-19 Vaccine Research at Fred Hutch

Thursday, January 14; 3:30 pm, live via Zoom

Fred Hutch has been studying viruses for as long as they have been researching cancer. With the first two vaccines approved and in limited distribution, this is your chance to hear from Dr. Amitabha “Guppy” Gupta about how Fred Hutch’s researchers have been at the forefront of tracking the COVID-19 outbreak, accelerating testing, and creating a first-of-its-kind

MUSICAL ENSEMBLES

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Dr. Amitabha Gupta

outpatient clinic to test treatments early in the disease. Dr. Gupta will also provide insight into the collaboration with the government and private companies to coordinate five of the vaccine trials as a part of Operation Warp Speed. Finally, he will talk about the status of Mirabella's

Senior Citizen Vaccine Test. Dr. Gupta earned his PhD in cellular, molecular, and biophysical sciences at Columbia University before moving to the Hutch to do his post-doctoral research. He currently serves as Scientific Content Strategist for the Philanthropy department at the Hutch, where he keeps his finger on the pulse of research going on there and helps explain it to the general public. We are currently in two pandemics: COVID-19 and the flood of misinformation about it. Dr. Gupta will try to help us out of the second one and help us all get out of the first one. Coordinator: Leslie Klein.

Ladies Musical Club Concert

Saturday, January 16; 2 pm, via Zoom

LMC is starting the New Year with concerts that have been professionally filmed in the studio. The January concert will take us on "A Musical Journey: Hamburg to Vienna," where we will hear music by Schubert, Schumann, Staeps, and Reger performed by Angie Kam, violin; Ann Rackl, violin; Selina Chu, piano; Regina Thomas, soprano; Joan Lundquist, piano; and Sharon Jung, oboe. Regina Thomas will give a live introduction and be on hand to answer questions at the end of the video. This is yet one more way that those who are unable to perform live are still able to bring music to us. We owe the Ladies Musical Club a huge debt of gratitude for making these videos available to us. Coordinator: Carolyn Burton.

Pacific Crest Trio

Thursday, January 21; 3:30 pm, via Zoom

Ariana Nelson (cello), Hana Cohon (cello), and Maya Cohon (violin) all grew up playing music in Seattle. While classically trained, they love playing a variety of styles, including improvisation and fiddle and folk music from different parts of the world. After

the three musicians spent a weekend together in Mazama, Washington, where they had nightly jam sessions



Pacific Crest Trio

and hiked many, many miles on the Pacific Crest Trail, their trio was born.

Their program is lighthearted and folk inspired, with a smattering of Scandinavian fiddle tunes, short classical pieces, and other surprises. Coordinator: Kitty Dow.

David B. Williams, Natural Historian

Thursday, January 28; 3:30 pm, via Zoom

Do you enjoy Seattle walks? Come to hear David Williams, environmental journalist and natural history writer, speak on "Stories in Stone." He will focus on the different stones used around Seattle, highlighting local buildings and some of our local rock that has come into the Seattle area from places as diverse as Italy and Indiana. We will look at buildings in downtown Seattle as well as the quarries providing the stone. His goal is to encourage us to look more carefully at the natural world around us. Coordinator: Judy Guder.

WELCOME MAT IS OUT § BOOK CLUB

WELCOMING COMMITTEE

Diane Holmes, Chair

Babette and John Thompson

Please give a warm Mirabella welcome to Babette and John Thompson, our new residents in Unit 816.



Babette and John Thompson

Originally from Pennsylvania, they lived on Whidbey Island for fourteen years before moving to Mirabella Seattle. Babette graduated in Chinese Studies from

Connecticut College for Women and then received her law degree from Temple University. In Philadelphia, Babette practiced securities law and spent seven years of her law practice as a prosecuting attorney in securities fraud cases. John served in the Peace Corps in Turkey after graduating from Gannon University. His master's degree in Urban and Regional Planning is from Wayne State University. John's career was with the United States Department of HUD. They lived in Northern Nigeria for two years while he served as an adviser to the National Universities Commission.

They have many interests including travel, gardening, bridge, reading, and rescuing cats about to be euthanized. John served eleven years on the board of the Whidbey Animal Shelter. Babette loves crafts such as vinegar painting and flower arranging. They are ruled by two cute, but naughty, cats, Red and Blue. Their son and daughter-in-law live in Valencia, California, where he is in the entertainment business.

Jane Beer

Sandy and Carl Luttinen

We all remember our moving day to Mirabella. The stories differ, but two of our new residents, Sandy and Carl Luttinen, in apartment 926, are probably the first to move in one day and be "confined to quarters" the next. So it is with the pandemic.

Sandy and Carl moved from Bainbridge Island, where they lived for forty-four years. Both grew up in the Seattle area and both graduated from the University of Washington in 1956. Sandy was a Tri Delt and Carl was a Kappa Sig. They are avid Husky sports fans, and one grandson currently plays for the Husky basketball team. Both Sandy and Carl are retired bankers.

Their three children live in Laurelhurst, Redmond, and Chelan. They also have eight grandchildren and two great-grandchildren.

Worldwide travel and close-to-home socializing with friends and family are very important to them. They are eager to meet other residents and look forward to the time when that can happen. Please welcome Sandy and Carl.

Barbara Porter

BOOK CLUB

Fourth Monday of the Month; 2 pm, via Zoom

After Michael Chabon's Zoom visit, we scheduled *The Amazing Adventures of Kavalier and Clay* to be discussed on January 25. This Pulitzer prize-winning novel is the story of two boy geniuses dreaming up superheroes in New York's golden age of comics. Chabon's Zoom talk was recorded and a link to it is available on MIRANET under Groups > Program Committee > Documents and Files > Zoom Links.

On February 22 we will be talking about *Grandma Gatewood's Walk* by Ben Montgomery. In 1955 Emma Gatewood, a sixty-seven-year-old grandmother, left her home in Ohio without telling

BRIDGE § USING PAGES IN A WORD WORLD

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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.

We welcome everyone to join us. Please feel free to suggest books for us to read that might lead to interesting discussions. We generally alternate between fiction and nonfiction. We do restrict ourselves to books that are out in paperback and are not too long.

Tina Moss

BRIDGE CLUB

A Bridge to Bridge

Since the coronavirus shutdown, many Mirabella bridge players have found BridgeBase Online (BBO) to be an enjoyable substitute for in-person games. We play in the “Casual” category and “Start our own games” so we can play each other, not random strangers. If you would like to join the group, go to bridgebase.com and follow the instructions to register. Try to create a simple name so we will know you. It may take several tries to find a unique moniker that has not been used by any of the other thousands of members. Once you are registered, call Fred Wan (x 1852) and ask him to add you to our list. Every day he sends out an updated weekly schedule showing game times and seats available. When you are assigned a day and time, sign on to BBO and you will get an invitation from the host to join that table. Coordinators: Don Smith (x 1618) and Karen Smith (x 1702).

Karen Smith

TIPS FOR MACINTOSH USERS

Converting Pages Documents to Microsoft Word

BY ANN SENECHAL

Almost everyone with a personal computer has

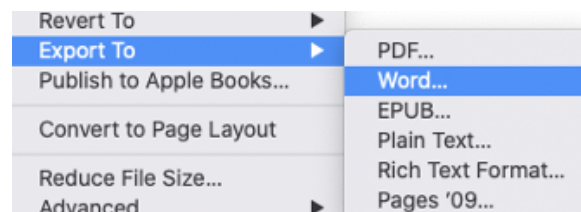
probably used Microsoft Word at one time or another. Only Macintosh users, however, can use Pages as their word processing software.

In recent years, Apple has installed Pages on every new Macintosh to build up its user base. The software’s simplicity and templates make it an appealing option, but Pages documents can cause compatibility problems.

If, for example, you type a letter or recipe into Pages, then send it to someone as an email attachment, the recipient won’t be able to open the document on a non-Macintosh computer. What’s more, if you’re a contributor to *The Mirabella Monthly* and send a piece off to the Associate Editor, Mary Rogers, she won’t be able to read it.

Fortunately, there’s an easy solution: You simply convert your Pages document to a Microsoft Word file *before* you send it off. Here’s how.

1. Make sure your letter, recipe, article—whatever you wrote in Pages—is in its final form.
2. Open the Pages **File** menu at the top of your screen and click **Export To...** in the middle of the list of options.
3. Slide your mouse over to the format list and click **Word...**

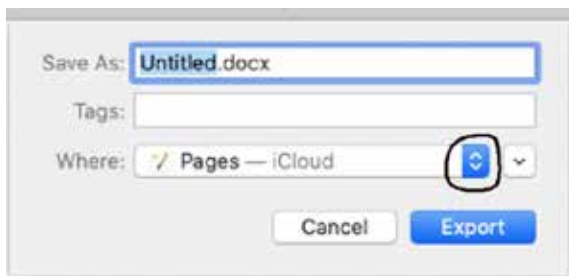


4. A window appears titled “Export Your Document.” Simply click **Next...** at the bottom right. (*Note: If you want to password-protect your document, first check the little box next to “Require password to open.”*)
5. On the next screen, there are three steps:
 - a. In the **Save As** box, review the title of your

SEEING STARS

document. If you decide to change it, do NOT change the extension (**.docx**). This must remain at the end of your title.

- b. In the **Where** box, choose where you want your newly converted document to go on your computer. If, for instance, you want it to appear on your desktop so you can find it easily, click the down arrow in the blue background (circled), slide your mouse down to **Desktop**, and click again.



- c. Click **Export** in the lower right corner.

That's it. Pages will immediately create a Word file out of your original Pages document and save it to wherever you specified in **5b** above. This new Word file with the .docx suffix is the one you should send to Mary Rogers, not the original Pages document or a PDF of the Pages document.

ARTS NOTEBOOK

BY JARED CURTIS

The Kilroy Stars

The interactive light installations that were to appear in several locations in Seattle were canceled for fear of causing human interactions deemed too risky in pandemic times. Undeterred and putting on a brave and well-lit face, Seattle has joined other cities on the Pacific Ocean to shine their collective stars in December and January for all the world to see. Calling it a “new constellation,” Kilroy Realty, “a leader in sustainable real estate,” has commissioned

four outdoor light installations as a gift to the citizens of San Francisco, Seattle, San Diego, and Los Angeles, hoping not only to delight their viewers but to shine a beacon of hope for the future. John Kilroy, the CEO of the company, has established a reputation for arts-centered development notably with the Netflix campus in Los Angeles (<https://www.kilroyartreveal.com>), Hollywood, on Vine.

The Kilroy Stars, situated on high points in each of the four cities, provide spectators nearly two months of opportunities for “meaningful encounters with art in the course of daily life” and will continue to do so through the month of January. Kilroy plans to install the Stars annually “to celebrate the unique communities in which they reside.”

The Stars are big, spanning twenty feet in diameter and including over 30,000 individually programmable LED bulbs, visible from miles away. Seattle’s Star at 333 Dexter in South Lake Union must compete for attention with a wide array of “light shows”: the Space Needle’s brightly lit “tree” and numerous building cranes bearing programmable LED lights. One of the latter, at the southeast corner of Westlake Avenue North and Mercer Street displays “falling snowflakes.”



Kilroy Star just before dusk, from Denny Way and 7th Avenue – photo, J. Holland

A POET'S VIEW § CASCADE BEAT

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The Kilroy Star could be seen from Mirabella's tenth-floor west dining room, if it was open; but many west-facing apartments from floor eight up have a peek-a-boo view through the gaps in the Onni towers. During a dinner hour one can witness several of five programs cycling through each twenty-four-hour period that have been described as "ranging from an amber toned dawning starburst to dimmed pulsation of cool tones supporting the human body's natural circadian rhythm." Two Bay Area firms were the creators of the Stars, Oakland-based Engineered Artworks and Zoetic Digital of San Francisco.

Many of us remember the "Kilroy was here" graffiti that became legend during the second world war. This Kilroy, sharing the name of the mythical marker, is leaving his sign in lights for all to see. View professional photos of Seattle's Star here:

<https://mms.businesswire.com/media/20201207005966/en/844984/5/Seattle.jpg?download=1>

or here:

<http://seattlerefined.com/lifestyle/south-lake-union-kilroy-realty-star-light-holiday-art-installation?#photo-3>.

SEATTLE'S STAR

BY JARED CURTIS

The earthbound star
is stilted high enough to view
from miles away, yet visible to me,
in all its points of shifting colors,
from my eighth-floor bedroom window,
where I stand to watch it mimic sunrise
just before the dawn, or alternate
from blue to white and back
and pulse from dim to bright at night.
Its many points look west
to Elliott Bay and Jaume Plensa's Echo

gazing toward Olympus,
north to Queen Anne Hill
and Bhy Kracke's jewel-like park,
east to Isamu Noguchi's Black Sun
high on Capitol Hill,
and south to Hammering Man
by Jonathan Borofsky.

A feast for eye and heart,
a sign of hope
that light may come.

NEIGHBORHOOD NEWS

BY PAT THENELL

Construction in the Neighborhood

Large construction sites continue work to the east and south of Mirabella Seattle. Most of the construction involving the two towers at the Onni project between Fairview Avenue North and Boren Avenue North is near completion. The smaller building on the east corner of Boren Avenue has a different permit as it was not an actual part of the property purchased from the Seattle Times. It is not a tower and will have less expensive units. The construction sites to the south of Mirabella Seattle on Denny Way and on Boren Avenue are part of the Denny Regrade area, which is zoned to match the downtown area, which differs from the zoning for South Lake Union in permitting taller buildings. All of the buildings being constructed in the area between Denny Way, Stewart Street, and Boren Avenue will have entrances off Minor Avenue, the half street of Virginia Street, or lanes between buildings. No vehicles will be able to load or unload from Denny Way. The current building construction has prompted Metro to move the bus stop on Fairview Avenue from the south side of Denny Way to the north, in front of Mirabella Seattle at Fairview Avenue North. To accommodate the move

OUT WITH THE OLD

some of the plantings in the parking strip have been removed and asphalt installed. It is now much easier for residents and staff who use the bus to access the building without having to cross Denny Way. When construction is finished, Metro will likely move the bus stop back to its former site and restore plantings on the Mirabella parking strip.

Seattle City Light Walkway

An important safety improvement has been made to the walkway behind the dog park on City Light property. The walkway that begins on the Denny Way side of the property has for a long time had a video camera to discourage skateboarders on the east side but nothing on the large walkway on the west side of



*Substation, skateboard guards
– photo, J. Curtis*

the property. Now metal pieces (see the photo) have been driven into the railings and edges of the stairs as well as on the yellow-hued part of the ledge that was so attractive to them. This has achieved the desired effect. There are two easily accessible skateboarding areas. One such “skate bowl” is in Ballard Park at 22nd Avenue

NW and NW 58th Street and the other is the Skate Plaza, or “SeaSk8” to its fans, on the property of Seattle Center.

Seattle Parks in the Neighborhood

Living at Mirabella Seattle allows easy access to several large parks and a number of smaller pocket parks. The largest park area is at Lake Union where MOHAI is located. Cascade Park is only a block to the north of us. In the warmer weather it allows

access to a play area for children and a P-Patch space for those lucky enough to have secured a space for growing flowers and vegetables. Denny Park on Dexter Avenue and Denny Way is the oldest established park in Seattle and has a dog area, a children’s play area, and a large grassy area where in other years holiday lights were hung and small metal tables with chairs were put out. As well, a farmer’s market was always held there. Work continues by the city to relocate those currently living in tents on that property and in pocket parks along Denny Way. Success with this project is slow but steady.

HAIKU FOR THE OLD YEAR

BY JARED CURTIS

Gazing at rain on the glass
and scratching my left backside,
I could write only nonsense.

As the world slides into ignorance,
rain falls to reach the willow’s roots
and keep grass green.

Orchids love my attention,
or so I like to believe,
but how they thrive regardless!

I have seven calendars
to keep track of time—
time keeps its own time in silence.

Year twenty-twenty started rough
and ended rougher
but left a sliver of hope—vaccine.

Kindness reproduces slowly,
unlike corona virus,
yet touches so many more.



EAF GIFTS & ELF TREATS

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James Bunch, Security



Certificates of gratitude prepared for presentation to Mirabella Directors – photo, P. Keown (see page 7 for a photograph of the certificates gift-wrapped)

See page 3 for another Elvish portrait



Willie Aguilar, Valet – this & photo opposite, M. Cullen



A collocation of Elves – photo, L. Held



Gail Carter-Lindberg and Tina Tran prepare checks (and candy canes) to distribute to Mirabella Staff – photo, L. Held

BIRTHDAYS § POETRY CORNER

HAPPY BIRTHDAY! JANUARY 2021

- | | | |
|-----------------------|-------------------------|-------------------------|
| 1 – Suzanne Price | 10 – Skip Kerr | 22 – Chella Schmidt |
| 3 – Ken Gorohoff | 11 – Tina Moss | 22 – Tom Roe |
| 3 – Ginny Sharp | 13 – George Wallerstein | 23 – Dick Dillon |
| 4 – Iris Slippy | 13 – Norman Brown | 24 – Kitty Dow |
| 6 – Marianne McDonnal | 14 – Laura Bailey | 25 – Margaret Haberbush |
| 6 – Bob Lewandowski | 18 – Alex Popoff | 25 – King Jones |
| 7 – Dick Fike | 20 – Ruth Hase | 25 – Jerry Roling |
| 7 – Fred Wan | 20 – Dick Mairer | 26 – Bertie Perry |
| 9 – Sylvia Fisher | 20 – Karen Smith | 29 – John Wertz |
| 9 – Eleanor Oravetz | 21 – Charles Fitzgerald | 30 – Carol Perrin |

LOW TIDE ON SALISH SEA

BY JO ROBERTS

A January quarter moon last night alerted me
 To the possibility
 Of a winter beach in daylight.
 The next day at three
 We hurry down to see
 A stretch of sand swept clean
 By last week's winter storms
 And oysters in clumps of two or three
 Or four sealed all together
 Arrayed with barnacles
 And tiny mussels
 Draped in threads of neon green.
 Without a pail, we
 Stuff them in the pockets of our parkas
 While a great blue heron,
 Stalk still on the spit,
 Strikes suddenly
 Misses
 Walks three steps
 And stops again to listen.
 When setting sun reflecting from the water
 Blinds us, chills us
 And turning tide reminds us

To head for home,
 On weary legs we climb the steepening slope
 Exchanging smiles of hungry anticipation
 Of sunshine energy from oyster stew
 And gratitude
 For yet another gift from
 Low tide on Salish Sea.



Susan Webber, Madeleine Menella, Pauli Diafos, Ruth Benfield, Evelyn Odegaard, and Matt Jamin all celebrated birthdays on November 29. The gift bags and labels were created by the Webbers' daughter-in-law, Katrina Thompson.

RESOLUTIONS

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RESOLUTIONS

BY CONNIE CHAPLIN

APPARENTLY, there's a medical team at the University of Washington that reads reports about developments in the COVID-19 virus research so the rest of us can just check in with them once in a while. Yay. I consider that a real public service. Checking once in a while is enough. COVID is just too contrary. However nasty the virus was early on, it just wouldn't stay that way. It just had to keep mutating and improving its nastiness. That's what made it so tricky and allowed it to spread so fast. Take mutation G variant, 614G, which speeds outbreaks. This was hamster-tested and presumably, hamster-approved. Thanks a lot, hamsters; we thought you were on our side.

But actually, it's the vaccine we're interested in now. Getting to know the virus is much further down on my list.

Which vaccine to use is now the issue. A few months ago, just the word *vaccine* was a balm to our psyches. It's coming, it's coming . . . we're saved! This week we have three contenders and we're getting picky. This vaccine requires two doses, that one requires extreme refrigeration, and another is too expensive. Maybe we should hold out for one that requires usual refrigeration, two doses, but fast availability. Then, the development of one is paused because the manufacturer found something wrong with the testing. Back to square one, we

panic because the promised elixir is temporarily withdrawn. Actually, the vaccine you receive probably won't be up to you; you'll get what's available.

And then there's the testing free-for-all. I had thought medical tests were like math—right or wrong, true or false. What's with this false-positive? Is there a false-negative? True negative? Is that like true-or-red-shirt-freshman on football teams? Instead, COVID tests seem like essay questions. Positive one day and negative the next? So, you get the test, and the results are available in twenty minutes/one week/sixteen days? So, are you OK or not? Is multiple-choice a valid result? Will that get you on an airplane?

They say that by next June 21, everybody in the U.S. could have both doses of vaccine. This is like mobilizing the entire population of the country for D-day, minus the trip to France. Without Eisenhower. Oh, and you still need to keep your mask on. For any trip.

This being January, it's time for resolutions. Did you have a list for January 2020? How did that work out for you? This year, I'm betting that you feel like a whole

different person than you did last January. Back then, this was the movie page, which announced and reviewed films the Movie Club would be showing in Emerald Hall that month. Last spring the page segued into a place-holding hope that it will again, one day. That's my resolution.





The Mirabella Monthly



VOLUME 13 | ISSUE 1

JANUARY | 2021

Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and

Designer: Jared Curtis

Associate Editor: Mary Rogers

Lead Editor for December: Mary Rogers

Copy Editors and Writers: Connie

Chaplin, Sally Hayman, Mary

Jossem, Mary Rogers, Pat Thenell

Proofreaders: Nickie Askov,

Marilyn Campbell, Betty Heycke,

Chris Jamin, Tina Moss, Betty

O'Donnell, Judy Rourke, Charles

Sleicher

Production Team: Led by Laura

Bailey and Diane King, assisted

by Marilyn Campbell, Nancy

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***

www.mirabellaliving.com/Seattle
jaredcurtis@icloud.com