



The Mirabella Monthly

www.mirabellaliving.com/Seattle



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The Mirabella Monthly
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NEWS FROM THE BACK OF THE HOUSE

BY CINDY HALLGRIMSON

INTERVIEWING our Executive Chef, Johnny Loua, gave some interesting insights into the inner workings of the “Back of the House,” as his staff is referred to by Dining Services. Johnny is in charge of thirty employees who work behind the scenes to plan and prepare our meals each day. Team members include six who comprise his management team and three who work in the Bistro each day on a rotating basis. The team he has trained has the lowest staff turnover rate since Mirabella opened. Not only does he train his own staff, he also has been working with PRS to mentor chefs from other locations, an approach unlike his own experience when he came to us from the independent restaurant scene. At Mirabella he received no training and was simply introduced to the kitchen and left to create his own regimen. He describes the experience as “finding a rock in the dark.”

Johnny came to us two years ago from Hawaii, where he worked in many fine dining establishments. After moving to the mainland, he worked in Bellevue and finally Snoqualmie Ridge Golf Course before joining the staff at Mirabella Seattle. He notes that in our environment he must work under a very different business model. Before, he would only see his clientele once except for a few regulars, but here he sees them every day. This requires listening to feedback and adapting to what residents want.

Cooking from scratch is



Chef Johnny with Cindy Hallgrimson

EAGER TO HELP

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important to Johnny, who revealed that his staff butchers all of our own meats, including grinding. All vegetables are house-prepared, and soups are all made in house as are pastries. He also noted that before COVID travel restrictions, he was in direct contact with many of our suppliers, often visiting local farms in search of ingredients. In addition, all new menu items are prepared and tested by his staff so that any changes or tweaks can be made before the item is served to residents.

When asked what he would like to see in Dining once the virus is under control, Johnny mentioned the Chef's Forum. Many residents will remember it as a popular monthly event. He initiated the Forum when he first came to Mirabella as a way for residents to meet staff and an opportunity to try out new menu options. He would also like to resume the occasional lunches he had with his staff, taking them to local restaurants to see what else is out there and to look for possible additions to Mirabella menus.

As we move to remodel the tenth floor and all of its dining venues, there may be some challenges during construction. Johnny stressed that flexibility will be key and that the staff will need to have menus that allow for different types of preparation. He also mentioned planning barbecues in warm weather as well as occasionally relying on the Bistro for relief from construction pressure on the tenth floor.

Finally, Johnny's work schedule runs from Tuesday through Saturday with Sundays and Mondays off. In his free time, he helps with homeschooling his third and sixth graders and tending to two little ones in the mix. He, like each of us, will welcome the re-opening of schools.

For the Dining Committee,
chaired by Mandy Wertz

WORKS OF LOVE: VOLUNTEERS AT MIRABELLA SEATTLE

BY SALLY HAYMAN

SOMETIMES it's just little things like a Valentine with chocolates left on the ledge by Jerry Roling, a floor captain for the eighth floor. Or the offer of a ride to a doctor's appointment for a neighbor. But if you added up all the hours of committee work that residents contribute to our common life, it would be staggering. The production team for *The Mirabella Monthly* numbers fourteen residents, with nine proofreaders and six writers and editors. And the Re-Store has kept going virtually and now in person all through the pandemic with a dozen or more helpers.

Residents in this community bring with them talents and skills and a lifetime of volunteering through faith groups and community service groups like Rotary. And they're not hiding them under a bushel. As restrictions loosen up many are itching to get back to hands-on work that is in the wider community.

Matt Jamin wants to get back to in-person team teaching at Seattle World School, a school run by the Seattle Public Schools for immigrants and refugees, ages eleven to twenty. In 2017 he and two others set up a foundation, *SWSFund.org*, to take the place of the benefits the P.T.A. brings to other public schools. During this time when food, rent, and services usually provided by the school are curtailed, World School students and families in need of help can apply to this fund for help.

Charlotte Lindsey wants to get back with a group of Mirabella residents who help prepare and serve lunch to thirty to fifty guests who drop in at the Orion Youth Center, just a few blocks from here. Charlotte says, "It's a fabulous program. The kids are

A MONTH FOR POEMS

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so polite and appreciative.” The program was started about six years ago by Charlotte Merritt and Sue Lane. Meanwhile, fundraising goes on. Many of you may have contributed to the Christmas Tree Gifts for YouthCare clients.

Alice Arrington, who is a certified resident advocate and former long-term care ombudsman, wants to get back to her visits to the Memory Care facility and Skilled Nursing. Meanwhile, Alice posts to the Resident Google Email Group her thoughtful memorials of residents who have passed away. We have Alice to thank for these good memories.

John Pehrson has been active for several years designing a pedestrian corridor, *Market to MOHAI*, which enriches a 1.4 mile walk with “history blades,” metal signs attached to light poles that bring historical context to this fast growing neighborhood. The project has raised \$400,000 in private funds and grants from The Department of Neighborhoods.

There are many other outside volunteer activities to support in this neighborhood including Fare Start, Recovery Café, Mary’s Place, LIHI (Tiny Houses), and Medic One. Mirabella makes a difference in all these places.

Then there are the ad hoc activities of those who see something that needs doing and just do it. On a recent dry afternoon Marilyn Campbell and Jean Hall were spotted heading down Denny Way armed with rubber gloves and paper bags to pick up litter. There is not even a committee for that!

The author would like to update this column from time to time to continue the story of community volunteers at Mirabella. Residents eager to resume their volunteer activities may contact Sally Hayman (#828; x 1640) to describe their plans for the time when volunteering will again be possible.

Editor

NATIONAL POETRY MONTH, APRIL 2021

BY JARED CURTIS

THIS APRIL is the twenty-fifth anniversary of National Poetry Month. Introduced in 1996, this thirty-day poetic extravaganza is a celebration of poetry organized by the Academy of American Poets as a way to increase awareness and appreciation of poetry in the United States. The Academy of American Poets’ website *Poets.org* serves as a hub for information about local poetry events during the month. On visiting this site, one can search for poets by name, individual poems, poems on a particular subject, listen to poets read their work, read about poets and their poems, and sign up for a “daily poem” that will arrive in your mailbox each morning.

In the last decade the Academy of American Poets has swerved from its original more traditional online presence to include a greater diversity of voices and many different communities. But the Academy, founded in 1934, remains true to its mission, “to support American poets at all stages of their careers and to foster the appreciation of contemporary poetry.” Through the *Poets.org* website, teachers at all levels can take advantage of extensive resources for the classroom, find poems for kids and teens, lesson plans, essays, and more. For example, of interest to residents here since “naming” has been so live an issue at Mirabella Seattle, there is a lesson plan for teaching this poem by Linda Hogan.

MAP

This is the map of the forsaken world.
This is the world without end
where forests have been cut away from their trees.
These are the lines wolf could not pass over.

POETS SPEAKING THE TRUTH

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This is what I know from science:
 that a grain of dust dwells at the center
 of every flake of snow,
 that ice can have its way with land,
 that wolves live inside a circle
 of their own beginning.
 This is what I know from blood:
 the first language is not our own.
 There are names each thing has for itself,
 and beneath us the other order already moves.
 It is burning.
 It is dreaming.
 It is waking up.

From *DARK. SWEET.: New and Selected Poems*
 (Coffee House Press, 2014) © 2014 by Linda Hogan.
 Used with the permission of Coffee House Press.
 Published in Poem-a-Day on March 6, 2021, by the
 Academy of American Poets.

The poem suggests that the naming of places is a form of both appropriation and displacement. The lesson plan includes resources like links to view a NASA map of climate change from space, maps showing the displacement of Native American land, and suggestions for leading the class through a discussion of the poem, its images, and themes. The Poetry Coalition, an alliance of more than twenty-five independent poetry organizations across the United States that are “dedicated to working together to promote the value poets bring to our culture and the important contribution poetry makes in the lives of people of all ages and backgrounds,” is another resource mentioned. Affiliated with the Academy of American Poets, this group plans nationwide study sessions online and in schools and communities.

One of my favorite programs adopted by the Academy is “Poem in Your Pocket Day.” Started in 2002 by the Mayor of New York City, it has caught on in other cities and is promoted nationwide by the



Twenty-two-year-old Amanda Gorman, the nation’s first youth poet laureate, reading her inauguration poem on February 9, 2021. On March 6, CNN reported that she was “tailed” and “told she looked suspicious,” a possible “threat,” by a security guard. She later tweeted, “In a sense he was right. I AM A THREAT: a threat to injustice, to inequality, to ignorance. Anyone who speaks the truth and walks with hope is an obvious and fatal danger to the powers that be. A threat and proud.” – JC

Academy on *Poets.org*. Poem in Your Pocket Day takes place every year on a day in National Poetry Month, this year on April 29.

In our second pandemic year, this is a social activity that you can take part in “from a safe distance,” as the organizers are quick to point out. You can choose a poem and share it on social media using the hashtag #pocketpoem. Or you can try any one of the many suggestions at <https://poets.org/national-poetry-month/poem-your-pocket-day>. My choice might be the last on the list, “Read a poem out loud from your porch, window, backyard or outdoor space.” I’ll be reading from balcony #801—listen in on April 29!

WHO DOES WHAT AT MIRABELLA

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RESIDENT COUNCIL, 2020–2021



Pat Kushmerick,
President, 2020–2021,
Box 402, x 1607,
pakushmerick@gmail.com



Sue Herring,
Vice President, 2020–2021,
Box 709, x 1556,
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Mary Jossem,
Secretary, 2019–2021,
Box 835, x 1584,
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Julie Holland, Treasurer,
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Box 1000, x 1819,
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Louis Swart, Member-at-
Large, 2019–2021,
Box 805, x 1754,
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Gill Thompson, Member-at-
Large, 2019–2021,
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gillthompson431@gmail.com



Mort Berman, Member-at-
Large, 2020–2022,
Box 929, x 1872,
mbb2147@gmail.com



Tim Hill, Member-at-Large,
2020–2022,
Box 303, x 1569,
henryhill36@icloud.com



Nickie Askov,
Past President, 2020–2021,
Box 1116, x 1858,
en1@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	Martha Oman Toni Myers	Box 501, x 1642 Box 1022, x 1827
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	Leslie Klein Judith Peterick	Box 830, x 1779 Box 606, x 1683
Program	Kitty Dow Judy Guder	Box 517, x 1658 Box 1026, x 1831
Welcoming	Diane Holmes	Box 927, x 1810



MIRABELLA SEATTLE FOUNDATION

David Webber, Chairman

The Foundation Has Your Back!



Here’s how it works. There are some facts you need to know about the Mirabella Seattle Foundation. If you are experiencing financial difficulties, make an appointment with our Executive Director, Travis Duncan. Once you have accessed your deposit to help cover monthly fees, but

continue to have problems, the Foundation can help with some essential expenses. There is a process in place for this; the Director will be the only one aware of your identity.

In addition, the Foundation also provides scholarships for the staff, with a \$2,000 cap each quarter, for furthering education. Generally speaking, there are between ten and fourteen applications. Some of the staff on the second floor are taking advantage of this program to gain nursing degrees. Our Director of Nursing, Jesan Frazier, received several scholarships from the Foundation and received her degree from the Western Governors University. She sent a certificate of appreciation that states in part: “This certificate is hereby conferred to honor and recognize the



Jesan Frazier

confidence, devotion, guidance, and assistance freely given in helping me attain this important milestone in my life.” The classes taken must be with an accredited institution or program. Also, emergency assistance is provided to the staff when an

unexpected expense occurs. The cap for each application is \$1,500. This program is accessed infrequently, but when it is, the need is dire.

The health of the Foundation is essential to enable it to fully fund these programs. Though the Foundation is fortunate to be the beneficiary of Re-Store sales, our residents are the main support. Stay tuned for the kickoff of our annual drive in May.

Sandy Rensvold and Charlotte Lindsey, for the Foundation

LANDMARK AGREEMENT

As of January 1, 2021, Continuing Care Retirement Community (CCRC) residents in Washington state are protected by a *Commitment to CCRC Practices* that ensures transparency and residents’ participation in decision-making. Mirabella’s Executive Director, Travis Duncan, signed this agreement on February 20, 2020, as did all but one of the twenty-three CCRCs in the state. (It is expected that the remaining CCRC will sign soon.) The Resident Council in January 2021 endorsed the document, which was subsequently presented to the Residents’ Association in February. The document is now available on MIRANET under the Resident Council tab.

The *Commitment to CCRC Practices* results from mediation between WACCRA, Washington Continuing Care Residents’ Association, and LeadingAge, the professional organization of CCRC managers and directors. The key factors that affect the health, wealth, and finances of residents are:

1. If an actuarial report is prepared, then it should be shared with the Residents’ Association Finance Committee.
2. Refundable entrance fees should be returned within twenty-four months unless occupancy in Independent Living drops below ninety percent.
3. Residents should be involved, through the

TOWN CAR TIPS § CLINICS FOR ALL

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Resident Council, in decision-making that affects them.

4. When a non-compliance issue or dispute is not resolved within the CCRC, the Resident Council president can turn to WACCRA and LeadingAge for help by sending them a report.

The President of WACCRA and the CEO of LeadingAge will then gather information, share their findings, and jointly develop options for resolution. Requests for the document have come from Illinois, Florida, California, New Mexico, Pennsylvania, and Oregon (Portland) indicating the growing national visibility of WACCRA in publicizing the *Commitment*.

Mirabella residents are well represented on the WACCRA Board of Directors. Natalie Siegel is a long-term member, and Nickie Askov joined last October. Susan Dillion is membership chair for WACCRA and for Mirabella. More information about WACCRA or the *Commitment* may be obtained from these residents.

Nickie Askov

COMMUNICATIONS COMMITTEE

Susan Dillion, Chair

Town Car Driver

Some residents have been frustrated when they are unable to reach the town car driver. If you need to reach the town car driver during regular hours, call (206) 571-8644 and leave a specific message that includes your phone number. The driver will return your call when he is not driving.

Barbara Porter

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 Suites 133 or 134 by the C elevator. Note the room assigned to each.



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: AK Vision Care

Monday, April 5; 10 am, Suite 134

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. Clinic will not open unless at least five residents request visits. Please call Katie Harrison at x 1457 for an eye exam appointment or an eyeglass repair visit.

Podiatrist

Wednesday, April 28, 8 am–3 pm, Suite 134

Dr. Mak Abulhosen, DMD, is available for morning appointments for IL residents in Suite 134. Health Services residents will be seen in their locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117.

Audiologist: Seattle Hearing Services

Tuesday, April 6; 9:30 am, Suite 134

Dr. Patricia Munson will offer hearing assessments. For appointments, call Mary Jo Guajardo, Patient

TINNITUS

Care Coordinator/Office Manager, Seattle Hearing Services at (206) 937-8700 or maryjo@seattlehearingservices.com.

Foot Care Clinic

Monday, April 19, and Tuesday, April 20, 8 am–6 pm; Monday, April 26, and Tuesday, April 27, 8 am–6 pm, Suite 134

Bonnie Ackles, RN, CFCS is a board-certified Foot Care Nurse Specialist who is podiatrist-trained. She welcomes clients with all levels of foot care needs and with high-risk medical issues. She has been providing foot care services for Mirabella residents for over five years. Appointments are available from 9 am–4:30 pm several days a month. Rates are \$75 for new clients (a onetime fee). Subsequent sessions are \$60 for established clients. Cash or check only. By appointment. Call or text Bonnie directly (206) 940-0748.

Massage

Wednesdays and Thursdays, 8 am–5 pm, Saturdays and Sundays, 10:30 am–4 pm, Suite 133

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

Mondays, 9 am–4 pm, Suite 133

Lawrie Williams is available for massage services. Call x 1421 to schedule an appointment.

Acupuncture

Tuesdays and Fridays, 9 am–4 pm, Suite 133

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

Medical Equipment Repair

TBD

Access Medical Repair will do free simple repairs or diagnostics on wheelchairs and walkers or with a fee on 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 in the Lions Recycle box located in the Resident Business Center. Unused hearing aid batteries are welcome, as well.

Loni Held, Resident Services Director

HEALTH & WELLNESS COMMITTEE

Janice Kaplan-Klein, Chair

Wellness Program: Tinnitus or Ringing in the Ears

Tuesday, April 27; 3:30–4:30 pm, live via Zoom



Melanie Hecker

Dr. Melanie Hecker and Dr. Kindra Veith will discuss common causes and triggers of tinnitus. Tinnitus is the experience of ringing, buzzing, or other noises in one or both of your ears. A common problem, tinnitus affects about fifteen to twenty percent of people and is especially common in older adults. They will also present several common

methods to reduce the severity of tinnitus. The noise you hear when you have tinnitus isn't caused by an external sound, and other people usually can't hear it. They will answer your questions at the end of the presentation. Dr. Melanie Hecker, AUD, is the owner of Northwest Hearing and Tinnitus. Dr. Kindra Veith,



Kindra Veith

THE BUDDY SYSTEM § GOLDE LECTURE

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AUD, also has a master's degree in Healthcare Administration from Pacific University in Hillsboro, Oregon. Coordinator: Janice Kaplan-Klein.

The Buddy System at Mirabella Seattle

Here's how it all started over five years ago. A resident had left Mirabella for the shops in downtown Seattle. She hadn't mentioned her trip to her friends, and it was only when she didn't show up for expected commitments that people started wondering what had happened. It took two or three days for her friends to learn that she was in the hospital. Mirabella does not reveal information about residents in compliance with the Health Insurance Portability and Accountability Act of 1996. HIPAA, as it is called, is a federal law that required the creation of national standards to protect sensitive patient health information from being disclosed without the patient's consent or knowledge.

With the Buddy System at Mirabella, if a resident designates a buddy (and gives Mirabella that information) Mirabella is able to disclose to that person what has happened and where the individual is. This system is most useful for single people living alone. It can be informal and contact regularity is agreed between the friends. It is possible that the "friend" could be the source of alarm if someone has not returned when expected.

You can opt in or out of the system at any point or change the person you designate as a buddy. A form needs to be signed and given to Loni Held of Resident Services to keep on record here at Mirabella. The forms are available on MIRANET or from the Administration office.

Another safety measure you can take for yourself: If you live alone and don't have a Wellness button (for a daily check-in) in your apartment, contact Facilities and they will install one free of charge.

Gill Thompson, Health & Wellness Committee

GOLDE MEMORIAL LECTURE

Thursday, May 6; 5–6 pm on Zoom Join the event online at www.zoom.us/join Enter the Meeting ID, 968 8023 5316, followed by the Passcode 063184 when prompted

Fourth Annual Helen Marcy Golde Memorial Lecture on Breast Cancer

The lecture is jointly sponsored by University of Washington School of Medicine, Seattle Cancer Care Alliance, and Fred Hutchinson Cancer Research Center. The keynote speaker will be Suzanne Fuqua, PhD, MS.

Dr. Fuqua is internationally recognized for her work on estrogen receptors in breast cancer. She was the first to discover constitutively-active and hypersensitive estrogen receptor (*ESR1*) mutations in breast tumors, a discovery recently confirmed by a number of laboratories. It is estimated that approximately twenty to forty percent of therapy-resistant metastatic breast tumors contain constitutively-active ESR1 mutations. Dr. Fuqua is a pioneer in this field.



Dr. Suzan Fuqua

The lectureship pays tribute to Helen Marcy Golde, M.S., a marine scientist who spent much of her career in leadership positions at the National Oceanic and Atmospheric Administration. After she contracted breast cancer, she participated in clinical trials to help find a cure.

Dr. Fuqua will be joined by the sponsors' honored guests, members of the Golde family, who established the lectureship. A special thanks is owed to the Mirabella Health and Wellness Committee and the Lifelong Learning Committee of Mirabella Seattle for their partnership.

Marcy Golde

LIBRARY § LIFELONG LEARNING

LIBRARY NEWS

Martha Oman and Toni Myers, Cochairs

We are happy to announce that the Library is now open to full use, including the puzzle table.

We have had a very active circulation and our committee members are working hard to get books shelved and ready for you to check out. We have also had many donations of new books that people bought to read during the pandemic. As before, we appreciate donations, but we don't have room for duplicates, and we prefer titles published within the last ten years.

As renovations take place in the upstairs hallways, the B-Elevator bookshelves are unavailable until the work is complete on each floor. We will get those books shelved as soon as the shelves are available.

The April theme in the Library is Earth Day. We are working with the Green Committee to bring you interesting books and information.

Martha Oman

LIFELONG LEARNING COMMITTEE

Louise Lowry and Julia Wan, Cochairs

Zoom events: To join Lifelong Learning Committee (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.

The Osher Lifelong Learning Institute at the University of Washington (OLLI-UW) offers free "Virtual Lectures." Those listed below 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, April 6; 3 pm, via Zoom

Mirabella's Supportive Friends for bereaved Mirabella residents meets on the first Tuesday in April for a Zoom conversation. This group of about a dozen residents meets monthly to discuss issues of interest that remain private within the group. All residents who have lost a loved one are welcome to attend.

To join, click on Residents' Café on MIRANET'S "Upcoming Events" at 3 pm on Tuesday, April 6. Then click on the Zoom link that comes up.

Cochairs: Carolyn Blount (x 1644) and Natalie Siegel (x 1698).

Art Museums of Boston with Rebecca Albiani

Monday, April 12; 10:45 am–12 pm, Museum of Fine Arts Boston via Zoom

Museum of Fine Arts Boston is one of the most comprehensive museums in the world, including spectacular finds from Ancient Egypt, frescoes by John Singer Sargent, an excellent collection of Impressionist paintings, and Rebecca's favorite Hellenistic earrings.

Monday, April 19; 10:45 am–12 pm, Isabella Stewart Gardner Museum via Zoom

A few blocks away from the MFA Boston lies the Isabella Stewart Gardner Museum, one of the world's most eccentric and personal museums and the former home of Isabella Stewart Gardner. The building is fashioned after a Venetian palazzo and filled with Gardner's scintillating collection of paintings, sculpture, and objets d'art still arranged exactly as she dictated. Coordinator: Sylvia Fisher.

Resident Revelations: Adventures of a Linguistic Schizophrenic with Darrell Guder

Tuesday, April 13; 3:30–4:30 pm, via Zoom

Darrell Guder reveals how unexpectedly becoming an interpreter/translator resulted in a variety of

LOST IN TRANSLATION § HOMELESSNESS

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Darrell Guder

surprising, often baffling, and always challenging encounters all over the world—all in service of making communication between languages and cultures possible.

Darrell Guder, an ordained Presbyterian minister, earned his PhD from the University

of Hamburg and taught at Princeton Theological Seminary, serving there as Dean of Academic Affairs. In retirement, he has been Professor of Missional and Ecumenical Theology, Emeritus, and served as Senior Fellow in Residence at the Centre for Missional Leadership at the University of British Columbia. Coordinator: Carolyn Blount.

OLLI-UW Virtual Lecture

Pacific Northwest History: Some Literary Highlights with John Findlay

Wednesday, April 14; 12–1 pm, via Zoom, no fee but pre-registration required

In this interactive talk, Professor Findlay surveys Pacific Northwest History by looking at a range of texts and other sources. He will examine texts for what they do and do not tell us about the experiences of the diverse inhabitants and newcomers to the region. The texts may include Chief Seattle's speech, pioneer writings about nature in the Northwest, and writings by the incarcerated Japanese Americans during World War II.

John M. Findlay is Professor Emeritus, University of Washington Department of History. He taught the UW course on Pacific Northwest history every year from 1988 to 2020. His research has examined histories of Seattle, the University of Washington, Hanford, and the American West after 1940. He

has been managing editor of Pacific Northwest Quarterly. Coordinators: Julia Wan and Louise Lowry.

Mental Health, Addiction, and Homelessness, Part I, Ending Homelessness: Why Prevention is Key with Wellspring Seattle's Nawiishtunmi Nightgun and Asa Tate

Tuesday, April 20; 3:30–4:30 pm, via Zoom

By the time we see homelessness, it is too late. What could we have done earlier? What causes this crisis? What misconceptions, misunderstandings, and stereotypes cloud our perception? And what solutions are actually working and giving us hope? This presentation offers a deep and candid conversation about homelessness—especially as it impacts children, youth, and families. Wellspring Family Services has served families in crisis since 1892, with an emphasis on breaking the cycle of family homelessness.



Nawiishtunmi Nightgun

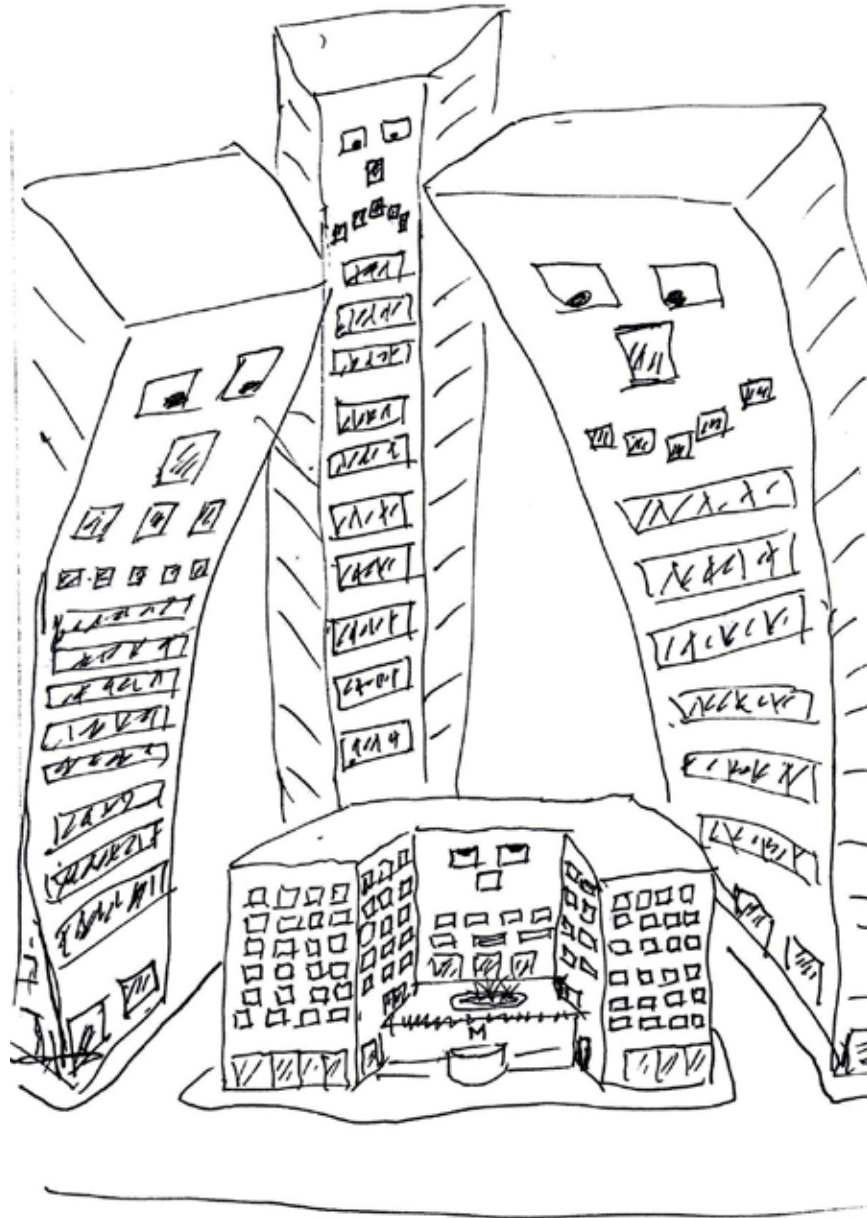


Asa Tate

Nawiishtunmi Nightgun serves as Director of Wellspring Family Services' Housing Team, which provides culturally relevant services for all families.

Continued on P. 14

WHAT'S IN A NAME?



"UP"

JARED 12/15

Choose a 2021 caption for our rerun of this 2015 glimpse into Mirabella's future

- A. "Welcome to **Minor Manor**"
- B. "Why is everybody always picking on me?"
- C. "Low-rise living at **Denny Flats**"
- D. "It's quality, not size, that counts"
- E. "The **Whereview on Fairview**"
- F. "Hiding in plain sight"
- G. "Visit **The John** for a look at luxury living"
- H. "Better to look up than down"

WHOOOO . . .

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Santa with Santa Dog & Elves



Snowy owl – photo, an Audubon member on the spot



Snowy Owl Fans on Queen Anne hill: Gloria Hennings, Sally Hahn, Nickie Askov, and Jean Hall – photo, a friendly Audubon member



Ellen Gamrath in her Birthday Hat – photo, S. Webber

ZOOMED LECTURES AND COURSES

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She is a descendant of the Blackfeet and Gros Ventre tribes and an enrolled member of the Confederate Tribes and Bands of the Yakama Nation.

Asa Tate, Chief Development Officer for Wellspring Family Services, has served in nonprofit leadership in Seattle for more than twenty years. She is an alumna of Western Washington University and Leadership Tomorrow. Coordinator: Don Drury.

Mental Illness and Homelessness, Part II, Causes, Problems, and Solutions with NAMI Seattle's Jeremiah Bainbridge

Wednesday, April 28; 3:30–4:30 pm, via Zoom

Though as many as thirty percent of the homeless live with a severe mental health disorder, compassionate solutions do exist and recovery is possible. Jeremiah Bainbridge examines the causes that lead people with mental illness to become homeless, the factors that perpetuate homelessness, and evidence-based practices for providing housing and services. This will be an open conversation on the intersection of homelessness and mental illness and what we can do as a community to help.

Jeremiah Bainbridge joined NAMI Seattle (National



Jeremiah Bainbridge

Alliance on Mental Illness) as Development and Fundraising Manager in 2019. Earlier, he served on the NAMI Seattle board of directors and on the philanthropy and policy committee. He has

worked in mental health advocacy as presenter and moderator at NAMI events. Coordinator: Stevie Bravmann.

OLLI-UW Virtual Lecture: How Airplanes are Made with Daniel Whitney

Friday, April 30; 12–1 pm, via Zoom, no fee but pre-registration required

Planes are designed and built to order with particular customers in mind. In this talk, Daniel Whitney will explain how planes are built and how their designs are tailored to their buyers' ways of doing business, with focus on the Boeing 787 and Airbus A380.

Daniel Whitney spent his adult life on the faculty and staff at MIT. For fifty years, he did research and consulting in robotics and other areas of manufacturing. He has visited hundreds of factories which make everything from cars to razor blades. His work with MIT students has taken him to nearly every manufacturing site of Boeing and Airbus. Since April 2018, he and his wife have lived in Trilogy at Redmond Ridge.

OLLI-UW Zoom Remote Winter Courses in April

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. To register for courses, visit this webpage:

<https://www.campusce.net/uwolli/course/course.aspx?catId=18>.

If you have any questions about courses or registering, please contact Trisha at (206) 685-6549.

The Literature of Place with Instructor Paul (Jake) Jacobs

Fridays, April 9, 16, and 23; 10 am–12 pm. Cost: \$50

Students will discuss travel writing that focuses on the intersection of people and places from writers like Jack Kerouac, Lawrence Ferlinghetti, and Thomas Merton. There will be contemplative inquiry into deeper meanings and ramifications of each piece.

This live-stream course will NOT be recorded.

BUS TRIPS EXPAND § EXPO 1909

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Satchmo, Billie, Ella & Company: A Chronology of American Jazz Singing with Instructor Misha Berson

Thursdays, April 1, 8, 15, and 22; 10–11:30 am.

Cost: \$50

The recordings of Louis Armstrong, Billie Holiday, and Ella Fitzgerald are timeless, and their influence on jazz singers is profound. This course tours the development of singing in the jazz mode, featuring those who perfected the artform and exploring some of the superior vocalists who followed.

Other OLLI-UW Remote Courses: From Realism to Post-Impressionism with Instructor Kolya Rice

Tuesdays, April 6, 13, 20, and 27, and May 4; 10–11:30 am. Cost: \$55

Native Plant Identification and Gardening with Instructor Mary-Margaret Green

*Wednesdays, April 7, 14, 21, and 28; 1:30–3:30 pm.
Cost: \$50*

The Old Testament/Tanakh with Instructor David Smith

Fridays, April 30, and May 7, 14, 21, and 28; 9:30–11:30 am. Cost: \$55

OUTSIDE ACTIVITIES

Marcus Cullen, Facilities Services Director

Mirabella is pleased to begin to phase in additional opportunities beyond shopping. April will include walks, golf trips, and a trip to Bellevue Square. The shopping schedule will also change. Health Services will use the bus on Tuesdays.

Bus Service: Residents may reserve space on the bus for desired trips by requesting them from the *Request Town Car* Link on MIRANET Home Page or 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: For now, residents must wear masks at all times. Social distancing is no longer required.

No Show and Late Passengers: We encourage residents who change their plans to notify the Town Car reservation (MIRANET or phone) as early as possible in order to make space available for other residents.

The newly constituted Outside Activities Committee will meet on Friday, April 23 at 2 pm via Zoom. Look for the link on MIRANET.

SHOPPING TRIPS:

In alphabetical order by destination

Bellevue Square: Friday, April 30; 10:30 am

Costco: Wednesdays, April 14 and 28; 10:30 am

Fred Meyer: Monday, April 5; 10:30 am

Metropolitan Market: Fridays, April 2 and 16;
10:30 am

PCC/Trader Joe's: Wednesdays, April 7 and 21;
10:30 am

Safeway: Mondays, April 12 and 26; 10:30 am

University Village/QFC: Wednesdays, April 7 and
21; 1:30 pm

Uwajimaya: Wednesdays, April 14 and 28;
1:30 pm

EXCURSIONS:

Golf: Thursdays, April 1, 8, 15, 22, and 29;
9:30 am, place TBD

Walks: Mondays, April 5, 12, 19, and 26; 1:30 pm,
place TBD

Pat Kushmerick and Mary Rogers

PROGRAM COMMITTEE

Kitty Dow and Judy Guder, Cochairs

Dan Kerlee: Seattle's First World's Fair in 1909

Thursday, April 1; 3:30 pm, live via Zoom

The Alaska-Yukon-Pacific Exposition of 1909,

TALKS ON TUNES AND TRANSIT

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staged at the current University of Washington campus, was Seattle's first world's fair. The event influenced the layout of the University of Washington campus and established a precedent for the creation of Seattle Center, the Space Needle, and Seafair. Lasting from June through October, this spectacle engaged the region's population over several years. The exposition attracted four million visitors from around the world and remains the Northwest's greatest cultural event ever. Through many rare and fascinating images, Dan Kerlee will explore the commercial promotion, live cultural display, beautiful architecture and grounds, international education, artistic performances, and first-class entertainment that put Seattle on the world's map for that unforgettable summer of 1909. Dan Kerlee is an independent researcher in various photographic ephemera linked to our region, contributing illustrations to many books and articles written by local authors. Coordinator: Leslie Klein.

Robin McCabe, "What Is Music About?"

Saturday, April 10; 3:30 pm, via Zoom



Robin McCabe

Robin McCabe, celebrated American pianist and Professor of Piano at the University of Washington, has established herself as one of America's most communicative and persuasive artists. Her presentation at Mirabella is entitled

"What Music Is About," which is "a mini lecture recital," delivered from the piano. Using various excerpted musical examples from the repertoire, she will explore the concept of music existing as "geometry in space," rather than as individual sounds. How do people actually hear and perceive

music, for example? How does the performing artist organize and project the sounds into something meaningful and memorable for the listener?

Educated at the University of Washington and the Juilliard School of Music, McCabe served as Director of the University of Washington's School of Music from 1994 to 2009. She has performed to great acclaim all over the United States, Europe, Canada, and in seven concert tours of the Far East. The U.S. Department of State sponsored her two South American tours, which were triumphs both artistically and diplomatically. Her recordings of Stravinsky, Bartok, and Liszt are highly esteemed. She was the subject of a lengthy New Yorker magazine profile, "Pianist's Progress," which was later expanded into a book of the same title. Coordinator: Darrell Guder.

Peter Rogoff, Sound Transit CEO

Thursday, April 15; 3:30 pm, live via Zoom

Peter Rogoff is the Chief Executive Officer at Sound Transit, the Seattle-based three-county regional transit provider in Washington state's Central Puget Sound. Appointed by the Sound Transit Board in 2016, Rogoff is currently leading the agency as it plans and builds the largest transit expansion in North America, a voter-mandated 116-mile regional rapid transit network. Rogoff's topic is "What Sound Transit Does," focusing on COVID-19 impacts on operations, and the future plans for the Light Rail system. Rogoff, a thirty-year transportation professional, was appointed by President Barack Obama and



Peter Rogoff

MUSIC TO OUR EARS

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confirmed by the U.S. Senate twice, first as Administrator of the Federal Transit Administration from 2009–2014, and then from 2014–2016, as the Undersecretary of Transportation for Policy at the U.S. Department of Transportation. And best of all, he is the son of Mirabella resident, Evelyn Rogoff. Coordinator: Leslie Klein.

Ladies Musical Club Video Concert: Taste of the Americas: North and South

Saturday, April 17; 2 pm, via Zoom

We'll have an opportunity to hear a splendid array of artists performing works from the USA, Brazil, and Argentina. Our performers will be Emily Reisser, soprano; Vicki Boeckman, oboe; Joan Lundquist, Piano; Karen McCullough, piano; and Julie Finch-Robe, Soprano, with Rolf Robe, guitar. The composers will include Piazzola, Samuel Barber, Ginastera, and Villa-Lobos. Be prepared for works ranging from Barber's evocative *Knoxville, Summer of 1915* to a rhythmic Cantilena by Villa-Lobos. Please don't forget to invite your friends. Coordinator: Carolyn Burton.

Emerald City Music

Thursday, April 22; 3:30 pm, live via Zoom

Emerald City Music will be performing three



Tara Helen O'Connor

concerts in the spring of 2021, as they did in the fall of 2020. The first one features three artists, **Tara Helen O'Connor**, flute; Paul Neubauer, viola; and Kristin Lee, violin. Tara is a charismatic performer noted for her artistic depth, brilliant technique, and colorful tone spanning every musical era.

Recipient of an Avery Fisher Career Grant and a two-time Grammy nominee, she is now a Season Artist of the Chamber

Music Society of Lincoln Center. Along with her husband Daniel Phillips, she is the newly appointed Co-Artistic Director of the Music from Angel Fire Festival in New Mexico. Tara is Associate Professor of Flute and head of the Woodwinds Department at Purchase College School of the Arts.

Paul Neubauer's exceptional musicality and

effortless playing led the *New York Times* to call him "a master musician." He has appeared as viola soloist with over 100 orchestras including the New York, Los Angeles, and Helsinki symphonies. A two-time Grammy nominee, he has recorded on numerous labels. Paul is the artistic director of the Mostly Music series in New Jersey and is on the faculty of The Juilliard School and Mannes College in New York City.



Paul Neubauer

Kristin Lee is a violinist of remarkable versatility and impeccable technique who enjoys a vibrant career as a soloist, recitalist, chamber musician, and educator. She has appeared as soloist with the Philadelphia Orchestra, St. Paul Chamber Orchestra, and numerous orchestras throughout the world. She is a member of the Chamber Music Society of Lincoln Center as well as a member of Camerata Pacifica in Santa Barbara. Born in Seoul, Kristin began studying the violin at age five.



Kristin Lee

MORE MUSIC § NEW RESIDENTS

In 1995 she moved to the U.S. to continue her studies and soon entered the Juilliard School. In 2000 Kristin was chosen to study with Itzhak Perlman. She is co-founder and Artistic Director of Emerald City Music in Seattle. Coordinator: Kitty Dow.

Anuradha Pehrson: Lego Artist

Thursday, April 29; 3:30 pm via Zoom

We have a rare treat in a presentation by Lego brick artist Anu Pehrson this month. Anu has a passion for architecture as a subject and uses Lego to create organic-looking landscapes that are quite amazing. She has won much acclimation for her works of art, including many prizes. She was a speaker in 2020 at Oracle Design Week. Anu is the daughter-in-law of our John Pehrson. Coordinator: Judy Guder.

WELCOMING COMMITTEE

Diane Holmes, Chair

Nancy Finley

Please welcome new resident Nancy Finley. She moved into unit 735 on March 2. Nancy is a long-time resident of Seattle and came here from her apartment on Queen Anne hill. Nancy actually toured Mirabella before it was opened, and she is happy to now be a new member of our community. Nancy moved to Seattle with her family from the San Francisco Bay area when she was eleven years old. She attended Western Washington University and taught psychology to undergraduates for thirty-five years at Seattle Central College. After her husband died in 2004, Nancy earned another masters' degree at Seattle University's School of Theology and Ministry. She works as an interfaith counselor guiding clients on their individual spiritual journeys. Nancy has loved cats her entire life. She brought Mikki, a shelter cat that she adopted two years ago, with her to Mirabella. Mikki seems to be enjoying her new home.

Nancy's interests include movies, live theater, Facebook, reading, comparative religion, and social justice. She is a member of Spiritual Directors International.

Nancy is looking forward to exploring new hobbies, getting back into shape, and taking advantage of all that Mirabella has to offer.



Nancy Finley

Sally Hahn

Anne Heymann

Please welcome Anne Heymann to Mirabella! She is living in apartment 928 with her mother Nancy Heymann, who has lived on the eighth floor for a couple of years, and we think this is our first mother-daughter residency. Anne was born in Toledo, Ohio, but comes to us from Bozeman, Montana, where she lived for about eleven years after working in Pennsylvania for a licensing bureau.



Anne Heymann

TALKING OF BOOKS § CASCADE BEAT

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She has two brothers, one of whom lives in Seattle, and Anne looks forward to seeing more of him and his family. Her particular interests are cooking and football (especially the Miami Dolphins), and she thinks it will be interesting to follow the Seahawks, too. Her special TV favorites are “Bluebloods,” “McGyver,” and “Magnum P.I.” She has fun playing solitaire, gin rummy, and golf on her cellphone and wants to get to know more about Seattle.

Marilyn Campbell

BOOK CLUB NEWS

Fourth Monday of the Month; 4 pm, via Zoom

On April 26 we will discuss *The Moment of Lift:*

How Empowering Women Changed the World

by Melinda Gates. Part memoir and part a call to action, the book addresses various issues that hold women down, such as access to reliable newborn and maternal health care and education. Besides describing her own career as a human rights activist, she writes of other change makers globally.

On May 24 we will gather to talk about *Mr.*

Penumbra's 24-Hour Bookstore, a novel by Robin Sloan. This is a tale knitting the analog past with the digital future. The night clerk finds that the eccentric patrons and others in an international cult are trying to solve a mystery hundreds of years old.

Everyone is welcome to join us.

Tina Moss

NEIGHBORHOOD NEWS

BY PAT THENELL

Construction in the Area

The triangular set of blocks between Denny Way and Stewart Street, just to the south of Mirabella Seattle, has three projects under construction. The largest is the two-tower apartment building with a galleria between them that is being constructed

by Westbank. The point of the galleria is to encourage residents and neighborhood folks to use the shops and restaurants that will be housed there. Lower floors are designed for this purpose, and the apartments will be in the towers. Denny Centre, a rounded apartment building on the corner of Fairview Avenue and Denny Way, is already advertising for move-ins; its “welcome center” is currently under construction in the space within Mirabella Seattle between the Mirabella Re-Store and the dentist’s office at the corner of Denny Way and Fairview Avenue North. Denny Centre is a forty-one-story, 445-unit residential tower with a three-story podium and five floors of below-grade parking. To the south, across Virginia Street, is a nearly completed smaller office building.

Eastlake Avenue East

Many residents at Mirabella have driven, walked, or taken the bus north from REI down Eastlake Avenue East, which runs from the freeway entrance by Springhill Hotel on Yale Avenue to the University Bridge. The Eastlake neighborhood is one of the oldest established neighborhoods in Seattle.

According to *Historylink.org*, it became a streetcar neighborhood in 1885 when the first horse-drawn streetcar reached its shores. Small homes were built for workers on the docks who handled coal arriving by rail from mines east of Lake Washington and barged across to the south shore of Lake Union, so the coal could be hauled by rail to Elliott Bay. As lumber became the major industry of the area, many manufacturing plants were established, and working-class families moved in. A school was first established in 1893 at the site of the current Seward School. Gradually the houseboat community was established and still flourishes today, although those houseboats have become much more elegant. Eastlake Avenue East is now dominated by Fred Hutch and Seattle Cancer Care Alliance research

SURFING EASTLAKE



Fred Hutch (Apple Maps)

institutions. Other research companies have also established their premises along this street. Further north, several wonderful restaurants flourish along the avenue, and residents here will want to return for a visit when COVID has been conquered. Among



Serafina (Apple Maps)

the well known are the 14 Carrot Café, Serafina, and Grand Central Bakery. Aegis is building a new senior residence for Memory Care and Skilled Nursing just north of that bakery.

Seattle Center

Although the concert venues and theaters are not opening anytime soon, the area itself is open, the fountain is operating, and outdoor food vendors are located around the Armory. This makes it a great walking place. On the west side of the Center one can watch the progress of the former Key Arena, now known as Climate Pledge Arena. Soon residents will be able to attend Seattle Storm



Grand Central Bakery (Apple Maps)



Bowl arranged for Basketball (artist's rendering)

WELCOME SUNSHINE

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basketball games and Seattle Kraken ice hockey games there as well.

Downtown Seattle

It is very easy to get to the main shopping area of downtown by either walking, taking the streetcar, or riding the #70 Metro Bus. Good spring weather means that Westlake Center will be alive with flower sellers, outside coffee shops, and in Westlake Park across Pine Street there are occasional art installations, music, and games, including chess and ping pong. There is a small children’s play area, too.



Water Volley Ball returns to Mirabella lap pool, with enthusiastic regulars (from a year ago!) eager to join in the fun – photo, S. Webber



Loni Held showing off the new planter outside the Lobby entrance– photo, S. Webber



Sunrise on March 13, 2021, the final day of Pacific Standard Time – photo L. Berkman

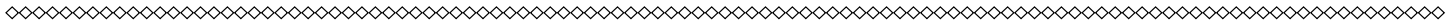


“Herd Immunity” – photo, by Susan Webber’s daughter Jennifer of her four rescue dogs, Fae, Wrigley (wearing sunscreen on noses and ears), Piney and Ollie, snoozing on the family deck

BIRTHDAYS § POETRY CORNER

HAPPY BIRTHDAY! APRIL 2021

- | | | |
|--------------------|----------------------|------------------------|
| 1 – Pat Chinn | 6 – Charlotte Bushue | 18 – Dieter Heycke |
| 2 – Marilyn Lemman | 6 – Carolyn Burton | 19 – Flora May Bradley |
| 3 – Pat Nishida | 6 – Elizabeth Drury | 20 – Maralyn Blume |
| 3 – Carolyn Roe | 10 – Helen Anderson | 24 – Pat Gaillard |
| 4 – Sally Hayman | 11 – Gennie Thompson | 24 – Sally Hahn |
| 5 – Jean Higgins | 12 – Sue Kamell | 24 – Paul Keown |
| 5 – Ken Hopkins | 14 – Peggy Wells | 25 – Carolyn Ferrell |
| 6 – Evalie Berst | 17 – Carolyn Glover | 26 – Dan Dow |



[IN JUST-]

BY E. CUMMINGS

in Just-
spring when the world is mud-
luscious the little
lame balloonman

whistles far and wee

and eddieandbill come
running from marbles and
piracies and it's
spring

when the world is puddle-wonderful

the queer
old balloonman whistles
far and wee
and bettyandisbel come dancing

from hop-scotch and jump-rope and

it's
spring
and

the

goat-footed

balloonMan whistles
far
and
wee



Remembering . . .

Bill Benfield 03/25/2021

TIME MANAGEMENT IN COVID TIMES

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NEXT TIME I'LL DO IT BETTER

BY CONNIE CHAPLIN

This spring will be better! We've been vaccinated! Now think back to last year at this time: COVID-19 was spiking, we were in lockdown, no one had an inkling of when—or whether—a vaccine might appear; we were as bliss-ignorant as babes without the bliss. Today, we are survivors. Of what exactly we're not totally sure yet, but it's a 100-year mega-event and we were there. Now, like the first green shoots in a spring garden, we venture out. To the mailroom, to Aria (within speaking distance of others at the table). Whee!

Now that we're tromping through tulips, giddy with possibilities of getting together with friends and family, we can afford a moment to look back on last year. (Not to relive it. Jeez.) But with the luxury of reflecting on what we might have done differently. Like, I would have bought more masks, more colors, jazzier. No point in buying clothes to show off on Zoom. Problem is, nobody knew what kind of mask or even how many at a time we should wear back then. I've even seen **knitted** ones advertised. That can't be right.

Speaking of Zoom, if you didn't embrace it early, you missed a lot. Family visits, entertainment, seeing neighbors regularly, virtually, *with names attached*. That was actually a feature. If you are new here, viewing someone in their apartment was the only way to have any introduction at all. It's hard enough

remembering names when you see people regularly, in meetings or at dining and entertainments. Without seeing and hearing someone talk on Zoom, you would be at such a disadvantage. Maybe you made getting more proficient on the computer your COVID project. Way to go! Buying Zoom stock probably would have been a good idea, too.

If you had a plague project, what you chose to do says a lot about your attitude toward the whole event. Didn't do a project? That surely says you didn't expect the restrictions to last so long that there wouldn't be time to really accomplish much. How much denial did that take? You didn't even clean a closet? Sort out photos? Start a journal? Join an exercise group? Hey, if you don't show up for class on Zoom, no one knows.

Some people actually reported using their new-found time to learn a language. Good idea to have someone to practice with. Or maybe get a pet, a hyper terrier should do it. One of those would keep you busy and active; you'd make extra

trips to the dog park to help it run off that super terrier-energy. If we'd been a little more certain about what we were in for, we all could have been more productive. Maybe. Point is, deep down, we couldn't quite get our heads around just how long (and still counting) that year would last. We still have those pesky variants around, so maybe there'll be a plague-let yet in store for us. Just saying. Next time, you'll be ready... with a new computer or tablet, books, maybe art supplies to try your hand at . . . oh, anything. Feel better?



Changing Mask Fashions



The Mirabella Monthly



VOLUME 13 | ISSUE 4

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Guide to Mirabella Publications

The Mirabella Monthly

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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.

MS 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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