



# The Mirabella Monthly

[www.mirabellaliving.com/Seattle](http://www.mirabellaliving.com/Seattle)



VOLUME 13 | ISSUE 7

**JULY AND AUGUST EVENTS INCLUDED**

JULY | 2021

## WHAT'S ON TAP

- 1 *Flying Vicariously* by Mary Worthington
- 2 *The Welcome Mat* by Mary Jossem
- 2 *The Joy of Jen* by Mandy Wertz
- 3 *The Local Scene* by Jared Curtis
- 5 Who Does What at Mirabella
- 6 *Brick by Brick* by Sandy Rensvold and Julie Holland
- 6 *What Is Caregivers' Support Group?* by Loni Held, Resident Services
- 7 Joanne Mearls, *Recent Art Donations*
- 8 Reports from Communication and Employee Appreciation Committees
- 9 Talks on Health and Wellness
- 10 Health Services Clinics
- 11 Library News ◇ Lifelong Learning
- 14 Outside Activities
- 16 Programs
- 18 Welcome Newbies
- 19 Book Club ◇ German Table ◇ Re-Store
- 20 Photos of Local Scenes
- 21 July Movies by Connie Chaplin
- 22 August Movies by Connie Chaplin
- 23 Birthdays ◇ Poetry Corner ◇ Remembering
- 24 Guide to Mirabella Publications

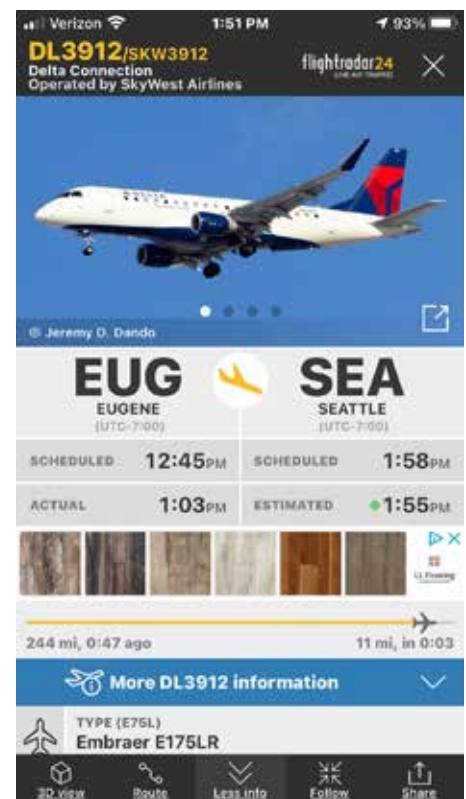
## FLYING VICARIOUSLY

BY MARY WORTHINGTON

OUR WINGS are clipped, and we are no longer able to fly hither and yon as we did in the past. But never mind, we still are tuned in globally to some of our favorite flights and destinations.

During a pre-COVID family dinner, our grandson entertained us by relating detailed information about all the airplanes flying overhead. He could tell us the airline, plane type, where each was coming from or going to, and length of time in the air. I was fascinated and immediately wanted to learn how to look to the skies and armchair-travel. My grandson helped me download an app called *Flight Radar 24*, and thus began my air-traffic career.

Mirabella has flight patterns on both sides of the building. Depending on the winds, we can see departing or arriving planes. On the app there is a map with little airplanes. A light touch turns the plane of interest red and all the information comes up on the screen. On a recent morning, we watched planes head off to Chicago, Boston, New York City, Orlando, Salt Lake City, Minneapolis, and of course all the usual West Coast destinations. On rare occasions, we have seen planes from London, Korea, the Hawaiian Islands, and other



*Flightradar24 showing Delta 3912 from Eugene to SeaTac as it flies over Swedish Hospital*

The Mirabella Monthly  
[www.mirabellaliving.com/Seattle](http://www.mirabellaliving.com/Seattle)  
[jaredcurtis@icloud.com](mailto:jaredcurtis@icloud.com)

# COMMITTEE FAIR § JEN'S 1<sup>ST</sup> YEAR

places we have visited. In a brief half hour recently, I counted over thirty planes. Quite excited with my project, I sent a quick text to my nephew, who is an instructor for Air Traffic Controllers. I described what fun I was having with the *Flight Radar 24* app. He soon texted back, “We’re going to make an Air Traffic Controller out of you yet!” Now, I doubt that, but we certainly are enjoying our new armchair travels.

## *THE WELCOME MAT*

BY MARY JOSSEM

### **RA Committees Invite New Members to Join**



*Sue Herring chatting with members of the Library Committee at the Residents’ Association Committee Fair, with other busy tables around the room and treats just out of view*

Emerald Hall was abuzz with activity on Wednesday, June 2, as the doors were open to welcome residents to the first-ever Residents’ Association Committee Fair. Residents strolled from table to table talking to committee members and exploring the plethora of opportunities for participation in the Mirabella community. In anticipation of the upcoming new fiscal year beginning in October, the Association is actively seeking volunteers to serve on one or more of its many committees. If you haven’t yet signed up to share your talents and interests,

refer to the “Who Does What at Mirabella” page in *The Mirabella Monthly* for committee contact information.

## *THE JOY OF JEN*

BY MANDY WERTZ,  
CHAIR, DINING COMMITTEE

### **Celebrating First Year at Mirabella**

On June 15, 2020, Jennifer Engles-Klann started her Mirabella journey just one day before the reopening of the Lakeview Dining Room (now Aria) after the COVID-19 lockdown. What an asset for us who live—and dine—at Mirabella Seattle to have a person who brings a wealth of varied experience and a remarkable attitude!

Starting in the hospitality industry with her first job at fifteen, Jen worked her way through college in Madison, Wisconsin, and eventually arrived in Seattle. Along the way, her employment included hotels, cafes, dive bars, and country clubs as well as corporate and privately owned restaurants. Her restaurant phase included a long stint at Wild Ginger, where she was Head Server and Wine Captain. Jen was also the COO of Linda Derschang’s local restaurant group.



*Dinner Servers, with Jen, Patrick and, Stephen, photographed on June 10 by M. Wertz*

# CASCADE BEAT

JULY | 2021

3

“Leadership by example” is the philosophy that inspires her relationship with staff that she hires and supervises—looking for people who are eager to reach out to each resident and who find job satisfaction from making “...others’ lives better.” Recent hires include those from diverse backgrounds like retail, retirement communities, and high schools—all of whom “care” and share a positive outlook. As someone who is indebted to her mentors, she strives to create opportunities for all to stretch, grow, and learn from their Mirabella employment experience.

Jen also coordinates the programming for the Mirabella Wine Club and hopes to include wine dinners and local tours as we look to a less restricted future.

## THE LOCAL SCENE

BY JARED CURTIS

### Window on the World Around Us

**D**UE WEST OF MIRABELLA SEATTLE is one of the largest residential/commercial developments in the city today. Onni is slowly completing a two-block project that includes commercial spaces at street level on the south and east sides of the southern portion of the site. Above this are four to eleven stories and two towers of many more stories, all residences. What is interesting about the eleven-story building on Boren Avenue North is that a certain percentage

of the apartments will be furnished and leased for long stays of a few days, weeks, months, or years. LEVEL, the company that will operate the Seattle “Suite Escape” as a franchise within the Onni building, also manages similar properties in Los Angeles, Chicago, and Vancouver, BC (<https://stayinglevel.com>). The target market for this addition to South Lake Union is the steady flow of business, medical, and technology visitors to the city. Furnished spaces will range in size—and price—from small studios to penthouse suites.

On the northern portion of the Onni site, previously occupied by the Seattle Times offices and printing facilities, the Canadian company has developed plans for two office towers, substantially lower than the residential towers across John Street.



*Artist's rendering of Onni's John Street office towers showing the preserved walls of the former Seattle Times building*



*Suite Escape by Onni and LEVEL*

The smaller tower will rise out of the shell of the old art deco Seattle Times building. The shell, including the east wall of the old printing facility, has been preserved and will form the exterior of the tower's



# SHIFTING VIEWS



*Once visible from Mirabella suites facing north or west, the Seattle Times Clock and companion digital weather display (not shown) will be restored, perhaps in the same location.*

platform. The clock and digital weather station that graced the southeast corner of the two-story Times building has also been preserved and will return, according to the developer's plans.

Looking south from Mirabella Seattle, residents



*Shining towers to the southwest, half moon between them – photo, R. Benfield (see also photo on p. 20)*



*Westbank's towers southeast of Mirabella, and completed towers behind them – photo, M. Rogers*

had always enjoyed (or rued) the distant glass-clad skyscrapers of the city center. Towers like them are fast approaching and surrounding our corner of the world, as the images on this page reveal.

The one on the corner of Fairview Avenue and Denny Way is closest to completion. The rental office for REN (<https://renseattle.com>), is located in Mirabella Seattle's street level suite at the corner of Fairview Avenue North and Denny Way and appears to be approaching an "opening day." Expect to see lots of interested "looky-loos" on our corner in the near future checking out what's on offer at REN.

# WHO DOES WHAT AT MIRABELLA

JULY | 2021

5

## RESIDENT COUNCIL, 2020–2021



Pat Kushmerick,  
President, 2020–2021,  
Box 402, x 1607,  
[pakushmerick@gmail.com](mailto:pakushmerick@gmail.com)



Sue Herring,  
Vice President, 2020–2021,  
Box 709, x 1556,  
[herringsus@gmail.com](mailto:herringsus@gmail.com)



Mary Jossem,  
Secretary, 2019–2021,  
Box 835, x 1584,  
[mjossem@gmail.com](mailto:mjossem@gmail.com)



Julie Holland, Treasurer,  
2020–2022,  
Box 1000, x 1819,  
[julie@jholland.com](mailto:julie@jholland.com)



Louis Swart, Member-at-  
Large, 2019–2021,  
Box 805, x 1754,  
[elswart38@gmail.com](mailto:elswart38@gmail.com)



Gill Thompson, Member-at-  
Large, 2019–2021,  
Box 431, x 1544,  
[gillthompson431@gmail.com](mailto:gillthompson431@gmail.com)



Mort Berman, Member-at-  
Large, 2020–2022,  
Box 929, x 1872,  
[mbb2147@gmail.com](mailto:mbb2147@gmail.com)



Tim Hill, Member-at-Large,  
2020–2022,  
Box 303, x 1569,  
[henryhill36@icloud.com](mailto:henryhill36@icloud.com)



Nickie Askov,  
Past President, 2020–2021,  
Box 1116, x 1858,  
[en1@psu.edu](mailto: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



# MSF FUND DRIVE § CAREGIVERS' SUPPORT GROUP

## BRICK BY BRICK

The 2021 *Building our Foundation Together* fund drive has ended. There should be a ribbon cutting to celebrate all the bricks the

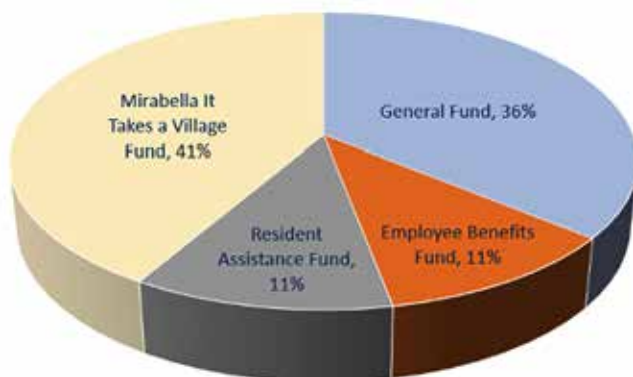


Mirabella community added this year to strengthen the Mirabella Seattle Foundation. Through your generous donations, a whopping \$205,525 was raised in support of enhancing the quality of life for Mirabella's residents, staff, and neighborhood.

This year, on a one-time basis, resident generosity

extended to helping solve homelessness by donating to the Mirabella It Takes a Village Fund. Residents donated \$84,955 to this cause. Adding the Foundation's \$50,000 match, \$134,955 has been raised in support of the It Takes a Village initiative launched by Councilmember Andrew Lewis to scale up development of tiny house villages.

2021 Foundation Fund Raising Drive  
Total as of June 14 = \$205,525



Other donations totaling \$120,570 were designated to the General Fund, Resident Assistance Fund, and

Employee Benefits Fund. Past projects funded by the General Fund include Youth Care's Orion Center, Recovery Cafe, Immanuel Lutheran Church's food program, Cascade Park, South Lake Union Chamber Fund, and Medic One Foundation. Any qualifying local nonprofit may submit a grant request to the Foundation.

Thank you, Mirabella community, for your continued unwavering support of the Mirabella Seattle Foundation. By donating, you can proudly say you are contributing to causes that strengthen Mirabella and the surrounding community.

Sandy Rensvold and Julie Holland, Cochairs,  
2021 Foundation Fundraising Committee

## RESIDENT SERVICES

Loni Held, Resident Services Director

### What is Caregivers' Support Group?

*First and third Wednesday of each month; 3 pm, Conference Room A*

The University of Washington put out a request in 2012 to see if any clinicians were interested in working with Mirabella to provide support for residents. Barbara Kleine felt that she could be an asset to residents because of her age and her continuing education on the aging brain. She volunteered and met with a small group of residents, and it was agreed that she would be a wonderful support partner.

Barbara Kleine joins Mirabella with a BA in Social Work/Sociology from St. Thomas University and an MS from Eastern Washington University, where she focused her studies on professional training in counseling psychology and group work. Her professional experience includes working in a residential treatment facility for adjudicated adolescents, the Department of Psychiatry and Behavioral Medicine at Seattle Children's Hospital,



# MIRABELLA'S GIFTED ART

JULY | 2021

7

and private practice groups with The Evidence Based Treatment Center in Seattle.

The purpose of the support group is just that—support. Sometimes resident attendees get help with problem solving in very practical ways, like finding ways to create routines and daily calendars. It is also a way to see what this journey has been like for others. How do I recognize the signs that my loved one may need more care than I can provide by myself in our apartment? How do I take care of myself? How would it help knowing I am not alone in facing the challenges of caretaking?

The group sessions are open to anyone who is or has been a caretaker for their spouse or loved one at any level of care, as everyone can give additional perspective. There is no requirement for regular attendance, and what is shared in the group is confidential. Due to COVID-19, Barbara was not able to come to Mirabella for over a year. She recently returned to group sessions onsite, held on the first and third Wednesday of each month at 3 pm in Conference Room A.

Loni Held and Barbara Kleine

## ART COMMITTEE

Joanne Mearls, Chair

### Recent Art Donations

#### LOOK WHAT I FOUND!

It's 1825. You're on an archeological dig in St. Paul's Cathedral churchyard, London. You unearth a Viking runestone dating from the early eleventh century—a Viking VIP. Though it's broken into four pieces you discern that it depicts a dragon with a serpent entangled in its front paws. Wouldn't that be the highlight of your career! Thanks to Julie Lutz for her gift of a rendering of the gravestone intact. See it in the 4B elevator lobby.

Julie and her late husband George Wallerstein were



*Rendering of a Viking Runestone, gift of Julie Lutz*

both noted astronomers. So, of course, they had a print of the sixteenth century interpretation of Tychonic movement of the planets. And now it's ours. It is hung in the 7 A-B hallway.

A third gift from Julie is a 2001 Seattle Art Museum (SAM) poster for a show of Old Master Prints. Very special to George and Julie because the original etching by Dürer, "Knight, Death and the Devil," was a gift to SAM from George's mother. View the poster made from that etching on 6 C-D hallway.

#### TINY JEWELS

One of two photographs is of a wavelet photographed at eye level, shimmering and softly moving towards you on a quiet beach. Another is a close-up of a dragonfly in the rain. These two works, "Small Backlit Wave" and "Dragonfly with Raindrops," by wildlife and nature photographer Jon Klein of Mendocino, California, were gifted to us by Don and Sandy Bialos. Sorry, no spot for viewing yet, but soon.

#### DEFINITELY DIFFERENT DALI

Think about Salvador Dali. See limp watches draped over tree branches and various—to me—unpleasant pictures. I think of a very eccentric and tortured

# A BROADER REACH § SAYING THANKS

man with bulging eyes and a huge mustache. Now see something else! A pre-surrealist piece that Dali painted of good times on the beach in his hometown when he was about seventeen years old. It's titled "Llane Beach, Cadaques." You can view a number of depictions of Dali's beach on the web. This mixed media, limited edition print is a gift to Mirabella from new residents Chris and Jade Simonson. The picture is not yet hung.

Take a tip from the Simonsons—lend or give your excess art to Mirabella. We will all thank you for adding to our enjoyment. Contact any member of the Art Committee to start the process.

Joanne Mearls

## COMMUNICATION COMMITTEE

Susan Dillon, Chair

What is all this NaCCRA and WaCCRA talk? The first stands for the National and the other for our state's continuing care residents' associations. Both are professional organizations that provide residents of Mirabella Seattle and other CCRCs with a voice in the creation and enforcement of laws and practices affecting our rights and financial interests. Susan Dillon ([susan@chezdillon.com](mailto:susan@chezdillon.com)) is the representative for WaCCRA and Dick Fike ([dickfike@gmail.com](mailto:dickfike@gmail.com)) represents NaCCRA. Either of us will be happy to respond to questions.

Dick Fike

## EMPLOYEE APPRECIATION COMMITTEE

Helen Roberts and Warren Askov, Cochairs

### Recognizing Exceptional Employees

Have you noticed exceptional work by one or more employees and would like them to receive recognition? There are two easy ways to bring

their good work to the attention of their supervisors. On MIRANET, click "Feedback" on the Home page, then choose "Employee VIPs." Fill in your comments and click submit. Done!



If you lack a computer or prefer paper, there are "Mirabella Feedback & Suggestions" forms and boxes in the resident business office outside of the mailroom and also by the 2nd Floor Nurses' station. Put your completed form in the Feedback and Suggestions Box or take it to Katie Harrison in the Administration Office, and she will see that it gets to the Human Resources Office.

One of the ways that Mirabella Seattle recognizes outstanding employees is through the VIP (Values in Practice) Program. Each month, Mirabella Human Resources and department managers award "VIP Recognition" to an exceptional employee who leads by example and typifies one of Mirabella's Core Values. The VIP employee's outstanding contributions are posted on the MIRANET Home Page and in the Lobby by the Front Desk.

The process for selecting employee VIPs includes department and supervisor recommendations, as well as feedback received from Mirabella residents. It is important to note that there are over 250 men and women who work at Mirabella. Some are providing important and essential services, but they may not be visible or known to most residents. This was especially true during the COVID-19 pandemic. Employees who have received the VIP Award so far in 2021 are: Maria Mendez, Housekeeper; Arthur Nearhoff, Cook III; Katie Harrison, Office



# HEALTH CHALLENGES

JULY | 2021

9

Coordinator; Darren Mowry, Facilities Services Coordinator; Jeffrey Kasnick, Cook; and Jerome Walker, Certified Nursing Assistant (see photo on p. 20). Each VIP awardee receives a \$150 paycheck bonus funded by your donations to the Employee Appreciation Fund.

Congratulate the VIPs when you see them and thank employees personally for their good service. The last year has been an exceptional time for all of us and expressions of gratitude are always appreciated.

For more information about employee recognition or the VIP Program, go to MIRANET> Groups> Employee Appreciation Committee.

Helen Roberts, Employee Appreciation Committee, and Barbara Porter, Communications Committee

## *HEALTH & WELLNESS COMMITTEE*

Janice Kaplan-Klein, Chair

### **Coping and Resiliency in a COVID World with Dr. Marsha Hedrick**

*Tuesday, July 27; 3:30 pm, via Zoom*

We are pleased to present Marsha Hedrick to discuss



*Marsha Hedrick,  
Red Cross*

how we are coping and can better deal with this COVID world. She will also address how we can develop and improve our resilience to manage stress. The pandemic has taken a heavy toll on our lives and continues for us in various ways. Some of us choose to remain in Phase 1. Others have moved to Phase 2, carefully testing the

waters as restrictions lift. Finally, some have already dived into the ocean long ago. Marsha Hedrick

offers this quick course on practical, easy-to-use skills designed to enhance your ability to manage COVID-induced stress. During this interactive talk, you will be able to ask questions along the way, as she focuses on issues related to dealing with the pandemic.

Dr. Hedrick has a BA in psychology from Stanford University and a PhD in clinical psychology from the California School of Professional Psychology, San Francisco. She is board certified in forensic psychology through the American Board of Professional Psychology. She also volunteers with the American Red Cross and offers this course as part of the Red Cross outreach program. She is the daughter of Jean Hedrick, a resident here at Mirabella. Coordinator: Janice Kaplan-Klein.

### **The Power of an Anti-Inflammatory Diet for Your Health with Ginger Hultin**

*Tuesday, August 24; 3:30 pm, via Zoom*

Inflammation is at the root of many chronic diseases among the elderly, and chronic diseases in return cause inflammation in the body. Considering diet and lifestyle factors that help calm this process can make a world of difference in your health. A diet based on plants, from beans and lentils to whole grains, nuts and seeds, fruits and veggies, and anti-inflammatory herbs and spices, can provide older adults the nutrients they need for healthy aging as well as managing chronic disease and pain, if that is an issue.



*Ginger Hultin*

Ginger Hultin is a Seattle-based registered dietitian

# CLINICS FOR ALL

and health writer who owns two concierge nutrition practices, Champagne Nutrition and Seattle Cancer Nutritionist. She helps clients optimize their health and wellness with an integrative approach. Her first book, *Anti-Inflammatory Diet Meal Prep* was published in 2020 and her next book will be released in spring of 2021. She specializes in plant-based diets, integrative oncology, supplements, and nutrigenomics. Hultin serves as adjunct clinical faculty at the Bastyr Center for Natural Health, teaching nutrition students at the master's degree level. Coordinator: Janice Kaplan-Klein.

## HEALTH SERVICES

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

### Health Services Clinics Available to All

The following clinics are being held for Independent



Living (IL) residents in first-floor 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 with you. For

questions, please contact Loni Held at x 1418 or Brooke Kasten at x 1452.

### Optometrist: AK Vision Care

*Monday, September 6; 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. Clinics will now be quarterly and will not open unless at least ten residents request visits.

Please call Katie Harrison at x 1457 for an eye exam appointment or an eyeglass repair visit.

### Audiologist: Seattle Hearing Services

*Tuesday, July 13; 9:30 am, Suite 134*

*Tuesday, August 10; 9:30 am, Suite 134*

Dr. Patricia Munson will offer hearing assessments.

For appointments, contact Mary Jo Guajardo, Patient Care Coordinator/Office Manager, Seattle Hearing Services at (206) 937-8700 or at [maryjo@seattlehearing.com](mailto:maryjo@seattlehearing.com).

### Foot Care Clinic

*Monday, July 19 and 26, and Tuesday, July 20 and 27; 9:30 am–4:30 pm, Suite 134*

*Monday, August 16 and 23, and Tuesday, August 17 and 24; 9:30 am–4:30 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 9:30 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 at (206) 940-0748.

### Podiatrist

*No Clinic in July*

*Wednesday, August 11; 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.

### Massage Appointments in Suite 133

*Wednesday and Thursday; 8 am–5 pm. Saturday and Sunday; 10:30 am–4 pm*

Susan Stein, LMT, is available for massage services.

# LIFELONG LEARNING

JULY | 2021

11

Call x 1421 to schedule an appointment.

*Mondays; 9 am–4 pm*

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

*Wednesday, July 7 and August 4; first Wednesday of every month in Suite 134*

Access Medical Repair will do free simple repairs or diagnostics on wheelchairs and walkers; for a fee they will make larger repairs. Call Loni Held for details at 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 batteries for hearing aids are also welcome.

## LIBRARY COMMITTEE

Martha Oman and Toni Myers, Cochairs

### Library News

Read up on Pacific Northwest history at our library.

*Unsettled Ground* by Cassandra Tate explores our shifting perspective on the Whitman massacre/incident at the Mission near Walla Walla (1847).

Peter Stark's *Astoria* begins with a detailed cast of characters comprising those who arrived at this early outpost by land and by sea, 1810–1813. More than half sent to the wilderness by John Jacob Astor died violent deaths. This is an acclaimed account of the adventure that helped shape our country.

Toni Myers

## LIFELONG LEARNING COMMITTEE

Louise Lowry and Julia Wan, Cochairs

### LLC Zoom/Live Events

Through July and August, the Lifelong Learning Committee will be transitioning from Zoom presentations to live presentations in Emerald Hall. **The format for specific events will be announced through MIRANET's "Upcoming Events" and through Google Groups email.** To join Zoom events, go to MIRANET's "Upcoming Events" on the date and time of the event. Click on the title to bring up the Zoom link. Click on the Zoom link to join.

### Supportive Friends

*Tuesday, July 6; 5:30 pm, Aria Dining Room*

*Tuesday, August 3; 5:30 pm, Aria Dining Room*

Mirabella's Supportive Friends will continue to meet for dinner on the first Tuesdays of July and August at 5:30 pm in the Aria Dining Room. The group welcomes all residents who have experienced loss in their family, whether spouse, child, or family friend. Some residents have found the group helpful during the final illness of a partner. Regulars will receive a menu selection form prior to the Tuesday dinner. Choices should be sent to the Dining mailbox in the mailroom by the Friday before the Tuesday dinner. If you are interested, please call one of the cochairs, Carolyn Blount (x 1644) or Natalie Siegel (x 1698).

### Stargazers and Massive Stars with Emily Levesque

*Mondays, July 19 and August 9; 11 am–12 pm*

#### Part I: The Last Stargazers

*Monday, July 19; 11 am–12 pm*

A bird that mimicked a black hole. The astronomer who discovered microwave ovens. A telescope that got shot. Astronomy is filled with true stories (and tall tales) of the adventures and misadventures



# COURSES AND LECTURES

12

JULY | 2021



*W. Blake, etching, 1793*

that accompany the exploration of the universe. This talk takes a behind-the-scenes tour of life as a professional astronomer. Expect to learn about some of the most powerful telescopes in the world, meet the people who run them, and explore the crucial role of human curiosity in the past, present, and future of scientific discovery.

## **Part II: The Weirdest Stars in the Universe**

*Monday, August 9; 11 am–12 pm*

How big can a star get? Why would a star only pretend to explode? Can you hide one star inside another? This talk tours some of the strangest stellar phenomena in the universe. From the biggest, brightest, and most volatile stars to the explosive fireworks of core-collapse supernovae and the fascinating physics of gravitational waves, “weird” stars serve as a common thread for exploring our universe’s history, evolution, and extremes.

Dr. Emily Levesque, a professor in the University of Washington’s Astronomy Department, focuses her research on understanding how massive stars evolve and die. Among her scholarly publications is the popular science book, *The Last Stargazers*. Her scientific awards and prizes include the 2020 Newton Lacy Pierce Prize. She studied at MIT, University of Colorado, and the University of Hawaii. Coordinator: Julia Wan.

## **The Ottoman Empire with David Fenner**

*Wednesdays, August 4 and 18; 3:30–4:45 pm*

In these two lectures David Fenner discusses the history of the Ottoman Empire, which rose from its

beginnings at the end of the fourteenth century to stretch from the “sources of the Nile to the Gates of Vienna,” controlling more territory than the Roman Empire at its height.

## **Part 1: The Rise and Plateau of the “Sublime” Ottoman Empire**

*Wednesday, August 4; 3:30–4:45 pm*

This lecture explores the impact of the Ottomans on the faltering Byzantine Empire, the role and formation of the modern bureaucratic state in Europe, the development of science and medicine, and the Ottomans’ successes.

## **Part 2: The Plateau and Fall of the “Eternal” Ottoman Empire**

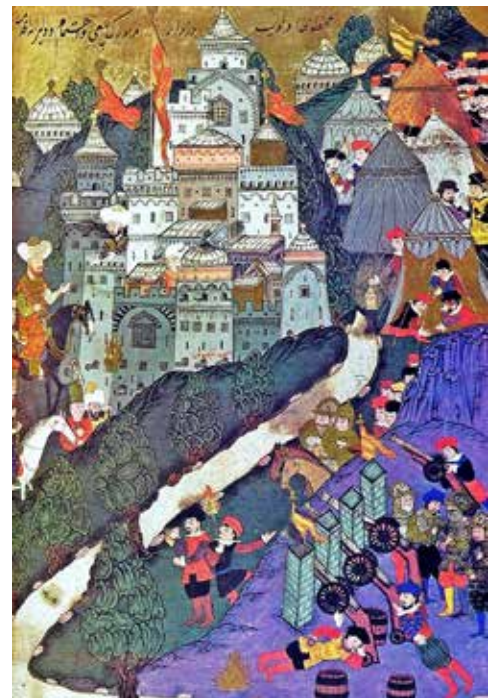
*Wednesday, August 18; 3:30–4:45 pm*

The Ottoman sultans faced fateful decisions as they expanded into Central Europe.

Did they suffer or benefit as they promoted the “Ottoman Caliphate?” Did over-extension lead to their downfall? Did the decision to ally with the Central Powers in World War I lead to their ultimate disappearance?

David Fenner, a frequent and popular lecturer

at Mirabella, is with University of Washington’s Jackson School of International Studies. As UW’s vice-provost for international education, he has



*Ottoman army besieging a medieval town*

# MORE TALKS

JULY | 2021

13

established exchange programs in Egypt, Morocco, Uzbekistan, Turkey, and Pakistan. Coordinator: Leslie Klein.

## Fall for Birds with Connie Sidles

Thursdays, August 12, 19, and 26; 10:30–11:30 am



*Black Headed Grosbeak*

With fall coming, what are our birds up to? Master birder and nature author Connie Sidles answers this fascinating question in a three-part course on avian autumnal behavior. She will show

how some birds are preparing for the herculean feats of migration. Meanwhile, here in Seattle, parents are fattening up the kids for a first winter on their own. At the same time, males are discarding their bright plumage for a safer, duller look, while everybody is working on their feathers to prepare for colder, rainier days. It's a busy time.

Connie Sidles is a master birder and a long-time board member of Seattle Audubon Society. She has written four books on nature including *Forty-six Views of Montlake Fill*, a book of poems and Sumi paintings about finding joy in making connections with nature and with each other. Coordinator: Julia Wan.

## OLLI-UW Virtual Lectures in July and August

The UW's Osher Lifelong Learning Institute (OLLI-UW) will continue to offer its free lectures via Zoom in July and August. These lectures require pre-registration, but no fee.

Pre-register early for OLLI-UW lectures by clicking on the event listed in MIRANET's "Upcoming Events." Then click on the link that comes up to get your personal link to the lecture.

Free recordings of the OLLI-UW virtual lectures are

available by entering the following in your browser:

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

## Taiwanese Modern History with James Lin

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

With increased tensions between the U.S. and China, Taiwan has reemerged in the global spotlight. Headlines like *The Economist's* "The Most Dangerous Place on Earth" imply Taiwan can spark a cold war. How should we understand Taiwan's predicament and its future? Professor James Lin explores how Taiwan has positioned itself between two political powers and paradoxically has thrived in a year of pandemic and political crisis despite facing a real existential threat.

Dr. James Lin, PhD History, UC Berkeley, is an historian of Taiwan and its interactions with the world in the twentieth century. He is the first faculty to be hired as part of the University of Washington's Jackson School's new Taiwan Studies Program, a joint project involving the UW, the Taiwan government, and an anonymous donor.

## Sleep by Moonlight with Horatio de la Iglesia

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

Electricity has allowed humans to conquer the night. In ancestral times, the only source of nocturnal light was the moon. We set out to determine if nocturnal activity and reduced sleep was synchronized with specific moon phases in indigenous communities of Argentina who live without access to electricity. We found that, indeed, sleep starts later and is shorter on the nights leading to the full moon. Surprisingly, the synchronization of sleep timing with the lunar month is present even in highly urbanized regions like Seattle.

Dr. Horacio de la Iglesia, University of Washington

# OUTSIDE ACTIVITIES

Department of Biology, finished undergraduate studies at the University of Buenos Aires and earned his PhD at the University of Massachusetts, Amherst. He has done extensive research on the neural control of circadian rhythms.

### **Solving a Wilderness Puzzle: North Cascades National Park with Lauren Danner**

*Wednesday, August 11; 12–1 pm*

A map of the North Cascades is a jigsaw puzzle of land designations and labels. How did one of the most remote, wild regions in the contiguous United States get carved into these disparate pieces? And why is this National Park among the least visited in the country? The answer is a tale of politics, passion, and people. North Cascades is a reminder that national parks are not only scenic landscapes of national significance, but political entities, created through negotiation and compromise. Lauren Danner traces the fascinating narrative of Washington State's third crown jewel national park.

### **The Electricity Grid: How It Works and How it Needs to Evolve with Daniel Kirschen**

*Friday, August 27; 12–1 pm*

So long as our lights stay on, most of us don't really think about the electricity grid. But when a disaster happens, we become acutely aware of how dependent we have become on a reliable electricity supply. This talk includes a description of how the grid works, why it needs to evolve, and what the grid might look like in the future.

### **OLLI-UW Remote Courses in July/August**

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/uwollli/course/course.aspx?catId=18>.

If you have questions about courses or registration,

call Chris at UWOLLI, (206) 685-6549.

### **The New Testament with instructor David Smith**

*Friday, July 9, 16, 23, 30, and August 6;  
9:30–11:30 am. Cost: \$55*

An academic analysis of the New Testament.

### **Time to Sketch with instructor Miha Sarani**

*Tuesday, July 13, 20, 27, and August 3;  
10 am–12 pm. Cost: \$50*

Learn and/or improve basic sketching skills.

### **Canterbury Tales with instructor Sean Taylor.**

*Wednesday, July 14, 21, 28, and August 4; 1:30–  
3:30 pm. Cost: \$50*

This is the first in a series of five courses covering all The Canterbury Tales, the foundation stone of medieval English literature.

### **Giants of Science with instructor Marc Olevin**

*Monday, July 26, August 2, 9, 16; 1:30–3:30 pm.  
Cost: \$50*

This course explores the lives and careers of Albert Einstein, Marie Curie, Charles Darwin, and Stephen Hawking—all of whom have contributed to our understanding of the universe.

## **OUTSIDE ACTIVITIES**

Judith Peterick and Leslie Klein, Cochairs  
Loni Held, Resident Services Director  
Marcus Cullen, Facilities Services Director

### **RESERVATIONS FOR ALL BUS TRIPS**

To sign up for any bus trip, please call x 1419.

### **GROCERY & MALL TRIPS FOR JULY & AUGUST**

- » **Ballard Market**, Fridays: July 9, 23; 10:30 am
- » **Bellevue Square Mall**, Friday: July 16;  
10:30 am–1:30 pm
- » **Costco**, Wednesdays: July 7, 21; August 4, 18;  
10:30 am
- » **Fred Meyer**, Mondays: July 12, 26; August 9, 23,  
and 30; 10:30 am



# BUS TRIPS AND EXCURSIONS

JULY | 2021

15

- » **Metro Market**, Wednesdays: July 14, 28; August 11, 25; 10:30 am
- » **PCC/Trader Joe's**, Wednesdays: July 7, 21; August 4, 18; 1:30 pm
- » **Pike Place Market**, Mondays, July 12; 1:30–3:30 pm
- » Safeway, Wednesdays: July 14, 28; August 11, 25; 1:30 pm
- » **Southcenter Mall & IKEA**, Friday, August 27; 10:30 am–1:30 pm
- » **University Village**, Mondays: July 5, 19; August 2, 16; 10:30 am
- » **Uwajimaya**, Mondays: July 5; August 2; 1:30 pm

## WALKS

*Saturday, 9:30 am; Coordinator: Charlotte Bushue; call x 1723 with questions.*

- » July 3, Myrtle Edwards Park
- » July 10, Discovery Park
- » July 17, Greenlake
- » July 24, Seward Park
- » July 31, Alki
- » August 7, Bellevue Botanical Garden
- » August 14, Edmonds Waterfront
- » August 21, Magnusson Park
- » August 28, Kubota Gardens

## SUNDAY CHURCH

*Sunday, 8:10 am, pickup at 9:30 am*

Bus goes to Christ Our Hope. Other church trips are by reservation only and not recurring weekly.

## SPECIAL ACTIVITIES AND EXCURSIONS

- » Tuesday, July 13; 10 am–2:30 pickup, Woodland Park Zoo & Rose Garden
- » Tuesday, July 20; 11 am, Stanford's Restaurant, Northgate
- » Friday, July 30; 10 am–2:30 pm' pickup at Tulalip Casino and Premier Outlet Mall, Marysville
- » Friday, August 13; 1:30–3:30 pm, Frye Art Museum, "Black Refractions"
- » Tuesday, August 17; Happy Hour on Lake Union;

2:30–3:45 pm

- » Tuesday, August 24; Highline SeaTac Botanical Gardens, time TBA
- » Friday, August 27; Edmonds Art Festival; 10:30 am

## Woodland Park Zoo and Rose Gardens

*Tuesday, July 13: 10 am–2:30 pm pickup*

The large Mirabella bus will leave from the lobby at 10 am and start back at 2:30 pm. For the Rose Gardens only, an earlier return has been arranged. Regular admission to the Zoo is \$22; with a City Gold Card you can enter for \$6.15 (call 206-684-2489). Highlights: an exhibit of five Matchie's Tree Kangaroos; and, for a \$5 fee, a special Dinosaur Discovery event with twenty animated dinosaurs constructed by the designer of Jurassic Park. For the zoo visit, bring a Mirabella box lunch. Coordinator: Barbara Marsh; call x 1811 with questions.

## Highline SeaTac Botanical Gardens

*Tuesday, August 24; time TBA*

These gardens resulted from the expansion of SeaTac airport and demolition of many homes with the remaining beautiful gardens included in the site. Other gardens and collections were preserved in this eleven-acre site—a Japanese memorial garden from a nearby nursery and various garden and flower



*Japanese garden at SeaTac Botanical Gardens*

# PROGRAMS

societies have contributed iris, fuchsias, and rose displays. We think this is a site that you will all enjoy visiting. Bring a Mirabella box lunch to enjoy during our visit. Coordinator: Ken Hopkins, x 1662.

## **Tulalip Casino and the Premier Outlet Mall in Marysville**

*Friday, July 30; 10 am–3:30 pm*

The Mirabella bus will leave from the lobby at 10 am and start back from the casino at 2:30 pm, with pickup also at the Outlet Mall. Lunch will be on your own either at one of the casino restaurants or at a restaurant at the Outlet Mall. Coordinator: Ken Hopkins, x 1662.

## **Mariner's Baseball Seniors Day**

*August: Day, date, and time to be determined*

Let's plan on going to the Ballpark on a Seniors' Day. Watch for information on MIRANET, Google Group email, elevator sleeves, and in the Mirabella Weekly. Coordinator: Ken Hopkins, x 1662.

## **PROGRAM COMMITTEE**

Kitty Dow and Judy Guder, Cochairs

## **The Inside Story of the "Race to the Center of the Earth" TV Show**

*Thursday, July 1; 3:30–4:30 pm, via Zoom or in person in Emerald Hall*

Four teams of adventurers sprinted around the world on a challenging course in hope of earning a million dollar prize. Marilina Kim will speak about her challenges on the "Race to the Center of the Earth"—behind-the-scenes action and intrigue, post-production work, scenes that didn't make it at all, the race process, the before and after of racing, the lack of communication, the sequestering, some of the things in the non-disclosure contract, and the team camaraderie. Marilina loves climbing and skiing and other outdoor sports. She teaches Spanish and French to high schoolers, and she takes them on

climbing trips for weeks at a time at the end of each semester. She is the daughter-in-law of residents Don and Sandy Bialos. Coordinator: Leslie Klein.

## **Joseph Adam, Cathedral Organist**

*Thursday, July 8; 3:30 pm, Emerald Hall*

In a video prepared for viewing in Emerald Hall,

Joseph Adam presents the many voices of the Casavant organ as he performs works by Nikolaus Bruhns, J. S. Bach, Johann Bernhard Bach, Louis Vierne, and Maurice Duruflé. He looks forward to a question-and-answer session after his recital.



*Joseph Adam*

Joseph Adam has been the Organist at St. James Cathedral since 1993 and the Music Director there since 2018. He is Resident Organist of the Seattle Symphony. For twenty years he taught organ and harpsichord on the faculty of the University of Puget Sound, and for the past two years he has been Artist in Residence in Organ at the University of Washington School of Music. Coordinator: Darrell Guder.

## **Trina Deines: Rome for Grownups: Less Known and Easier Navigation in the Eternal City**

*Thursday, July 15; 3:30 pm, Emerald Hall*

University of Washington Professor Trina Deines knows Rome like her back yard, having shepherded University of Washington Rome School students in the architecture department through many a semester in the city. She'll give us data on the easier and slower way to "do" Rome, and also a delightful armchair tour. Coordinator: Sally Hayman.

## **Brass Quintet Jazz**

*Thursday, July 22; 3:30 pm, Mirabella Courtyard*

Gary Roberts will lead his High Class Brass quintet

# MEDIC ONE § MORE MUSIC

JULY | 2021

17



*Brass Quintet*

in a lively concert in the courtyard. There will be seating outside, and residents with a courtyard view can also watch and listen from their decks.

The group, a repeat visitor, always brings great music and high spirits. They will be as happy to see

us as we to see them: this will be one of their first performances since everything shut down in March 2020. Coordinator: Paul Hill.

## **Medic One Foundation: The Big Red Truck**

*Thursday, July 29; 3:30 pm, via Zoom and Emerald Hall*

As a resident of Mirabella, you cannot help but notice the Big Red Truck (aka Medic Unit) here several times a week. Do you know what equipment it brings us? Discover how our world-class first responders use the Big Red Truck to save lives. We will take a visual tour of our Medic One unit and see how it operates to ensure a patient's best chance for survival. A question-and-answer session and a door prize drawing will follow the presentation. Zoom links will be sent via MIRANET later in July. Coordinator: Jean Hall.

## **Jason Vieaux: Classical Guitar Recital**

*Thursday, August 5; 3:30 pm, via Zoom*

These two critical citations say it all: *The New York Times*: "virtuosic, flamboyant, dashing and ineffably lyrical" and *National Public Radio*: "perhaps the most precise and soulful classical guitarist of his generation." Grammy-winner Jason Vieaux has been playing, recording, composing and teaching classical guitar for thirty years and is absolutely at the top of his game.

The planned program is diverse and edgy, with sonata movements by Scarlatti and J.S. Bach, two movements from Cuban Leo Brouwer's *El Decameron Negro*, two movements of *Four Paths of Light*, composed for Jason by jazz legend Pat Metheny, and likely one other piece. See [jasonvieaux.com](http://jasonvieaux.com) to fully appreciate his reputation. Coordinator: Rich Atwood.



*Jason Vieaux*

## **Lesley Lupo: My Near Death Experience**

*Thursday, August 12; 3:30 pm, via Zoom*

At a Tucson, Arizona, dude ranch in 1988, a stampede of horses crushed Lesley Lupo against the side of a hay barn. With gray skin and "lips as blue as her jeans," the doctor declared her dead. Lesley's lecture will describe her near death experience (NDE), what it was like, and what she learned. Lesley Lupo has been a professional Intuitive since 1994 and has worked at Canyon Ranch Resort since 1996. In 2018, she wrote a book on her NDE titled "*Remember, Every Breath is Precious: Dying Taught Me How to Live.*" Coordinator: Leslie Klein.

## **Cherry Street Brass**

*Thursday, August 19; 3:30 pm, Emerald Hall*

Cherry Street Brass plays the unique musical sound of *Herb Alpert & The Tijuana Brass*. Their goal is to honor the creative genius of Herb Alpert and bring their own element of fun to these familiar and ever-popular



*Cherry Street Brass*



# WELCOME, DIXIE, MIKE, & JUDY

songs. They celebrate many of the remarkable achievements of *The Tijuana Brass* and the career of Herb Alpert, who continues to record new material and perform for live audiences to this day. Join us for a *Taste of Honey, Tangerine, Whipped Cream*—and other delights! Coordinator: Kitty Dow.

**Eileen Quigley on Lowering the Northwest’s Carbon Footprint: Implications for Washington State and the City of Seattle**

*Thursday, August 26; 3:30 pm, Emerald Hall*

Eileen V. Quigley is the Founder and Director of the Clean Energy Transition Institute, which



*Eileen Quigley*

is a nonprofit, independent, nonpartisan organization whose goal is the transition to a clean energy economy in the Northwest. She built and led the New Energy Cities program, which partnered with

twenty-two Northwest cities and counties to reduce carbon emissions and develop advanced low-carbon fuels for aviation and marine fleets. Coordinator: Lynne Iglitzin.

**WELCOME COMMITTEE**

Diane Holmes, Chair

**Dixie Porter**

Dixie Porter moved into unit 804 on the first of June. She has lived most of her life in the Laurelhurst neighborhood. Dixie graduated from Roosevelt High School and then the University of Washington with a degree in Political Science and membership in Phi Beta Kappa. While at UW, she was a member

of the Kappa Kappa Gamma Sorority and president of the campus YWCA.

Dixie and her husband Tom designed and presented seminars on personal financial planning. She was also an active volunteer in several community organizations and a popular speaker at area fundraising luncheons.



*Dixie Porter – photo, B. Porter*

The Porters were excited about moving into Mirabella Seattle, where many friends were already living. Sadly, Tom passed away in late January. Now, Dixie is looking forward to reconnecting with her friends and participating in the varied activities available here on a daily basis. Dixie has three children: Kimberly Brillhart, Doug Porter, and Jaimee Mader, and five grandchildren.

Alice Arrington

**Mike and Judy Waring**

Mike and Judy Waring moved to Mirabella Seattle in June and reside in apartment 527. Mike grew up in Wilmington, Ohio, and met Judy in 1964 at Oregon Caves National Monument where they both worked. He attended the University of Cincinnati, earning a Regular Commission as a 2<sup>nd</sup> Lt. in the USAF. Mike went on to the Medical College of Virginia, earning his MD degree in 1971, then obtained an MPH from Johns Hopkins University and completed residency at the AF School of Aerospace Medicine. Always wanting to retire to Washington, the couple purchased

# BOOKS § GERMAN CLUB § RE-STORE

JULY | 2021

19



*Judy and Mike Waring*

physician for Boeing until retiring in 2017. Mike likes to read historical fiction and mystery stories.

Judy is a Seattle native and descendent of early Oregon/Washington pioneer settlers. She graduated from the University of Washington School of Nursing and worked part-time at Harborview. Before marrying Mike in 1968, she was a public health nurse in Richmond, Virginia, where he attended medical school. As a busy mother of two, Judy took on duties of an Air Force officer's wife and worked at nursing jobs between moves for Mike's assignments to several states and England. Judy is a member of AAUW and the Women's University Club. The Warings belong to First United Methodist Church, sing in the church choir, and enjoy attending cultural events in Seattle. Their son and daughter-in-law are pilots for United and their daughter is a flight attendant.

Susan Callegari

## **BOOK CLUB**

*Fourth Monday of the month; 4 pm, via Zoom*

On July 26 the book group will be reviewing *The Immortalists* by Chloe Benjamin. This is a sweeping family saga set in New York's Lower East Side.

a cabin in the San Juans in 1973 and later a home in West Seattle. After AF retirement Mike became Regional Medical Director for United Airlines, then worked as a contract

Four siblings visit a psychic who tells each one the date of his or her death. This has a significant impact on their lives and the book tells their stories as they attempt to control fate.

*Winter is Coming* by Garry Kasparov will be the subject of our discussion on August 23. Kasparov, known as a chess champion, has been an opponent of Putin since he came to power in Russia. He offers an analysis of Russia's political evolution since the Soviet collapse, an indictment of the West's weakness in confronting Putin's increasingly brazen challenges, and an account of Kasparov's own political experience in Russia.

Our September selection is *The Bluest Eye* by Toni Morrison. This novel is the story of a black girl with the seemingly impossible dream of having blue eyes. It is her search for beauty and love in the midst of poverty and misery.

Everyone is welcome to join us.

Tina Moss

## **GERMAN TABLE**

### **“Sprechen Sie Deutsch?”**

*First Thursday of the month; 5:30 pm, Dining Room*  
The German Table is alive and well and meets on Thursday, July 1, for dinner in the Dining Room. For information and reservations call Gisela at x 1631. Come join us!

Gisela Baxter

## **RE-STORE HOURS**

### **Shopping Therapy**

Everyone's favorite browsing shop, the busy Re-Store is open to shoppers a total of thirty-two hours each week. Hours are Monday through Friday, 10 am to 4 pm; Saturday, 10 am to 12 noon; closed on Sunday. Proceeds go to the Mirabella Seattle Foundation.

Ingrid Steppic



# LOCAL SCENES



*Denny Regrade, June 2021, from Melrose Avenue North – photo, J. Curtis*



*The Banana Stand in the plaza at 400 Terry Avenue North – photo, M.J. Taylor*



*Jerome Walker (holding the balloon), Certified Nursing Assistant in the Health Care Center and Mirabella's Employee VIP for the month of June, applauded by residents in the Bistro as he received his resident-funded bonus from the Employee Appreciation Fund (see pp. 8–9) – photo, M. Hahn*



*Alice Arrington talking with Jade Simonson at the Residents' Association Committee Fair in June – photo, L. Held*



*Complimentary—and complementary—fashions for Katie Harrison, Office Coordinator, and Tina Tran, Human Resources Assistant – photo, B. Porter*



# JULY MOVIES IN EMERALD HALL

JULY | 2021

21

## *THE BRITS ARE COMING*

BY CONNIE CHAPLIN



Keira Knightley in “Official Secrets”

REMEMBER those weapons of mass destruction? We were going to get into that last year, but COVID intervened. Now, *Official Secrets* is back on with Keira Knightley playing Katharine Gun, a British intelligence specialist who in 2003 accidentally sees a memo from the US National Security Agency to their British correlative. It’s about a secret, illegal US/UK invasion of Iraq. Whoa! Ms. Gun has a whole lot of trouble trying to un-see this and eventually finds herself in a whole lot of trouble. Ralph Fiennes is her legal counsel in this “morality play for the 21st century.” Following her conscience, this one.

The UK woman in *Wild Rose* is all about following her dream. She’s a twenty-three-year-old with a great voice that she hopes will take her all the way to Nashville. She also has a prison record for drug dealing, two kids, very little income, and not much support. But, (Wild) Rose-Lynn is pretty much outside the box anyway, and she’s willing to work. Played by Irishwoman Jessie Buckley, who displays both the singing and acting chops, this irrepressible girl from Glasgow maneuvers a twisty road to fame. She’s no Cinderella; no one ever promised this one a rose garden.

Back, back, back in the US of A, in California, in 1963 a couple of car guys have their own dream: breaking Ferrari’s long hold on victory in the twenty-four-hour Le Mans auto race. True story. Lee Iacocca suggested this. Car designer and former driver Carroll Shelby (Matt Damon) and ex-Brit driver Ken Miles (Christian Bales) are recruited by the Ford Motor Co. to design a race car that will beat Ferrari’s entrant in the 1966 Le Mans in *Ford v Ferrari*. If you’re a Bales fan, you’ll like him even more here. Damon doesn’t stray too far from his usual chipper, but he’s no pushover.

Set in way-back Britain, we have Emma. That Emma. But not the usual. If you are not a Jane Austen fan (we exist), this may be a tough sell, but here goes. New version (2020), new *Emma* (Anya Taylor-Joy), father Woodhouse (Bill Nighy), Mr. Knightley (Johnny Flynn). This qualifies as a new Emma right about the Bill Nighy



Anya Taylor-Joy in “Emma”

point, helped along by Taylor-Joy’s work on a recent SNL. So, you have a cast with a snarky twenty-first century vibe, a plus for some. But for those who love old-time Emma’s England, you’ll have an absolute candy-box world of frothy pastel bonnets and parasols, sweet little prints, and silky Regency fashions in the colors of a pastry box of macaroons. Ravishing country estates, elegant interiors, parkland, it’s all here. And it’s so very, very pretty.

# AUGUST MOVIES IN EMERALD HALL

## A PEEK AT AUGUST

BY CONNIE CHAPLIN



Mads Mikkelsen in “Another Round”

THE 2020 Best Foreign Film, *Another Round*, starts off Wednesday movie nights in August. Four Danish high school teachers (headed by Mads Mikkelsen) consume alcohol on a daily basis to see how it affects their social and professional lives. Seriously.

We all know that public libraries provide a safe, comfortable haven for readers and researchers and people who just need a safe, comfortable place to spend time. When a killer cold front hits Cincinnati and emergency shelters are full, what is the role of librarians? This is *The Public*, with Emilio Estevez, Alec Baldwin, and Christian Slater.



Taylor Schilling and Jena Malone in “The Public”



Daniel Kaluuya in “Judas and the Black Messiah”

*Judas and the Black Messiah* was a 2021 Oscar winner for Best Supporting Actor and Best Song. It’s the true story of events leading to the assassination of Black Panther Party leader Fred Hampton in Chicago. The FBI infiltrates the Illinois Panther Party. What could go wrong? With Daniel Kaluuya and LaKeith Stanfield.

Back in 1800-ish, a cook for fur traders in Oregon teams up with a Chinese immigrant to make their fortunes. The story involves the arrival of the first cow brought to the Pacific Northwest. And a photogenic Jersey-looking dairy cow is part of the cast of *First Cow*.



John Magaro and Orion Lee in “First Cow”

**BIRTHDAYS § POETRY CORNER § REMEMBERING**

JULY | 2021

23

***HAPPY BIRTHDAY! JULY AND AUGUST 2021***

<b>July</b>		8 – Peter Huenink	20 – Dore Gormezano
1 – Colin Faulkner		9 – Jean Hall	20 – David Wong
1 – Lynne Kase		9 – Linda Morrison	21 – Chun Wah Hui
2 – Charlotte Merritt		10 – Lois Braden	23 – Martha Oman
2 – Dick Parker		10 – Jo Ann Scott	24 – Andrea Lewis
5 – Karen Wong		12 – Mary Jo Taylor	24 – Charlene Marchant
5 – Greg Rueger		14 – Bonnie Weintraub	25 – Stan Wiklund
6 – Alice Arrington		15 – Bud Erickson	26 – Larry Grant
8 – Nancy Heymann		15 – Dick Steppic	28 – Janet Ohta
8 – Ted Taylor		16 – Jan Grant	29 – Jan Swanson
8 – Ruthe Norton			31 – Phil Braden

<b>August</b>		8 – Stafford Miller	21 – Dan Anderson
1 – Georgina Sumner		9 – Henry Butler	22 – Pam Eerkes
3 – Ellen Ward		9 – Susan Callegari	22 – Norita Robbins
4 – Bill Ellis		10 – Al Taylor	23 – Jake Crossley
5 – Maria Fiore		11 – Mort Berman	23 – Tim Hill
6 – Sandy Bialos		12 – Nanette Welton	23 – Dixie Jo Porter
7 – Jo-Anne Shanahan		14 – Anne Morellato	24 – Darlene Halverson
8 – Gisela Baxter		15 – Charles Sleicher	26 – Max Warden
8 – Fred Herb		19 – Bill Barrere	31 – Sandra Gorohoff

**PERENNIAL WISDOM**

BY JARED CURTIS

Azaleas, geraniums,  
 chrysanthemums and tiny fir,  
 heuchera and gentian, one  
 lobelia, brightly blue, a sole  
 survivor tucked beneath a broad-  
 leaved Martha Washington—all stand  
 companionably together on  
 my balcony without complaint  
 of northwest weather’s fecklessness,  
 though it be wind, or rain, or fair,  
 the cold or heat. Protected by  
 an overhang from pelting hail  
 and noonday sun, they just persist:

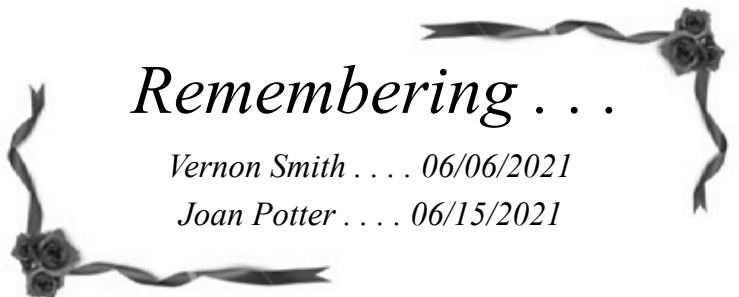
It is their way—their logos, grace.  
 Color comes and goes, as buds  
 appear, develop, flower, then fall.  
 At heart their joy is being green.

©Jared Curtis

*Remembering . . .*

*Vernon Smith . . . 06/06/2021*

*Joan Potter . . . 06/15/2021*







# *The Mirabella Monthly*



VOLUME 13 | ISSUE 7

JULY | 2021

## *Guide to Mirabella Publications*

### ***The Mirabella Monthly***

*Publisher, Editor-in-Chief, and*

*Designer:* Jared Curtis

*Associate Editor:* Mary Rogers

*Lead Editor, July:* Connie Chaplin

*Copy Editors and Writers:* Connie

Chaplin, Sally Hayman, Mary

Jossem, Mary Rogers

*Proofreaders:* Nickie Askov,

Marilyn Campbell, Nancy Finley,

Jean Hall, Betty Heycke, Lynne

Iglitzin, Chris Jamin, Tina Moss,

Betty O'Donnell, Judy Rourke,

Charles Sleicher, Louis Swart

*Production Team:* Led by Laura

Bailey and Diane King, assisted

by Jane Beer, Marilyn Campbell,

Nancy Eliason, Chris Jamin, Paul

Keown, Ron King, Tina Moss,

Janet and Jim Ohta, Judy Rourke,

Louis Swart, 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

([kharrison@retirement.org](mailto:kharrison@retirement.org)) or

Loni Held ([lheld@retirement.org](mailto:lheld@retirement.org))

no later than noon on Friday 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](mailto: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](mailto:jaredcurtis@icloud.com).

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

The Mirabella Monthly  
*Mirabella Seattle*  
[www.mirabellaliving.com/Seattle](http://www.mirabellaliving.com/Seattle)  
[jaredcurtis@icloud.com](mailto:jaredcurtis@icloud.com)