

The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 14 | ISSUE 2

**Dates, venues may change:
check daily MIRANET schedule**

FEBRUARY | 2022

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RACING TO FINISH

BY JARED CURTIS

Denny Triangle and SLU were upzoned in 2013 by the city council and [are] proposed to support at least seven high-rise residential buildings above 400 feet (120 m) in height.

– Wikipedia (article chiefly composed in 2020–2021)

LOOKING west from Mirabella Seattle, one may feel that Onni SLU has been tortoise-like in its progress, with the project dragging on now into the fifth year since ground was broken in 2017. From the beginning of the Denny corridor zoning change in 2013, designs for this multifaceted development have seen several important modifications. In part out of efforts by Mirabella residents to save the Seattle Times Employees Park as a neighborhood amenity, the Seattle City Council required Onni to strike its plan to restrict traffic on John Street to make room for a “street park” and instead secured a commitment from the company to preserve and maintain the old park as a neighborhood favorite as well as an attractive feature of the development itself. This concession came in exchange for additional tower heights on the three main buildings.



Workers in Onni's Fairview Avenue rooftop playground putting finishing touches on Astro Turf – photo, Julie Holland

PAVING PARADISE

Ren, on the other hand, a project that broke ground a year or more later, on the site of a tiny mall anchored by a convenience store, a fast-food restaurant, and a drycleaner, has seemed to those looking south from Mirabella to have sprung forward like the proverbial hare, rising upward to its elegant, twisting height and enclosing its shiny exterior with alacrity. There may be many reasons for the discrepancy in timing between the two, project size being an obvious one; long delays caused by the onset of the COVID-19 pandemic early in 2020 made another.

Both projects, now, however, appear to be racing to finish in time for an opening day sometime early



Paving surrounding the fountain in the park on the northeast corner of Onni SLU – photo, J. Curtis



Ren landscaping on Denny Way – photo, M. Wertz

this year. Each has an elaborate and glamorous website promoting its many inhouse features as well as its proximity to neighborhood and city attractions. Ren has a street-level leasing office in Mirabella’s commercial suite at the corner of Denny Way and Fairview Avenue North. Onni SLU is working quickly to complete its own leasing office within the ground floor commercial space on Boren Avenue North opposite the entrance to the current Seattle Times offices.

Readily visible to Mirabella’s residents, many with cameras in hand, and the subject of this quick look at the immediate and burgeoning neighborhood, is a noticeable increase in worker activity around

REMAKING THE LANDSCAPE

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Ren's roof garden and deck – photo, M. Wertz

the perimeters of each site. In the last six months or so, sidewalks for both complexes have been designed and installed to include curving walkways (on Denny Way) that make room for trees, shrubs, and benches. Workers have created fifth floor roof decks sporting children's play equipment, ringed round by more landscaping (Onni SLU), and a banked and stunning display garden augmenting a leisure-activity-inviting deck (Ren). In the last few weeks in the mini park at Fairview Avenue North and John Street, stone masons have been busy finishing pathways of patterned tiles surrounding the original fountain, and tree experts have threaded their way upward in bucket cranes to mindfully trim outriding and overhanging tree branches, chipping and hauling away the debris for reuse as compost or mulch. Situated on Boren Avenue are the chief vehicle entrance to the Onni SLU complex and a main pedestrian entrance to the twelve-story hotel and furnished rentals building called Level. Here, sidewalks, plantings, and other finishing touches



Onni SLU on Boren Avenue, showing the Leasing Center and entrance to Level – Photo, J. Curtis are still in progress. The inner courtyard of the Onni complex and the “walk-through” passage to Fairview from Boren are presently closed to public view and remain a mystery yet to be disclosed.

Because these two buildings are just a step away from Mirabella Seattle and the Stewart Street project lies only a few more strides distant, I think they all merit attention. They have already changed both light and sound as received at Mirabella, altered views, and quite possibly subtly transformed micro-weather patterns. Still to be explored are issues of increased population density, corresponding rise in traffic and traffic noise, the economic effect of adding a large amount of commercial space to the neighborhood, and the conveniences and irritations that these amenities might bring. How to live with all of this will be interesting to learn.



Onni's northwest corner displaying Seattle Times headlines from the past – photo, J. Curtis

PUBLIC SKATING

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BLADES ON ICE

BY MARY JOSSEM

SWISH, swish, swish, swish . . . is the soft grinding, almost silent, rhythmic sound the steel blades of the experienced ice skater's stroking make on the slick ice. But I heard little of that on my recent visit to check out the Kraken Community IcePlex at Northgate for a public skating session.



Tots and moms and dads enjoying time on the ice – photos courtesy of Kraken IcePlex website

Most of the skaters were wearing rental skates, the first hint the rink was filled primarily with amateurs. Numerous skaters, primarily children, used skating aids that looked like blue, plastic seals. Finally, I needed only to observe for a minute or two before seeing one or more people surprised and humiliated by an ungraceful fall. Some had no difficulty popping right up, and then there were those who couldn't seem to get their feet, or should I say their skates, under them to stand upright again.

Now and again, a real skater whizzed by, weaving in and out of all the hesitant skaters, seemingly unafraid of running into any of them. Then there was the little boy dressed like a professional hockey

player with pads, helmet, and all. He was so short and so fast on his skates he could easily skate between someone's legs without their noticing until he was long gone. When he tired of embarrassing all the slow-skating adults, he went into the center of the rink and practiced running on his skates followed by a full body slide down the ice.

Half-way through the two-hour session, all the skaters were asked to clear the rink so the Zamboni could resurface the ice—as if it weren't slick enough! After their short rest, the skaters again employed their growing skills on the ice. I observed significant improvement in many, particularly in the younger ones. A little girl who had been practicing twirling, almost spinning, in her sequined skirt, was close to mastering the skill by the end of the session. Another child made definite progress in her effort to skate backward without running into anyone. She even learned how to stop while going backward without falling over.

As for me, I hung up my skates years ago and now enjoy skating vicariously by watching my grandchildren slip and slide. With enough practice, I am sure they, if not I, will ultimately be rewarded with the rhythmic swish, swish sound of their skates as they gracefully glide across the ice.



Learn to Skate program at Kraken Northgate rinks

WHO DOES WHAT AT MIRABELLA

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RESIDENT COUNCIL, 2021–2022



Sue Herring,
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Louise Lowry, Member-at-
Large, 2021–2022,
Box 607, x 1684,
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Pat Kushmerick,
Past President, 2021–2022,
Box 402, x 1607,
pakushmerick@gmail.com

COUNCIL & RESIDENTS' ASSOCIATION MEETINGS

Residents' Association Meetings are held on the first Tuesday of the month at 11 am via Zoom. Resident Council meets on the second and fourth Tuesday of the month, 9 am via Zoom. Residents are welcome at all Council meetings. Links to Zoom meetings will be found on MIRANET on the Home Page.

RESIDENTS' ASSOCIATION COMMITTEES & CHAIRS, 2021–2022

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	Linda Berkman	Box 513, x 1861
	Walter Bodle	Box 404, x 1739
Communication	Barbara Porter	Box 902, x 1885
Dining	Mandy Wertz	Box 531, x 1672
Emergency Preparedness	Matt Jamin	Box 1028, x 1635
Employee Appreciation (01–12/2022)	Helen Roberts	Box 505, x 1548
	Louis Swart	Box 805, x 1754
Environment & Facilities	Nickie Askov	Box 1116, x 1858
	Sally Hahn	Box 1120, x 1755
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Mike Hahn	Box 1120, x 1755
	Gill Thompson	Box 431, x 1544
Library	Martha Oman	Box 501, x 1642
	Toni Myers	Box 1022, x 1827
Lifelong Learning	Julia Wan	Box 1110, x 1852
Mirabella Seattle Foundation	Jim Holland	Box 1000, x 1819
Nominating	Pat Kushmerick	Box 402, x 1607
Outside Activities	Judith Peterick	Box 606, x 1683
Program	Judy Guder	Box 1026, x 1831
	Stafford Miller	Box 348, x 1604
Welcome	Diane Holmes	Box 927, x 1810



ART AND TIME

ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

Juliana Heyne – Landscapes and Cityscapes: Time and Change – New Exhibit at Mirabella

For over fifty years Juliana Heyne has been exploring new landscapes and cityscapes in her unique way. She travels, she records in photos and sketches, she reflects, and she paints the place in her own visual language.

In this exhibition with works dating back to 1992, she takes us to several places: Iceland, Rome, California, Mexico, Utah, Oregon, eastern Washington, and Seattle. What all these subjects have in common is



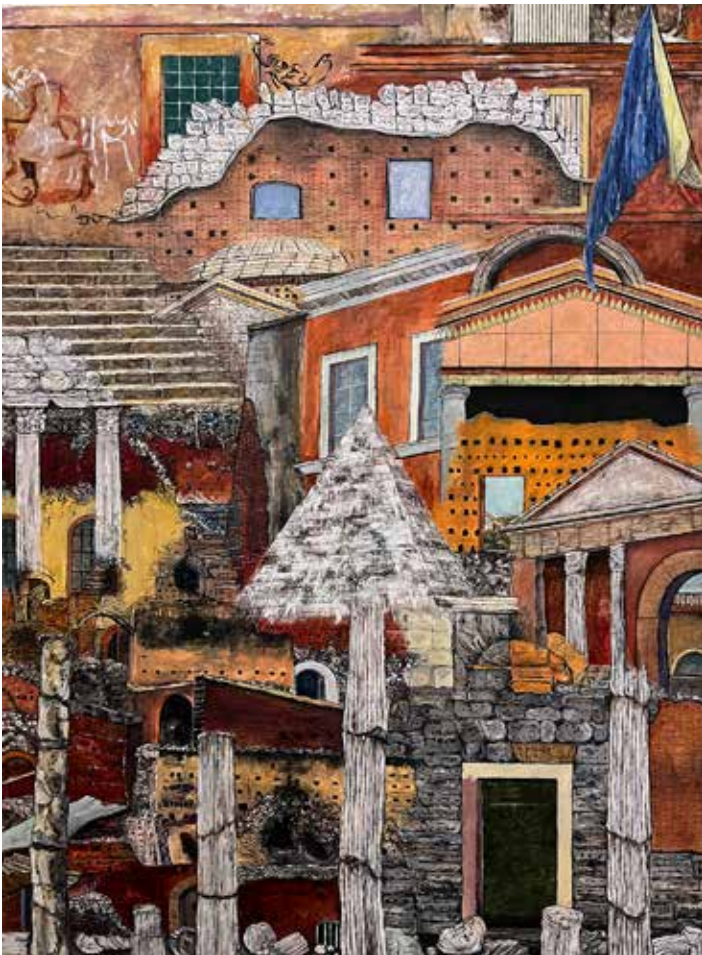
Joanne Mearls of the Art Committee looking at art created by artist Juliana Heyne – photo, S. Hayman

a sense of time and change. For example, *John Day Fossil Beds, Sheep Rock #11*, based on the formations in the National Monument in east-central Oregon, with its thousands of small striations, recalls the oceans that once waved over these old rocks.

In other works, like *Finale*, the layered history of Rome is achieved through collage and paint. Old decaying columns peek out from modern walls layered with yesterday’s graffiti. In her series of *Viaduct* monoprints, the subject is the change taking place in Seattle as the viaduct is torn down to reveal new vistas. In *Chelan Fire Site*, the subject is the destruction and transformation that comes with fire.

There is nothing picturesque about Heyne’s landscapes. The gritty texture is what interests her: the blades of grass, the layers of volcanic tundra in Iceland, the spring green of California hills. She builds up layers with collage, paints over paint, and makes monoprint images to add that third dimension of time.

There is nothing haphazard or uncalculated in Heyne’s work. She is a perfectionist and has not yet completed the final painting for this exhibit. She



“Finale,” Juliana Heyne – photo, J. Curtis

HOUSE MATTERS § WINDOW ON RECYCLING

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may put the finishing touches to *Goblin State Park*, a subject she has used in numerous studies, once it's on the wall in Mirabella.

Heyne has had solo exhibitions with the Francine Seders Gallery since 1978. She is now represented by the i.e. gallery in Edison, Washington, just a short drive from La Conner. Her work is in numerous private and public collections. She is part of the Washington State Arts Commission's Art in Public Places Program. The Mirabella show will be up through mid March 2022.

Sally Hayman

ENVIRONMENT & FACILITIES COMMITTEE

Nickie Askov and Sally Hahn, Cochairs

Monthly Update

The Environment & Facilities Committee met on January 6 on Zoom with about thirty residents in attendance. The next meeting will be on Thursday, February 3, at 2:30, probably also on Zoom. Here are a few of the highlights from the meeting presented by Marcus Cullen. If you have any questions or comments, contact one of the cochairs, Nickie Askov or Sally Hahn.

Promotions: Clint Turner, who has been in Security, is the new Facility Services Manager, having responsibilities over Security and Transportation. Edwin Hernandez is the new Custodian Lead. Please say congratulations to both when you see them.

Annual Community Inspections: Mirabella Seattle passed two required inspections: Seattle City Boiler and Seattle Fire Department High Rise.

House Upkeep: Maintenance and a contractor are repairing heating problems. Space heaters have been provided to the affected units until the repairs are completed. Jason Holtz was applauded for his

hard work in repairing the heating problems. In the garage a new tire pump inflation machine has replaced the previous pump with an upgraded model. Valets can pump up a low tire so that a vehicle may be taken to a repair shop. New chair cushions were placed in the pool area, providing a cosmetic uplift. Lighting has been repaired and enhanced to highlight the new art in the John Street windows.

Energy Use: Data comparing energy consumption for the same months in 2020 and 2021 by floors for IL and AL residents have inspired a plan to sponsor a contest among the floors to determine which floor (residential units only) can reduce energy consumption the most from one two-month billing period to the next. More information about the contest, a joint project of the Environment and Facilities Committee and the Green Subcommittee, will be forthcoming.

Green Thumb Subcommittee Update: Seattle Tree Care completed the Courtyard tree pruning project.

Nickie Askov, Cochair

ENVIRONMENT AND FACILITIES

GREEN SUBCOMMITTEE

Carolyn Roe, Chair

Green Tips

To increase participation in Mirabella Seattle's recycling program, *The Mirabella Monthly* is providing a monthly recycling tip. February tip: Those window envelopes we all get in the mail?



Typical windowed envelopes –
photo, M. Rogers

CLINICS FOR ALL

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We've been told different things, but Carolyn Roe got the skinny on the issue. She received this answer in December when she asked Evelyn at Seattle Public Utilities:

In Seattle, envelopes, even those with windows, can be placed in the recycling. While it would help reduce contamination, removing windows is not necessary since the plastic will eventually be removed when the paper is pulped during the recycling process. For more information, check out the entry on envelopes in *Where Does It Go? Tool*.

Where Does It Go? Tool: <http://www.seattle.gov/utilities/your-services/collection-and-disposal/where-does-it-go#/a-z>

To Ask Evelyn: <https://atyoursevice.seattle.gov/tag/ask-evelyn/>

Enter or copy and paste the above links into your browser. To see more Mirabella green tips, go to MIRANET > Groups > Environment and Facilities > Documents and Files > Green Tips.

Mary Rogers

HEALTH CLINICS

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

Health 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.

Audiologist: Seattle Hearing Services
Tuesday, February 8; 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@seattlehearingservices.com.

Foot Care Clinic

Mondays, February 21 and 28; Tuesdays, February 22 and March 1; 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. 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

Wednesday, February 16; 8 am–3 pm, Suite 134
Dr. Mak Abulhosn, 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.

Access Medical

Service is cancelled for the foreseeable future.

Vision Clinic

There will be no vision services at Mirabella until a new provider can be found to fill this gap.

Massage Appointments

Wednesday and Thursday; 8 am–5 pm; Saturday and Sunday; 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.

THE SKINNY ON SKIN § LIFELONG LEARNING

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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.

HEALTH & WELLNESS COMMITTEE

Gill Thompson and Mike Hahn, Cochairs

Skin Tear Wounds and Moisture Associated Dermatitis with Holly Vance DNP, ARNP, RN, CWON

Tuesday, February 22; 3:30–4:30 pm, via Zoom
(please check for changes)

Holly Vance, a wound care specialist at Harborview Medical Center, will discuss normal aging changes of skin, seniors' predisposition to a distinct injury



Holly Vance

called skin tears, and moisture associated dermatitis related to incontinence.

Skin tears are acute, traumatic partial or full thickness skin separation wounds. They are caused by friction or shear forces generated by seemingly minor bumps or scrapes to the

skin. Healing is slow. Proper wound dressing and treatment are required.

Ms. Vance is an advanced nurse practitioner with board certification in wound, ostomy, and continence care. She is a member of the Harborview Medical Center Wound and Limb Preservation Team. Colleagues recommend her as an “engaging speaker and expert in wound care.” Coordinator: Mike Hahn.

LIFELONG LEARNING COMMITTEE

Julia Wan, Chair

LLC Zoom/Live events: Live presentations in Emerald Hall and gatherings elsewhere in the building have been canceled for the foreseeable future. Lifelong Learning Committee's events are back to Zoom until further notice. To join Zoom events on the date and time of the event, go to MIRANET's “Upcoming Events.” Click on the title of the event to bring up the Zoom link. Click on the Zoom link to join.

Writers' Workshop with Dana Wenig

Tuesdays, February 1 and 15; 3–4:30 pm, via Zoom
Writing classes by Dana Wenig will be on Zoom as originally scheduled. The instructor will communicate with participants by email on assignments. The Zoom link for the class will be on MIRANET. Coordinator: Louise Lowry, x 1684.

Supportive Friends Move Back to Zoom

Tuesday, February 1; 3:30 pm, via Zoom
Mirabella's Supportive Friends group for bereaved Mirabella residents will meet by Zoom instead of at the traditional 5:30 pm dinner. The Zoom group has tended to have only about eight to ten in attendance compared to twenty to twenty-two in the dining room. Zoom attendees have found conversation in this smaller group to be more intimate. To join the group, click on the Residents Cafe link on the Home page of MIRANET under Upcoming Events. Coordinator: Carolyn Blount, x 1644.

Bruce Balick's Astronomy Lecture, Part Two

Friday, February 4; 10:30–11:45 am, via Zoom

The Birth and Death of the Sun

The sun is now a very healthy middle-aged star with a small flock of planets formed five billion years ago from solar-formation leftovers. Professor Balick will discuss how and why stars like earth's sun form and develop their families of planets. He will

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Bruce Balick

also discuss the future of the earth as the sun consumes its last fuel six billion years from now while the inner planets, including the earth, find themselves in fiery, hell-like orbits deep inside this slowly but relentlessly dying star.

Coordinator: Chris Simonson, x 1688.

Bridging Across Cultures: Building Community at Mirabella

Friday, February 4; 2–3:15 pm, via Zoom

This is the third session led by facilitator Tilman C. Smith, Human Development Consultant, of an ongoing discussion group discovering through guided conversation the variety of cultural practices among the group. Individuals may share personal stories about times when they felt different from others or stories of other relevant personal experiences. The group will make use of *In Courageous Conversations about Race* (3rd Edition, August 2021), a framework for sustained and deepened dialogue created by Glenn Singleton, President and Founder of Pacific Educational Group. Coordinator: Barbara Daniels, x 1840.

Resident Revelations: Barbara Daniels on Career Paths of Women of Color in Early Childhood Education

Tuesday, February 8; 3:30–4:30 pm, via Zoom

Barbara Daniels, EdD, began her career in childhood education out of necessity but developed true passion with a mission inspired by the messages of the civil rights movement in the 1960s. In this talk, she will explain how her long-term educational experiences led to career opportunities. Barbara returned to college in 1969, having previously completed two years, when her youngest

of three children was four years old. The 1960s were motivating for her, when the phrase, “Black is Beautiful,” came to symbolize Black culture and identity and a meaningful view of African American history. This led her to re-enroll at the University of Washington, majoring in K-12 Teacher Education and Early Childhood Education.

In the 1990s, she completed an EdD at Seattle University. Her dissertation focused on the career paths of a group of women of color in the field, fourteen women at Pacific Oaks College Northwest (PONW) in the Human Development MA program. All were employed in helping professions like social work, teaching, supervision of government programs, and other related fields. Barbara will describe her own motivation, that of the adult students, and the progress of their higher education at PONW. Coordinator: Carolyn Blount, x 1644.

Contemporary Art Museums of Brazil and South Korea with Rebecca Albani

Mondays, February 14 and 21; 10:45 am–12 pm, via Zoom

This month’s museum course will be a little different. With the aim of learning to look at contemporary art, Rebecca Albani will focus on two museums where only reliance on eyes and minds will make sense of what is on view. On February 14, the focus will be on Museu de Arte Contemporânea de la Universidad de São Paulo, where works by familiar artists like Picasso and those by less familiar Brazilian artists are shown.



Barbara Daniels
– photo, C. Blount

OLLI-UW VIRTUAL LECTURES

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The following week, February 21, Albiani will tour the Museum of Modern and Contemporary Art of South Korea. Although this museum has an international collection, focus will fall on Korean artists. Some have close ties to traditional modes of Korean ink painting; others are influenced by western movements like Pop Art or Minimalism. What associations might these modern artworks create and can they be appreciated without the usual scaffolding? Coordinator: Sylvia Fisher, x 1859.

OLLI-UW VIRTUAL LECTURES IN FEBRUARY. PRE-REGISTRATION REQUIRED.

The Emerging Clean Energy Economy: Professor Daniel T. Schwartz

Wednesday, February 9; 12–1 pm, via Zoom

Pre-registration link: <https://washington.zoom.us/meeting/register/tJEpf-2qrj0vE9GAE2vW3v-RstoXHSw9dT8t>



Daniel T. Schwartz

Storing, distributing, and efficiently using energy is the superpower that lets a single person feed a hundred others, enables anyone to fly, and connects the world through information and communication technologies. Dr. Daniel T. Schwartz will describe the challenges

associated with transitioning to a clean energy economy

through the use of next-generation solar energy and more powerful batteries. He will discuss ideas for systems integration that scholars at the University of Washington and their partners are advancing toward establishing a clean energy economy.

Schwartz is Professor of Chemical Engineering and Director of the Clean Energy Institute at the University of Washington. An electrochemical

engineer by training, Schwartz's research is focused on energy storage and conversion devices such as batteries and fuel cells.

Misinformation In and About Science: Jevin West

Wednesday, February 16; 12–1 pm, via Zoom

Pre-registration link: [https://](https://washington.zoom.us/meeting/register/tJYqdOqvqj4rHd1uEtMEBQzoi7z0NxzFpbvU)

washington.zoom.us/meeting/register/tJYqdOqvqj4rHd1uEtMEBQzoi7z0NxzFpbvU

Science is the greatest of human inventions. It has solved and continues to solve many of society's most pressing questions in human health and economic viability. But one of science's new challenges is the well-being of science itself. Many crises and conflicts within science test the validity of science and its modes of communication. These maladies are further exacerbated with intentional disinformation campaigns and by the speed in which misinformation travels on social media. This talk will address these issues with a focus on how future generations of scientific leaders can be trained to mitigate the spread of misinformation in and about science.

Jevin West is an associate professor at the UW Information School and a cofounder of the DataLab for research on Data Science and Analytics. West develops data mining techniques for studying the Science of Science. Currently, his research focuses on misinformation specifically in and about science.

Washington State History in Ten Songs: Amanda Wilde

Friday, February 25; 12–1 pm

Pre-registration link: <https://washington.zoom.us/meeting/register/tJUqf-iorj4jHNC0xJbdoE12R-iDbT9LoUbv>

For this presentation, Amanda Wilde has created a chronological list of the top ten musical touchstones for Washington state, representing music styles that

OUTSIDE ACTIVITIES

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incubated in Washington and ultimately resounded worldwide.

Amanda Wilde is a longtime Seattle radio host and producer. She was a key figure at cutting-edge public station KEXP and at KUOW public radio where she curated the legacy music program *The Swing Years and Beyond*.

OUTSIDE ACTIVITIES

Judith Peterick, Chair

Loni Held, Resident Services Director

Marcus Cullen, Facilities Services Director

Please check listings below before making a bus transportation request at x 1419 or on the MIRANET Transportation tab. The tab also has a listing of seats available for each trip that is refreshed at least twice a week.

Most of the venues listed require visitors to wear a mask and show both a COVID vaccination certificate and a current ID. Be sure to have these items before getting on the bus.

GROCERY TRIPS

Ballard Market, Fridays, February 11 and 25;
10:30 am

Costco, Wednesdays, February 2 and 16; 9:45 am

Fred Meyer, Mondays, February 14 and 28; 10:30 am

Metro Market, Fridays, February 4 and 18; 10:30 am

Safeway, Fridays, February 4 and 18; 1:30 pm

Trader Joe's/PCC, Wednesdays, February 2 and 16; 1:30 pm

University Village, Mondays, February 7 and 21;
10:30 am

Uwajimaya, Mondays, February 7 and 21; 1:30 pm

WALKS

Saturdays, 9:30 am

February 5 Golden Gardens

February 12 Discovery Park

February 19 Des Moines Creek Trail

February 26 Green Lake

Coordinator: Charlotte Bushue (x 1723).

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.

CULTURAL EVENTS

Cascadia Art Museum

Thursday, February 10; 10:30 am

Emerald City Music

Friday, February 25; 7:15–9:45 pm

Fifth Avenue Theatre

Thursday, February 3; 12:45 pm

Museum of Flight

Wednesday, February 23; 9:45 am

Pacific Northwest Ballet

Saturday, February 5; 1:15 pm

Seattle Opera, *Blue*

Sunday, February 27; 1:15 pm

Seattle Symphony Series 7A

Thursday, February 3; 6:45 pm

Seattle Symphony Series 7C

Thursday, February 10; 6:45 pm

Seattle Symphony Series 8G

Sunday, February 13; 1:15 pm

Seattle Symphony Pops

Sunday, February 20; 1:15 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Cascadia Art Museum, Edmonds

Thursday, February 10; 10:30 am

An exhibit features the art of Kenjiro Nomura, American modernist. Born in Japan, he came to the USA as a child of ten with his parents. In his early work he painted scenes of Seattle and the rural Northwest while working for the WPA. He continued painting after he was interned in

TRIPS TO ENJOY § PROGRAMS

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Minidoka camp during World War II. On his return to the coast, he adopted a more modernist style.

Art Walk, Georgetown Galleries

Saturday, February 12; 12:45 pm

Monthly Art Walk cosponsored with Art Committee. For information, contact Rene Bravmann (x 1625).

Snoqualmie Casino

Tuesday, February 22; 10:30 leaving Mirabella, 1:30 leaving casino

Think you know who's going to win the PAC 12 or NBA championships? Or the NCAA tournaments? What about the Kentucky Derby or the Triple Crown? Or whether the Mariners will win the World Series? If you're convinced you know or just want to take a flyer, you can bet on sports outcomes at this casino. Sports betting has arrived with many events to bet on. Or, if a couple of hours gambling is your thing, join us as the Mirabella small bus heads to the Snoqualmie Casino. Let's go and have some fun. Coordinator: Ken Hopkins.

Museum of Flight

Wednesday, February 23; leaving Mirabella at 9:45 am



Charles Fitzgerald

Mirabella resident Charles Fitzgerald will serve as docent for this visit to the Museum of Flight. He is a pilot and sailor and will provide interesting insights into the museum's offerings. These include the original Boeing red barn, where early planes were built, and several planes on the surrounding grounds—a presidential Air Force

One and a Concorde supersonic jet that visitors may enter but have stairs to climb. Entrance is free for museum members, \$21 for nonmembers who are seniors. Discounts are available to AAA members, active military, veterans, and Boeing employees.

PROGRAM COMMITTEE

Judy Guder and Stafford Miller, Cochairs

Waves4Power: Hans Fredrikson

Thursday, February 10; 3:30–4:30, Emerald Hall or Zoom if needed

Hans Fredrikson will discuss a new technology in which electricity can be generated by ocean waves. Fredrickson, cofounder and Senior Advisor to Waves4Power, has spent his career in the aerospace business, Saab Aerospace in Sweden, and Boeing here in Seattle. He now is working to develop solutions for producing green energy from ocean waves. The challenges are to minimize harmful CO₂ emissions and to do it in an efficient, cost-effective way. Coordinator: Judy Guder.



Buoy used to generate electricity from waves

HARMONIA Orchestra and Chorus

Thursday, February 17; 3:30 pm, venue TBD

William White, Music Director of HARMONIA Orchestra and Chorus, will return to Mirabella Seattle with a program yet to be determined. At the time of this writing, Emerald Hall is closed to live performances. If, by February 17, Emerald Hall will once again be open, details of the program will be announced. Coordinator: Stafford Miller.

Ladies Musical Club Concert: *Let's Raise a Glass*

Saturday, February 19; 2 pm, Emerald Hall or Zoom if needed

Mezzo Soprano Katie Stevenson has chosen songs and arias ranging from classical to folk that extol the delights of having a drink. Katie's beautiful

WELCOME, MICHAEL

warm voice has delighted audiences in many parts of the world. Her superb collaborative pianist, Joan Lundquist, needs no introduction.

In the second part of the concert Karin McCulloch will perform pieces for solo piano entitled *With Love From...* The set will feature pieces from eight different countries, including works by Schumann, Debussy, and Duke Ellington.

I can promise an afternoon of pure delight.
Coordinator: Carolyn Burton.

Humanitarian Crisis in Yemen and its Impact on Population Health

Thursday, February 24; 3:30 pm, Emerald Hall or Zoom if needed

Learn about the world's largest humanitarian crisis, in Yemen, from a native expert, Dr. Aisha Jumaan, who visited Yemen five months ago. Since March 2015, the Saudi-led coalition, with U.S. support, has waged a brutal war in Yemen against the Houthis, who control the country. The Houthis themselves are blocking relief efforts and are actively fighting the Saudis. The losers are the Yemeni people. The UN reports that millions of Yemenis are on the brink of famine. Over sixteen million people are food insecure and two-and-a-half million are under five years of age. Disease outbreaks are rampant.

Dr. Jumaan, who will discuss the war's impact on the population's health, has over thirty years of



Dr. Aisha Jumaan

experience in public health, working for over ten years with the U.S. Centers for Disease Control and Prevention, and in her native Yemen with the UNFPA and UNDP, while helping to develop health-related programs for the Peace

Corps. Dr. Jumaan has taught at Sana'a University in Yemen and Emory University School of Public Health in Atlanta, Georgia. She is Founder and President of the Yemen Relief and Reconstruction Foundation and is currently managing health projects in Yemen. Coordinator: Leslie Klein.

WELCOME COMMITTEE

Diane Holmes, Chair

Michael Brunberg

New resident Michael Brunberg is a whirlwind of experiences, ideas, and art. Michael left his native Oakland after a year of college to join the Coast Guard, serving in New York, Seattle, and Astoria. After his service, he returned to college with the GI Bill, earning degrees in geography and art. Next, he went into business, but the 1980s economic crisis prompted a change toward a thirty-five-year career in the art world. Art had always beckoned. Now he could explore his talents: first, in photography and then as an electronic art business manager in Seattle. Later, in Carmel, he managed a gallery.

Back in Seattle, he became a consultant to artists, guiding them toward their proper audiences. His philosophy: art brings happiness.

Art, he claims, helped him find his soul. "Art," he says, "is speaking the truth." Now Michael is in Apartment

706, looking forward to getting rid of the boxes and getting back to his art. Currently, it's collage.



Michael Brunberg

Barbara Porter

BOOKS



OPERA

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BOOK CLUB

Fourth Monday of the month; 4 pm in Conference Room A or Zoom if needed



The book club will meet on February 28 to discuss *The Warner Boys* by Dave Boling, who spoke here about the books he has written. He tells the story of the serious challenges Seahawks star Curt Warner and his wife faced in raising their autistic twin sons.

The book scheduled for the gathering on March 28 is Louise Erdrich's Pulitzer Prize winning novel, *The Night Watchman*. Drawing on family letters, the author recreates a period when an attempt was made to terminate the treaty rights of Native American tribes.

Everyone is welcome.

Tina Moss

OPERA CLUB NEWS

***Adriana Lecouvreur* by Francesco Cilea**

Monday, February 14; 3:30 pm, resuming at 7:30 pm, Emerald Hall

Rescheduled from January's canceled Opera Monday, this opera is based on the life of the famous French actress, Adriana Lecouvreur (1692–1730). The story is largely fictional, although some of the characters are historical figures. This mystery involves Adriana, the Princess Bouillon, and Maurizio, the Count of Saxony, in a love triangle, in deception, and possibly in murder. Voltaire was known to be an admirer of Adriana and mourned the passing of the brilliant young actress, who was only thirty-seven years old.

Adriana Lecouvreur is Francesco Cilea's only successful opera. He was unlucky to have been a contemporary of Puccini, whose operas were hugely popular. However, Adriana's beautiful aria in the first act has attracted sopranos with large



Maurizio and Adriana

voices—most notably Maria Callas, Kiri Te Kanawa, and Renée Fleming—who performed it in concert or recordings. Although the opera is not widely performed, Russian soprano Anna Netrebko starred in a Metropolitan Opera production in 2019, and this performance was played in the nightly free streaming series during the pandemic.

In this 2010 recording, Romanian soprano Angela Gheorghiu sings Adriana; her rival, Princess de Bouillon, is sung by Russian mezzo soprano Olga Borodina. German tenor Jonas Kaufmann, as Maurizio, is caught in their web of intrigue.

The Orchestra of the Royal Opera House and the Royal Opera Chorus are conducted by Mark Elder in this David McVicar production.

Donna McCampbell and Nancy Lucht

A MUSICAL LIFE

TEACHER OR NURSE?

BY BARBARA PORTER

ALL juniors in the academic track in my high school were called to the office of the guidance counselor. When I arrived, I was asked, “Do you plan to be a teacher or a nurse?” I was sixteen years old and could not imagine being a nurse. Nor could I imagine having only two choices for how to spend the rest of my life. I’m sure we engaged in some small talk before the brief interview ended. I did, however, continue to think privately about what would come next.

If I had followed my skill set, I would have studied math in college. Sadly, my math teacher kept saying, “You boys will need this next year,” which was not encouraging. So, for no reason that I can explain, I decided to be a music teacher. In truth, I expected I would marry and raise a family.

After graduation from college, I had several teaching experiences, the first in a junior high school. When I moved to Seattle, I got a job teaching in seven elementary schools. Each situation was unrewarding since I saw the children from that school only once a week at most. It was not teaching. I proved that I could manage a classroom, and I did things that didn’t waste the students’ time. Still, this was not teaching.

Soon, however, I had earned a voice in the system that enabled me to advocate for both music and physical education for all children, K-6. That’s a story all its own. One day I was called to the Superintendent’s office and told that I had to hire ten new music teachers

to cover the needs I had described. I had won. I had two months to hire, train, and reschedule the entire music staff.

By then I had also come to some understanding of what I needed to do to teach music. Happily, my assignment by then was reduced to two schools. I began to develop a curriculum that allowed me to teach all my students to sing



in tune, to read music, and to be able to take dictation. It was a thrilling experience to watch them become independent. Often when a child first sang in tune, that child stood, arms extended, beaming, while the entire class applauded. When a child moved in from another school, one of the students mentored the newcomer until that child got up to speed. I seldom missed a class, but if I did, I had children assigned to take over the classroom while the substitute watched. The frustration of my previous years melted away. Quite frankly, I loved every minute of every day.

When I moved to Mirabella, I thought it would be fun to volunteer in one of the nearby preschools. I just got too busy too quickly, and it never happened. But now, here I am, at the other end of the student spectrum. When it became clear that some residents were willing to try new arts experiences, I offered to teach a ukulele class. I’ll admit that I hadn’t thought it through clearly and that I have a lot to learn, but one thing remains true. Learning is exciting, and this class is just that—exciting. These senior musicians bring so much energy to their learning that it’s hard to keep up with them. So saddened were they by missing the opportunity to play for the singalong that they surprised me by coming to my door at 3:30 on December 27 to serenade my end of the floor. What joy they bring to me and to themselves! They are genuine, generous, and committed to learning. There may also be other benefits: gerontological research



WHAT HOME MEANS

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Elves with Ukes – photo, B. Porter

references the value of fine motor activity for maintaining cognitive function in seniors. Of course, these ukulele strummers have always been individuals who like to explore new possibilities. That, too, contributes to their success.

The group has been slowed down again by COVID. But we will return, and we will again have music to share with all of you. Several new learners are going to join us. All are welcome. It looks like we're in this for the long haul.

I think I'll be a teacher.

ARTS NOTEBOOK

BY JARED CURTIS

MadArt Studio

325 Westlake Ave N, #101

206-623-1180 info@madartseattle.com

P.L.U.A (Proposed Land Use Action) by Jite Agbro

Open Studio: February 1–March 11; Tuesday–Friday, 12–5 pm

Exhibition Opening: March 13 (details TBA)

Exhibition Period: March 15–April 30; Tuesday–Saturday, 12–5 pm

The next studio exhibit will be *P.L.U.A (Proposed Land Use Action)* by Nigerian American print

artist Jite Agbro, who will “consider our changing and nuanced social, psychological, and physical relationships to the built urban environment.” Using “an amalgam of cut graphic fabric designs textured with the artist’s hand-printed-and-sewn ornamentation,” Agbro will construct a partly transparent graphic representation of the public housing complex where she grew up with her family in Seattle’s Central District. This complex is now slated for demolition and replacement with new mixed-use retail and low-income residential housing.



Jite Agbro in her own studio preparing for her installation at MadArt Studio in February

The artist’s personal connection to the existing complex, currently still occupied by tenants, and its pending fate have inspired her to undertake this study of the intersection of architectural structures and human habitation and activity. Along with the graphic structural details on sheets of fabric that are to be hung in layers from the ceiling beams, she will install a large panel in the back of the studio depicting human figures going about their daily lives. Her work, the artist explains, is a reflection on “one’s emotional connection to place and how memory tethers itself to the physical world.”

SHINE A LIGHT ON ART



Nikita Ares, “The Joy of Being” – photo, J. Curtis

While **MadArt Studio** itself is in use by Jite Agbro creating *P.L.U.A.* for the next interior show, the street-side windows display three exuberantly colorful banners by Seattle artist Nikita Ares. Ares calls her triptych “The Joy of Being” and describes it thus:

“The striking features with vibrant colors mimic the vibrancy of the sun and remind all of us that these colors will always be there to bring us back. As the world reopens, inspiration also arises from the joy of us coming together once again.”

Don’t miss these vibrant murals by Nikita Ares before they come down on February 11. You can also visit her website at www.nikitaares.com for more views of her wildly ebullient work.

Storefronts Seattle

Throughout SLU, Downtown Seattle, and in Bellevue, storefronts and display windows not otherwise in use have for several years been sites for displaying local artists’ work. The current works on display in SLU in many of the Amazon building windows, well worth looking at, will be replaced soon with a new set by different artists. Watch for it at <https://shunpike.org/storefronts/>.

Light in Dark Times

Downtown Seattle Association (DSA) joins the well-established Shunpike’s Storefronts Seattle program in organizing and sponsoring the use of idle storefront windows for showing art creations by local artists. A news release from DSA reports that “twenty local artists are transforming empty window displays and public spaces throughout downtown Seattle into multimedia galleries through a partnership between the Downtown Seattle Association and Lusio Light with downtown property owners.”

On the theme, “Shine On Seattle,” the series of displays features light as a major element in each work. An earlier “Shine a Light” storefront art project preceded the current one, which now includes public spaces like Occidental Square and Pioneer Square as well as storefront windows. Artists were given leave to interpret the theme as they saw fit. The aim of the program, from the news release, is “to enrich the public realm while elevating Seattle’s creative talent.”



*Alexis Neumann, “Neurowillowtree”
– LED light piece on display at 4 Culture,
101 Prefontaine Place South*

There are no installations in the SLU, Cascade, or Denny Triangle neighborhoods, but those currently on display under “Shine On Seattle” program are as near as 500 Pike Street in storefronts and in

FINDING WISDOM

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other locations throughout downtown's Retail Core, Belltown, and Pioneer Square neighborhoods. See a map of these locations at:

https://www.google.com/maps/d/viewer?mid=1sS4vlKU_DmVjeIjyuoqZwsS4jUNX2m7h&hl=en&ll=47.60695859795914%2C-122.33846115&z=16

I note with pride that Mirabella Seattle's own backlit window display of city scenes on Fairview Avenue and John Street, created by artist Jeff Eidsvik with the technical help of Super Graphics, is "shining its own light" on public spaces. It is entirely the project of the Mirabella Art Committee and was funded by the Mirabella Seattle Foundation.

SOME THOUGHTS ON AGING

BY LYNNE IGLITZIN

LAST year was a big birthday year. So hard to believe. And everyone we know makes such a big fuss. "How strong and young you look . . . I cannot believe your age." My daughter keeps teasing me because I take no medications on a regular basis: the occasional Tylenol, and various mixes for better digestion, but no regular meds. I've had a bout with what is called "age-related arthritis," leading to "flare ups" in legs; but regular swimming and exercise have alleviated that. At least for now. Life is good, if quiet, at Mirabella. Virus and staffing concerns have reduced interactions again, and we are limited mostly to seeing a few friends or family in our own apartment. We order in our meals and do



very occasional cooking. We walk in the South Lake Union neighborhood, weather permitting. For the time being, no gatherings, no in-person meetings, no dining room meals.

So why do I feel down? Perhaps not my usual upbeat self? At the suggestion of my good friend, Betty, I have been reading a novel—*Mrs. Palfrey at The Claremont* by Elizabeth Taylor—a novelist unknown to me but well known in Britain. This novel, with its charming, archaic style, dates from 1971.

Betty recommended it highly as she lent it to me. Yet, at first blush, I was startled. Mrs. Palfrey (almost always referred to that way—I can't even recall her first name) is checking into the Claremont Hotel in London. A "haven for the genteel and the decayed." Other elderly widows, one widower—all with time on their hands—bored, sad, lonely. Institutional living. Waiting for the next meal. Eagerly reading menus. Each one with her/his own table and little interaction, a little lonely glass of sherry to perk things up.

Oh no! This sounds a bit too close to home. Granted, Mirabella is far more upscale than the Claremont. But when the dining room was open, I could see many tables with "a few other elderly ladies looking, to Mrs. Palfrey, as if they had been sitting there for years, waiting patiently for the celery soup, hands folded in laps, eyes dreamy. . . ." Was this going to be my future at Mirabella?

As I read these early pages, I was horrified. Why am I reading such a gloomy story, a story with all too many parallels to my new life in Mirabella. My granddaughter Anna, in town, had come for tea with her mother. I showed her the book and shared my thoughts. She, too, reacted immediately: "No, you should not be reading anything so depressing . . . this is not for you . . . you are much too youthful in spirit and Mirabella, this lovely apartment, sounds nothing

READ ON

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like the Claremont.” And so, I was influenced by her. And determined to put the book far away.

But to my surprise, it began to call to me insidiously, and I decided to read on, only to realize that there were indeed parallels that I might find useful to address. One of the first to catch my eye was about walking. Mrs. Palfrey, like me, feels the need to go on little (or sometimes longer) walks to keep her body going and her spirit alive.

Mrs. Palfrey goes for a walk. She is determined “to be independent; never give way to melancholy.”

Later, as she takes walks in the neighborhood, she reflects on how life was different when her husband took her arm at curbs and helped her with her balance. Often, she notices how consciously she walks, always aware of what she is doing; in the past, she thinks, “walking had been like breathing, something unheeded.” And as I read this, I realized that I too had become intensely aware of my walking—especially when the sidewalks were even a little bit slippery from rain. (In icy weather, I never ever ventured out. I’m sure Mrs. Palfrey would have approved.) But my walking had become careful not carefree—sometimes more like plodding or trudging, especially uphill.

But truly, even Mrs. Palfrey would agree, what was wrong with that? I was getting out and about. Even better, I was working out in the Mirabella gym, and doing back strokes and my own water aerobics in the warm Mirabella pool. (I had already forgiven myself for passing up the “regular” pool in favor of the warmer “therapy” pool.)

To my surprise, I am finding the story of Mrs. Palfrey more affecting and more a reflection of at least some aspects of my life, as I come increasingly to terms with my aging. I miss the variety of young people and babies in our Madrona neighborhood. But that same neighborhood had become constricting for us—especially in rainy, snowy,

or icy weather, when even the slightest hill was a menace. In some strange way, I feel a greater sense of independence now than before. And hopefully, as life continues, that feeling will persist in some way. There are activities here; there are people with interesting backgrounds and lives they have lived and continue—albeit somewhat diminished—to live. So indeed, I will finish reading *Mrs. Palfrey at the Claremont*. When I do, I plan to revisit my “thoughts on aging” to see where I stand—or sit—as the case may be.



Bookstore sign photographed by L. Berkman

BIRTHDAYS § POETRY CORNER § REMEMBERING

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HAPPY BIRTHDAY! FEBRUARY 2022

4 – Bonnie Tibbles	14 – Dee Dickinson	24 – Carol Purvis
4 – Bess Porterfield	15 – Phyllis Golden	25 – Makiko Doi
4 – Mary Kirkendall	16 – Judy Waring	26 – Gail Temple
5 – Tom McArthur	21 – Don Ries	27 – Marcy Golde
7 – Warren Askov	21 – Judy Guder	27 – Jim Ohta
8 – Jane Blackwell	22 – Miriam Charney	28 – Taylor Putney
9 – Darlene McTaggart	22 – Sandy Luttinen	28 – Mimi Gormezano
10 – Jean Sayre	24 – Al Novack	28 – Leigh Nowell
11 – Barry Weintraub		29 – Helen Brumbach

DURING THE ZOOM MEETING TODAY

BY JARED CURTIS

Floor-layers tapped
and pounded above me,
preparing for move-ins,
tree surgeons lopped
and dropped
overhanging limbs
from deciduous
and evergreen trees
in the park below me.

Do tree surgeons pledge
to “do no harm”?
Shouldn’t they ask
the trees for consent
before the cut is made?
When growth time comes,
will the trees respond
with cones and buds
and rejoice in greenness?

May these trees recover
to be enjoyed, to be seen,
to invite us under their canopy,
and to live on ever green.

THE TREES

BY PHILLIP LARKIN (1922–1985)

The trees are coming into leaf
Like something almost being said,
The recent buds relax and spread,
Their greenness is a kind of grief.

Is it that they are born again
And we grow old? No, they die too.
Their yearly trick of looking new
Is written down in rings of grain.

Yet still the unresting castles thresh
In fullgrown thickness every May.
Last year is dead, they seem to say,
Begin afresh, afresh, afresh.

Remembering . . .

Norm Winn 12/31/2021

Jean Freeburg 01/17/2022

HELPFUL ONES ON THE DOORSTEP

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BONNIE ACKLES, RN

BY JARED CURTIS

FUNNY, affable, and dedicated, Bonnie Ackles, a certified foot care nurse specialist, has been caring for the feet of Mirabella residents for more than five years. She began treating clients in



Bonnie Ackles, RN, CFCS

the second-floor clinic room in the Health Center. She also ventured out with portable equipment to serve those in Nursing and Memory Care, generously working

pro bono for those under Hospice Care. She adapted quickly to the onset of the pandemic in early 2020, arranging with Resident Services to make use of a first-floor guest room refitted as a clinic space to see Independent Living clients who could no longer visit the second floor because of COVID restrictions. She also invested in the equipment necessary to ventilate and cleanse the air of the clinic room and capture the human detritus that her service naturally generates.

Her tell-it-as-it-is, open, and friendly manner and her easy way with people belie the energy and enthusiasm she puts into her professional life. A resident of Edmonds, Washington, she runs a foot

care clinic in the new Edmonds Waterfront Center, where she not only treats clients from that area and the surrounding county but also trains other nurses to perform foot care to the same high standard that she practices herself. Apart from running her own business—"The Visiting Care Nurse"—she works as nurse assistant to Dr. Julia Overstreet, DPM, a retired wound care physician and podiatric surgeon, who has established an education center to train nurses to practice as certified foot care nurses. The center attracts applicants from all over the world who, as the world's population ages and the need for professional foot care for the ill and elderly grows, are keen to acquire the skills offered.

Now in her eightieth year, Bonnie Ackles is a force of nature, who, when asked about her retirement, says cheerfully, "I'm doing what I love to do. Why stop?"

MAKING IT SAFE



Richard Panella, Marcus Cullen, and Clint Turner clearing ice and snow from the sidewalk in front of Mirabella Seattle – photo, Julie Holland

MOVIE CLUB MUSINGS

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ANTIDOTES FOR COVID

BY CONNIE CHAPLIN

HERE we are back at The Movie Page, on the corner of Whatweplanned and Whatwehave. Which road we go down remains to be seen. The Movie Club planned eight movies for Emerald Hall, as usual. *The Mirabella Monthly*, as usual, will publish the facts (as current as is humanly possible). But we know that COVID may intervene. Or not. Whatever. So, I'll cover here what we planned... and then? We'll all just go along for the ride.

One film, *Crisis*, is a three-story crime-thriller about the opioid epidemic that (1) follows a drug trafficker involved with fentanyl smuggling, (2) affects an architect recovering from oxycodone addiction, and (3) confronts a university research professor working with a pharmaceutical company on a "non-addictive" painkiller. This multilevel approach allows a broad look at the opioid crisis. The cast includes Guy Nadon as a Quebec fentanyl distributor; the Armenian Mafia and hockey players are part of the ring. Armie Hammer is a DEA special agent (but Lily-Rose Depp, his sister, is an addict). The architect (and recovering addict) is played by Evangeline Lilly; her son is a hockey player. The professor is Gary Oldman; his superior at the university is Greg Kinnear, and Luke Evans is his contact at the drug company. There's a lot going on here and it's



Adam Devine, Rebel Wilson, and Priyanka Chopra
in "Isn't It Romantic?"

complicated. And it's "inspired by true events." On the other hand, *John Lewis: Good Trouble* is a straightforward, inspiring, documentary. He was a lifelong civil rights activist and the Georgia U.S. Representative called "the conscience of the U.S. Congress," a man of integrity and abiding commitment to nonviolence. The film covers his part in the Freedom Riders, desegregating lunchrooms, leading the march on the Edmund Pettus Bridge in Selma, and promoting the Voting Rights Law. And on.

Then there's
*Isn't it
Romantic?*

It's a romantic comedy that makes fun of rom-coms. Rebel Wilson plays a young woman with a frustrating job, a shabby apartment, and a nonexistent

love life. Then one day on the subway, she bumps her head while running from a mugger. And everything changes. Ev-ery thing! Liam Hemsworth is involved, and he sure wasn't there before. This is just plain fun. It's a musical! It's Lin-Manuel Miranda! It's *In the Heights*! Well, it's summer in Washington Heights in Upper Manhattan during a heat wave, and with Seattle's weather reports, that looks good. But there's an electricity blackout, and this leads the first-and-second-generation Dominican and Latinx immigrants to look back fondly at the Dominican Republic while the younger folks have big dreams for the future in their new home. Moira Macdonald gave it four stars, and somebody called it an "antidote to COVID." What more do you need?



The Mirabella Monthly

WINNER OF APEX AWARDS IN 2017, 2018, 2019, 2020, AND 2021

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Guide to Mirabella Publications

The Mirabella Monthly

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O'Donnell, Judy Rourke, Charles

Sleicher, Louis Swart

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assisted by Laura Bailey, Jane

Beer, Andy Callegari, Marilyn

Campbell, Nancy Eliason, Chris

Jamin, Paul Keown, Ron King,

Tina Moss, Janet & Jim Ohta,

Judy Owens, Judy Rourke, Mary

Jo Taylor, Jade & Chris Simonson,

Louis Swart

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) or Loni

Held (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.

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