

The Mirabella Monthly

www.mirabellaliving.com/Seattle



WHAT'S ON TAP

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FIRST JUMP

BY JON NOLL

*C-130 coming down the strip,
Airborne daddy's gonna take a little trip.
Stand up, hook up, shuffle to the door,
Jump right out and count to four.
If that chute don't open wide,
I got another one by my side.
If that chute should fail me too,
Bury me in my dress blue.*

WE SANG those verses repeatedly as we jogged in formation in Army Airborne School at Fort Benning, Georgia, in 1970. It was three weeks of intense training, concluding with three actual jumps.

A sport parachutist opens the parachute by pulling on a rip cord in free fall. In contrast, a paratrooper stands up in a crowded plane, hooks his chute to a cable with a static line, and makes his way to the door. *Stand up, hook up, shuffle to the door.* He jumps from the plane at a signal from the jumpmaster. The static line pulls the parachute out of its pack, the connecting link severs, and the chute opens—all in four seconds. *Jump right out and count to four.*

From below, an Army parachute looks like an inverted bowl. Lines run from the perimeter of the chute to a harness on your back. On rare occasions, if the chute was packed improperly, one of those lines might go over the top of the chute before going down to the harness. This causes the chute to contract in the



"I'll bet this d - - n tommy gun don't work either."

CHUTE THE WIND

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middle. Instead of one large bowl there are two much smaller bowls. It looks somewhat like a bra, and the Army called it a “Mae West,” in honor of the buxom 1930s movie star. And you thought the Army didn’t have a sense of humor. A Mae West slows down your descent, but not enough for you to avoid serious injury.

On my first jump, I exited the C-130 plane without any problem. But when I looked up after four seconds, I saw a Mae West instead of a full canopy. *If that chute don’t open wide, I got another one by my side.* I immediately pulled the handle on the reserve chute strapped on my chest without even thinking. Unfortunately, that didn’t work out too well. A reserve chute has a spring-loaded mechanism that shoots out a very small chute, which in theory catches the air as you fall, and that pulls out and inflates the entire reserve chute. Because of the Mae West, I wasn’t falling fast enough for that to happen. The reserve chute stayed in its pack. *If that chute should fail me too, Bury me in my dress blue.*

I frantically began pulling the reserve chute out of its pack and waving it to catch air and inflate. It finally opened, but with a jolt, which lessened the tension on the main chute, and the line that had been

causing the Mae West slipped off and that chute fully inflated. Suddenly I had two chutes—the large main chute and the smaller reserve chute. Two chutes are better than none.

Well, maybe not. For some reason this configuration caused me to start rotating. As I rotated, the lines from the two chutes began to wrap around each other. If that continued long enough, the lines would wrap up all the way up to the chutes and collapse them. I couldn’t reach the lines behind my back and stop them from wrapping up no matter how hard I tried. Not good.

That’s when I heard an instructor on the ground yell at me through a megaphone: “The trooper with the Mae West, just ride it out.” Not very helpful advice. What else could I do?

As luck had it, I reached the ground before the chutes collapsed, and I successfully executed a “parachute landing fall” without injury.

Almost immediately, a field ambulance pulled up beside me and a medic jumped out. That was a little sobering, as some knowledgeable people must have thought that I had been in real danger. But at the time I was just happy to have completed my first jump. Two more and I would be awarded my coveted paratrooper wings!



Reserve chute deployed (lower left) but not yet “catching the air”

ICONIC CHEER

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GOOD TIMES

BY ANN LEVEQUE

Exhibit of Resident-Owned Art



*"Life is . . ." by Rosalind Gayle Powell
Owned by Jim and Sue Lane*

IT TURNS OUT that Good Times are not all beer and balloons. In fact, rather the opposite as the current exhibition of resident-owned art on that theme shows us. There is only one loud noise in this show, demonstrated by a very hot five-man Black band with horn and drums. Oh, wait, we forgot the seventeenth century inn, its happy fiddler and raucous clientele, but we'll linger long in this exhibit without finding much additional loud music or intoxicating spirits.

So, what are Good Times anyway? There are lovers here, both human and animal; a pair sails away in a boat, another couple is so secluded in the forest you might just miss them. There is the love of good friends expressed in quiet times together, the love of parents

for children as they walk hand in hand, exchange hugs and snuggles. A contented couple poses with their dog in front of a beautiful yellow house.

Quiet times alone are Good Times too, contemplative times. A woman studies the garden from a window seat, a man reads a letter, a little boy on a beach examines his toes, wondering. . . . A man alone sails the boat he built himself. Another smiles as he looks at the world, enjoying it.

Games and sports give us plenty of Good Times. We see it here mostly through the eyes of children and their games, playing marbles, flying kites, painting, and fishing. Grownups incorporate hard work into their fun. Look for the rowing team. Something serious and important can be a grand time too, as when a man becomes a new citizen of his adopted country.

There are jokes in this exhibit to instigate a little Good Time in you. Some things will show you Good Times, others give you some. Some things are just funny to look at; find the Kermit the frog look-alike and catch the ridiculous faces on the miniature masks. Don't miss the underwear joke or the cats in Paris. Keep looking. Just have fun.



*"Wise Men" by Blessing
Owned by Paul and Alice Hill*

WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2021–2022



Sue Herring,
President, 2021–2022,
Box 709, x 1556,
herringsus@gmail.com



Laura Bailey,
Vice President, 2021–2022,
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Julie Holland, Treasurer,
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Jane Beer, Member-at-
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Box 734, x 1747,
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Betty Heycke, Member-at-
Large, 2021–2023,
Box 414, x 1619,
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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 in Emerald Hall. 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

<i>Committee or Group</i>	<i>Chair/Cochairs</i>	<i>Contacts</i>
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



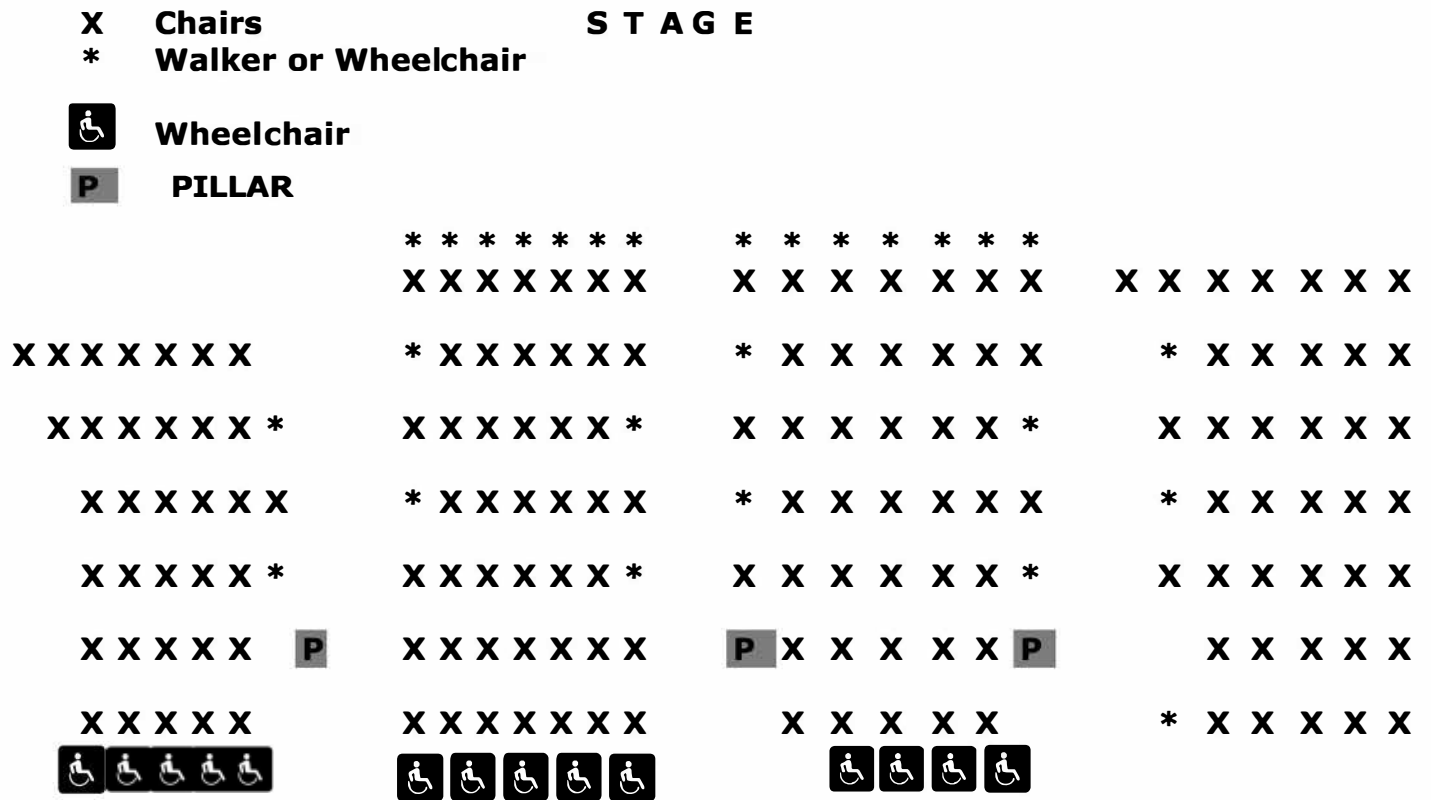
BEST SEAT IN THE HOUSE

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RESIDENTS' ASSOCIATION
Sue Herring, President

EMERALD HALL SEATING



THE NUMBER of residents using walkers and wheelchairs (mobility aids or MA) is increasing and the footprint of these aids is getting larger. There has been growing concern about how to accommodate MAs during Emerald Hall events without blocking aisles. To address this concern the Residents' Association Council appointed a Mobility Aids (MA) Task Force, which established the following criteria for a seating plan:

- Aisles kept clear
- Residents not separated from MA
- Rows/chairs easily accessible
- All chairs available to everyone

The Task Force proposed a solution to Council, which approved it in February. The proposal offered was to remove a chair from the end of each row (alternating between the left and right side) so that the MA-using resident can sit next to his/her MA. The front row is always available for walker or wheelchair.

FOUNDATION NEWS

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Wheelchairs can also be “parked” behind the back row. A diagram of the arrangement is on the Communication Bulletin Board in the resident business office near the mailroom.

This arrangement began in March and is being assessed for adjustments if needed.

Pat Kushmerick, Task Force Chair
Gill Thompson, Wellness Committee

MIRABELLA SEATTLE FOUNDATION

Jim Holland, Chair

Foundation Celebrates Ten Years of Scholarships

BY SANDY RENSVDL



According to Mirabella Foundation’s Founding President, John Pehrson, employee scholarships, which were one of the first projects adopted by the foundation, began in 2012 and to date have distributed over \$400,000 in 350 scholarship gifts to a quarterly average of ten to fifteen students. This year, the foundation

board is proud to announce an increase in gifting from \$2000 to \$2500 per quarter for each scholarship. Scholarships are available for classes taken at an accredited educational provider.

Mirabella provides its employees with medical, dental, and vision insurance as well as ORCA passes, two weeks’ vacation per year, sick time, use of the wellness center, and free uniforms.

Foundation Scholarships are an important and valued extra that directly benefits employees and

in turn, residents.

The path to a scholarship requires a ninety-day trial period of employment at Mirabella. Then an application for class admission must be completed and endorsed by the employee’s supervisor. Students must attend classes, receive a passing grade, and submit grades to Mirabella Human Resources and the Scholarship Committee.

Scholarships have been awarded to employees in these areas:

- » **189 to Health Care**, including those to certified nursing assistants, registered nurses, director of nursing, licensed practical nurses, medication technicians, caregivers, MDS coordinator, and activities assistant.
- » **119 to Dining Services**, including for servers, hostess, dietary aide, supervisor, line cook, and nutritional services supervisor.
- » **18 to Facilities**, including to maintenance technician, bus driver, town car driver, valet, renovation supervisor, engineer, and housekeeper.
- » **15 to Administration** for receptionist, wellness positions, office coordinator, resident services supervisor, and human resources assistant.

In addition to the generous donations by residents, half of the Re-Store income is given to the scholarship fund. Thank you to the Re-Store staff, (Ellie Fife, Margaret Herb, Ingrid Steppic, Lois Braden, Joanne Scott, and Phyllis Allen) and the huge number of volunteer cashiers (three per day).

Also, thank you to the Foundation Scholarship Committee, (Ellie Fife, Chairman, Louise Lowry, Phyllis Allen, Pat Gaillard, Tom Hankins, Charlotte Lindsey, and Sandy Rensvold) for their time and effort in selecting the candidates.

It’s Mirabella Seattle Foundation fundraising time! Let’s all rise to the occasion. We can do it!

MR. MAYOR COMES TO TOWN § ART TO GIVE

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Mayor Harrell Visits Mirabella

BY LOUISE LOWRY

Seattle's Mayor Bruce Harrell, Director of Strategic Initiatives Tim Burgess, and Chief Operating Officer Marco Lowe, stopped by Mirabella on Friday, March 11, to meet with members of the Mirabella Civic Engagement Project (MCEP) to discuss the status of a Tiny House Village in our South Lake Union neighborhood at 145 Yale Avenue. Our Seattle City Light neighbors see that same property as the site of a pipe-bending operation for the utility. Action by the mayor is needed to resolve the situation because it involves two competing city needs: a solution to homelessness and a pipe-bending operation.



Marco Lowe, Matt Jamin, Julie Holland, Ruth Benfield, Tim Burgess, Mayor Bruce Harrell, and John Pehrson – photo, Mayor's staff

Mayor Harrell was first briefed by MCEP members on the year-long effort to locate a Tiny House Village right in our back yard, preferably at 145 Yale, and the underlying reason for the stipulated site: neighborhood support and engagement are two of the criteria that predict a successful Tiny House Village. Mayor Harrell then announced that after much consideration, 145 Yale is not a possible site because City Light's needs are greater. MCEP member Julie Holland reported that Mayor Harrell was impressed by the united commitment of Mirabella residents and their South Lake Union neighbors who are attempting to do just what he has called upon everyone to do, which is to get involved

in helping to solve Seattle's homeless crisis.

Acting on this sentiment, Mayor Harrell initiated a group discussion of alternate sites and directed Marco Lowe to research possibilities. Lowe committed to follow up with MCEP in four weeks. MCEP members present at the meeting were John Pehrson, Ruth Benfield, Matt Jamin, Julie Holland, and Mirabella Seattle Foundation Chair Jim Holland.

ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

Giving or Loaning Art

We have all recently had the opportunity to view the beautiful art gracing the walls on the way to the tenth-floor dining rooms. We hope you noticed how many were generously donated or loaned to Mirabella Seattle either through the Re-Store or directly to the Art Committee.



These are giving opportunities few of us know about when we are planning to move here or have moved in and realize we have many more pieces of art than walls. It seems to go the route of our fine china that children and grandchildren don't want—into a closet not to be seen again.

How wonderful for you and your Mirabella friends to be able to share the art you enjoy and treasure. It's a very simple procedure with no packing or shipping involved. Simply mention your intentions to an Art Committee member and your art will be collected for the committee to view. If it's appropriate for our walls, you will be given a signed loan or gift document for your records.

For those who are concerned about declaring the value of your art on you income tax return, you will

ART TOUR ON TEN § iHELP FOR iUSERS

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have to talk to your tax professional about your own situation and how to handle it.

The Art Committee hopes to launch a more active program for encouraging sharing residents' art with the community as well as promoting Mirabella as a home of good art to prospective residents.

As the art is going back up on the freshly painted walls, labels will follow, and you will see how nice it is to have the generosity of all of us recognized. We can't wait to see how our new "Mirabella Is Art" initiative gets going. Won't it be fun to see your own gift or loan on our walls!

Linda Berkman

New Art on the Tenth Floor Reroute

Standard Airlines Poster: Standard Airlines was founded in 1927 and stayed in business about thirty months. How old is this poster? You do the math. The airline was a transport agent for U.S. Air Mail and flew passengers in the Southwest. Standard had three aircraft. Leaving Los Angeles at 10 am, you arrived in Phoenix at 3:30 pm. Your more than five-hour flight cost \$47.50 and another \$12.50 to go on to Tucson. The big deal on the trip was viewing the

desert terrain—thus "The Fair Weather Route." It even linked you up to the transcontinental railroad originating in El Paso.

Also new on the Reroute is a second loan from Barbara Daniels, "The Nisqually Delta" by Emily Wood, viewed from above in throbbing greens and yellows.

And we have a gift from Carolyn Burton titled "Prone Nude" by Maria Megale Horoska.

Not familiar with the Reroute? Check out its introduction in the March issue of *The Mirabella Monthly*. You'll see that most of the pictures in the Reroute are loans and gifts from residents.

Joanne Mearls

COMMUNICATION COMMITTEE

Barbara Porter, Chair

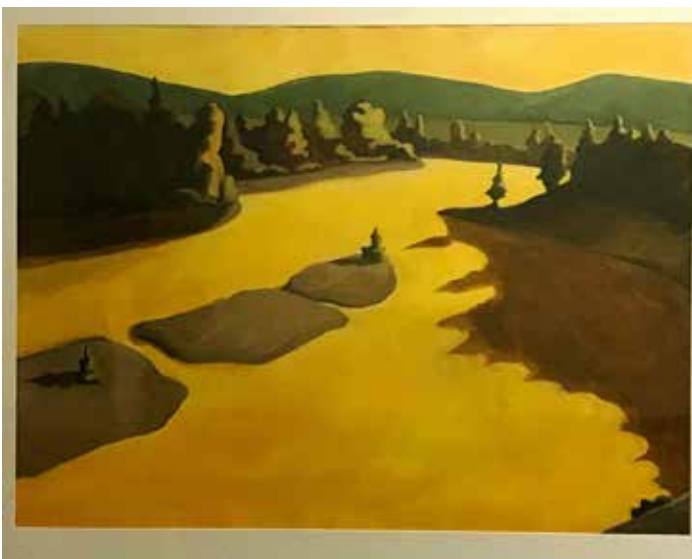
An iPad and iPhone "Brain Exchange"

Friday, April 8; 2:30–4 pm, Emerald Hall

You have a smart phone but you are not sure that you are smart enough to use it? You may not know what question to ask. You may even be embarrassed to ask. Don't be. The truth is that we have all been there with new technologies. Now here's a chance to meet



with others who will share the things we want to learn about our iPads and iPhones: for example, the "how to" of MIRANET, Zoom, settings, apps, texting, email, or Googling. Perhaps you want to take better photos. Whatever the question, here is a time and space to interact with each other and come out stronger. You'll not only learn new things but you'll make connections with others who will continue to help. Jared Curtis, who is very able



Nisqually Delta by Emily Wood

BUILDING UPDATES

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with Apple products, will be there, as well as other experienced iPad and iPhone users. And for those who are already confident users, this is a chance to swap tips, tricks, and the cool new apps you have discovered recently!

Bring your iPhone and/or iPad, your charger, and your Apple ID and password in case you want to download any updates or apps.

For questions or more information, contact Barbara Porter at x 1885 or Helen Roberts at x 1548.

Barbara Porter

ENVIRONMENT & FACILITIES COMMITTEE

Nickie Askov and Sally Hahn, Cochairs

Update

The Environment & Facilities Committee met on March 3 with about thirty residents and staff in attendance. Here are a few of the highlights from the meeting presented by Marcus Cullen.

The therapy pool has been awaiting a new circulator pump, but the other two pools are now open. Deep cleaning is scheduled monthly for the pool deck.

Proper disposal of items is important. Please call x 1413 if you want to dispose of large items. We have a new service to collect empty, clean, dry plastic film (including grocery and Ziploc bags, bubble wrap, toilet paper outer-wrap, and cleaner's bags). Ridwell has been contracted for a period of three months to provide this service. Their collection bin will be labeled and placed near the Electronics Recycling and Threadcycle bins in the garage (on the right off the B elevators). If the program is successful, the contract will be extended. Please note that plastic film bags do not belong in either the blue recycling bins or in the trash!

The new fiber optic Wi-Fi installation is close to

E-WASTE DISPOSAL BIN

E-waste is short for electronic waste.

It includes discarded products such as computers, televisions, tablets, smartphones, printers and small appliances.



For disposal of large items,
please contact Facility Services at
x1413.

Thank you!

being completed. If you rent your modem or router from WAVE, you will be instructed on when and how Mirabella will collect them and return them to WAVE. Residents will be responsible for calling WAVE to cancel their Wi-Fi service as soon as they are sure that the new system is working well. Peel Tech will help in this transition, providing technical assistance as needed. Basic cable TV is not affected, but you will still receive a bill from WAVE (Astound) for additional channels. Unless you subscribe to additional channels, you should no longer receive a monthly WAVE bill. Costs will be built into residents' monthly fees. The new internet

UPPING OUR GREEN GAME

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system should be much faster and more reliable. Problems can be reported to Mirabella maintenance instead of calling WAVE.

New members of staff are being recruited and hired. Marcus hopes to be at full staffing levels shortly.

The Committee will meet again on Thursday, April 7, at 2:30. If you have any questions or comments, you can contact either of the cochairs, Nickie Askov or Sally Hahn.

Nickie Askov, Cochair

GREEN SUBCOMMITTEE

Carolyn Roe, Chair

Energy Reduction by Floor Contest

April and May 2022



Energy bills will be used as a baseline to compare usage changes month to month and year to year.

A FEW WAYS TO REDUCE ENERGY USE:

- Use LED light bulbs and night lights
- Turn off unnecessary lights
- Turn water off while shaving, washing hands, brushing teeth

- Unplug unused electronics
- Wash laundry in cold water

Carolyn Roe

Green Tips

April tip: Threadcycle and E-Waste disposal (small electronics). These *recycle* bins are in the room to the right of the B elevator in the garage. Please read the poster above each bin for approved items. NO GARBAGE OR TRASH.



Approved Items:

- Clothes, shoes, and linens made of thread (woven, yarn, cloth)
- Torn, ripped, or with holes
- Dirty or stained
- Missing buttons or broken zippers
- "Singles" of paired items
- Worn-out or faded



NOT approved:

- Items wet or mildewed
- Contaminated with hazardous materials

Please place only Threadcycle approved items in bin.

Thank you!

To see more Mirabella green tips, go to MIRANET > Groups > Environment and Facilities > Documents and Files > Green Tips.

Mary Rogers

CLINIC LINEUP

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HEALTH CLINICS FOR ALL

Katie Harrison, Resident Services Supervisor



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 Katie Harrison at x 1457.

Audiologist: Seattle Hearing Services

Dr. Patricia Munson offers hearing assessments, but there will be no hearing clinic in April. Any residents with an urgent need to be seen are welcome to schedule for appointments in office or can potentially be seen for home visits (for which there is a fee) on a date later in the month of April.

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, April 18 and 25; Tuesdays, April 19 and 26; 9:30 am–4:30 pm, Suite 134

Bonnie Ackles, RN, CFCS, is a board-certified, podiatrist-trained Foot Care Nurse Specialist. 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, April 27; 8:30 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 rooms or apartments after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117.

New Counseling Service Available

Wednesdays, weekly by appointment only

Janelle Jensen, MS, LMF, works as a marriage and family therapist in the Seattle area and will act as a resource for therapy or family consultations or support. She has work experience in adult mental health, aging, memory loss, and family caregiver support. She can work with residents experiencing grief, loss, changes in health, anxiety, and depression. She can consult with families working to understand dementia and other age-related changes, care options, navigating healthcare systems, caregiving roles, long-term planning, and similar issues residents may be experiencing. She's available Wednesdays for in-person visits and can also be reached via telehealth and email. She offers private pay therapy or family consultation (\$150 for 30 minutes, \$170 for 45–50 minutes). For information or to make an appointment, email Ms. Jensen at janellejensentherapy@gmail.com.

Massage Appointments

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

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

Mondays, 9 am–4 pm; Suite 133

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

Acupuncture

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

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

EYE ON EYES § FREE BOOKS

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HEALTH & WELLNESS COMMITTEE

Mike Hahn and Gill Thompson, Cochairs

Age-Related Macular Degeneration of the Eye with Dr. Scott Warden

Wednesday, April 27; 11 am–12 pm, Emerald Hall and Zoom

Dr. Warden will review the diagnosis, treatment, and prognosis of age-related macular degeneration. This eye disorder causes foggy or blurred central vision with varying degrees of usable peripheral vision. Central vision is necessary for driving, reading, recognizing faces, and performing close-up work. Macular degeneration



Dr. Scott Warden

is now one of the leading causes of vision loss in patients over sixty years of age.

The son of Mirabella residents Max and Thea Warden, he is a graduate of Dartmouth College and Harvard Medical School. He interned at the Brigham Hospital, completed an ophthalmology residency at Massachusetts Eye and Ear Institute, and received Fellowship training in Vitreoretinal Disease and Surgery at Cornell Weill Medical College in New York City. He practices and is a partner at Retinal Consultants of Seattle.

His three previous attempts to present this lecture at Mirabella were thwarted by COVID-related large-group restrictions. We thank him and appreciate his willingness to schedule this fourth attempt.

Coordinator: Mike Hahn.

LIBRARY NEWS

Martha Oman and Toni Myers, Cochairs

April is here and we are celebrating Poetry Month,

spring flowers, and a fun Library Event!

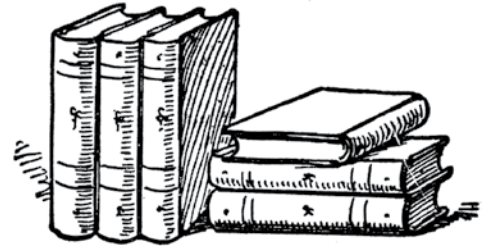
On Tuesday, April 19, we invite all Residents and

Staff to come to the Library between 2 and 4 pm for “Books to Go.” We have books from our store of duplicates and discards that will be available for you to take and keep. There will also be cookies and tea (or coffee) available in the Bistro.

Come and join in the fun, chat with friends, pick up a few books to read, enjoy the refreshments, and try the Library Scavenger Hunt to see how well you know your Mirabella Library.

See you in the Library!

Martha Oman



NATIONAL POETRY MONTH:

A FESTIVAL OF POEMS

Wednesday, April 13; 3:30–4:30 pm, Emerald Hall

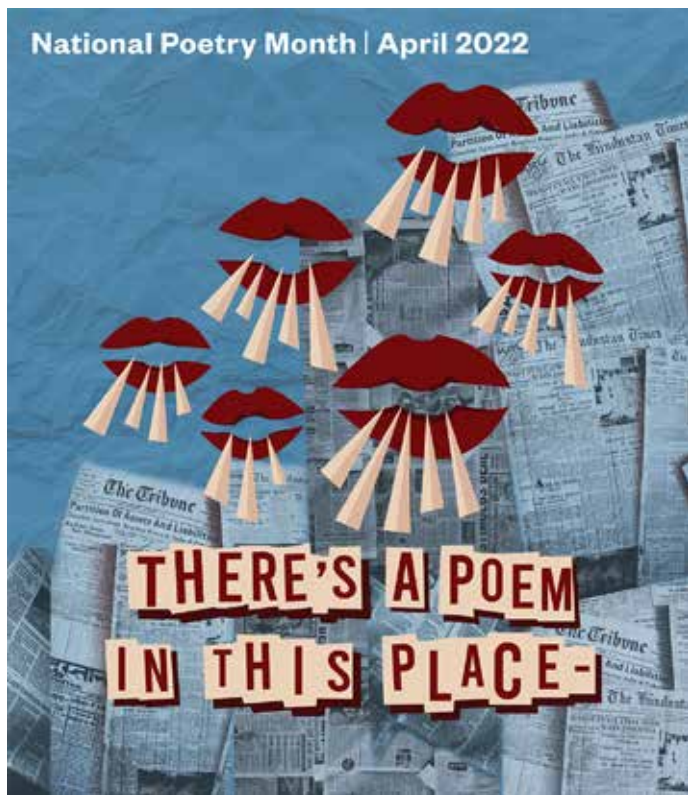
From ancient times to the present day, poetry has been associated with song, with music. It is composed to be sung, to be spoken, and to be heard. Everyone is invited to celebrate National Poetry Month by reading aloud a favorite poem or by just coming along to listen to others read. There will be poems to tap your foot to, and others to get lost in, to inspire you, to puzzle, to challenge, and to please. If you would like to read a poem or two that you’ve written or by a favorite poet, please contact Jared Curtis by Friday, April 8, so that a program can be arranged. Please also send Jared copies of the poems selected.

This event is “crowd-sponsored” by *The Mirabella Monthly*, the Library Committee, and the Program

POETRY FEST § OLLI TALKS

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Poster quotation from an Amanda Gorman poem

Committee. The Library Committee will create poetry displays in the Library and will highlight their poetry collection throughout the month.

You can also look for a poem a day in your Google group mail; suggestions for this daily e-poem are welcome. Coordinator: Jared Curtis (jaredcurtis@icloud.com; 206-387-0530; #801).

LIFELONG LEARNING COMMITTEE

Julia Wan, Chair

LLC Zoom/Live events: The Lifelong Learning Committee continues its transition from Zoom to live presentations in Emerald Hall. Some events will be hybrid. Please go to MIRANET to check on mode: Zoom link, Location, or Hybrid mode. To join Zoom events: click on the title to bring up the Zoom link. Click on the Zoom link to join.

OLLI-UW VIRTUAL LECTURES

PRE-REGISTRATION REQUIRED

Vladimir Putin and the Russian Invasion of Ukraine with David Fenner

Friday, April 1; 12–1 pm

Pre-Registration Link:

<https://washington.zoom.us/meeting/register/tJYkdemtrjgvHNT3onJIZ7jHIOWk1vv-hNSW>

In this lecture the speaker will explore the historical, geopolitical, and security implications of Russia's ongoing invasion of Ukraine. Why did this happen, and why did it happen now? Further discussion will center on President Vladimir Putin's extraordinary longevity in office. How did the failure of the "Afghanistan campaign" in the 1980s set the stage for the collapse of the Soviet Union, the spread of militant nationalism, and the rise of this authoritarian Russian ruler? What role did NATO's post-Cold War expansion eastward play in the conflict? How much of a threat is Putin to other countries? And finally, how has the West responded, and what should the West do next?

David Fenner is an affiliate faculty member at the University of Washington's Jackson School of International Studies. His MA is in Russian Literature and his first of many visits to the Soviet Union (and later Russia) was in 1973. In the late 1970s he studied at Leningrad State University. Fenner later served as the UW's Assistant Vice Provost for International Education. Coordinator: Leslie Klein, x 1779.

SARS-CoV-2 Variants with Pavitra Roychoudhury

Wednesday, April 6; 12–1 pm

Pre-Registration Link:

<https://washington.zoom.us/meeting/register/tJAsc-6vrj8vH9KTyOssOqXkSmB72uHuK45o>

SARS-CoV-2 variants have been in the news

RESIDENT REVELATIONS

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over the past two years. You may have seen them referred to by their WHO Greek letters (Alpha through Omicron) or by their lineages (B.1.1.7, B.1.617.2, . . .). How do we tell which variant is in a virus sample? The speaker will explore viral genome sequencing to learn how to get from nasal swab to sequence to variant, discuss the different variants of concern, and explain how current and future variants of concern are monitored in the University of Washington Virology Lab.

Pavitra Roychoudhury is Acting Instructor in the Department of Laboratory Medicine and Pathology at the University of Washington and Associate in the Vaccine and Infectious Disease Division at Fred Hutch. Pavitra works in the UW Virology Lab, where she coordinates sequencing efforts for SARS-CoV-2.

Writers' Workshop with Dana Wenig

Tuesdays, April 5 and 19; 3–4:30 pm, Conference Room A

Mirabella's Writers' Workshop continues with a new series through April, May, and June, first and third Tuesdays, 3 pm in Conference Room A. The class supports and encourages both beginning and experienced writers. The teacher, Dana Wenig, is a writer and professional editor. She says, "I believe that every person has a story worth telling." There is a fee of \$180 for the series. Coordinator: Louise Lowry, x 1684.

Supportive Friends

Tuesday, April 5; 5:30 pm, Vineyard Room

All residents who have experienced the loss of a loved one are invited. Regular attendees receive a menu selection form to be returned to the dining room mailbox. Others who would like to attend this regular first Tuesday evening for dinner and conversation may contact one of the cochairs, Carolyn Blount, x 1644, or Natalie Siegel, x 1698.

Resident Revelations: Lynne Iglitzin, Trailblazing Photojournalist Margaret Bourke-White

Tuesday, April 12; 3:30 pm, Emerald Hall and Zoom



Lynne Iglitzin

Lynne Iglitzin, retired professor of Political Science, University of Washington, and long-time civic activist with the City of Seattle, served as a Lecturer for the Washington State Commission for the Humanities. For two years she traveled around the state giving presentations on the

famed photographer Margaret Bourke-White, who early in the last century pioneered new techniques in photojournalism and opened the door for women in photography. Lynne's striking slides show the remarkable pictures that make Bourke-White, the first woman photographer for *Life Magazine* (1935), as famous today as she was in decades past. Coordinator: Carolyn Blount, x 1644.



Margaret Bourke-White

HISTORY LESSONS § OUTSIDE ACTIVITIES

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Henry Art Gallery and National Nordic Museum with Rebecca Albani

Mondays, April 11 and 18; 10:45–12 pm, via Zoom

This month’s art lectures focus first on the outstanding exhibit at the Henry, which is closing on May 1. It’s called “Packaged Black” and brings together the work of artists Barbara Earl Thomas and Derrick Adams in a collaborative, multimedia installation developed from their shared dialogue about representation, Black identity, and practices of cultural resistance. You might want to see it before it closes.

The second lecture is on the National Nordic Museum, which is built around a linear “fjord” that weaves together histories of the Nordic region and of the Nordic-American experience. Bridges crossing the fjord intensify the experience of migration connecting Nordic and Nordic-American Exhibits. Coordinator: Sylvia Fisher, x 1859.

WWII Story of U.S.S. Houston (CA-30) and Her POW Survivors with Dana Charles

Wednesdays, April 20 and 27; 1:30–2:45 pm, Emerald Hall and Zoom



Dana Charles

1, 1942). It also marked the eightieth anniversary of the beginning of the prisoner of war experiences

This past March 1, 2022, marked the eightieth anniversary of the sinking of FDR’s favorite warship, the heavy cruiser U.S.S. *Houston* (CA-30), and the Australian light cruiser H.M.A.S. *Perth* (D-29), which fought against an entire Imperial Japanese invasion fleet during the ferocious nighttime Battle of Sunda Strait (March

of survivors of both warships. As POWs, most of the *Houston* survivors were forced to construct the infamous Burma-Thailand Railway, made world-famous by the Academy Award-winning movie *The Bridge on the River Kwai*.

Part One (April 20): The WWII battles of U.S.S. *Houston* (CA-30) includes a bird’s eye illustration of the Battle of Sunda Strait.

Part Two (April 27): The prisoner of war experiences of the U.S.S. *Houston* (CA-30) survivors and the physical and mental postwar aftereffects of the forty-two-month-long POW ordeal.

Dana Charles is the son of a U.S. Marine survivor of U.S.S. *Houston* (CA-30) and Vice President of the U.S.S. *Houston* (CA-30) Survivors’ Association & Next Generations (tm). Coordinator: Leslie Klein, x 1779.

OUTSIDE ACTIVITIES

Judith Peterick, Chair

Katie Harrison, Resident Services Supervisor

Marcus Cullen, Facilities Services Director

All events listed below except grocery trips are subject to cancellation if Mirabella buses are not available. Please check the Mirabella Weekly for updates and/or cancellations. Before making a bus transportation request at x 1419 or on the MIRANET Transportation tab, refer to the tab that lists seats available for each trip, which depends on bus size. This list is refreshed at least twice a week.

Time Change for the Return to Mirabella: For consistency, we list both departure time from Mirabella and *pickup time* from the destination, when passengers must be on board to go back to Mirabella.

Many of the venues listed still require visitors to

OUT AND ABOUT BY BUS

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wear a mask and show both a COVID vaccination certificate and a current ID. Be sure to have these items with you *before* boarding the bus.

GROCERY TRIPS

Please attend the next meeting of the Outside Activities Committee on Tuesday, April 5, at 9:30 am in Conference Room A. Let us know your opinion on changing the current 10:30 departure to an earlier one. If you cannot attend, send a message to Judith Peterick, email peterickj122@msn.com, mailbox 606, or contact another committee member.



Ballard Market, Fridays, April 8 and 22; 10:30 am–12:15 pm

Costco, Wednesdays, April 13 and 27; 9:45–11:30 am

Fred Meyer, Mondays, April 11 and 25;
10:30 am–12:15 pm

Metro Market, Fridays, April 1, 15 and 29;
10:30 am–12:15 pm

Safeway, Fridays, April 1, 15 and 29; 1:30–3:15 pm

Trader Joe's/PCC, Wednesdays, April 13 and 27;
1:30–3:15 pm

University Village, Mondays, April 4 and 18;
10:30 am–12:15 pm

Uwajimaya, Mondays, April 4 and 18; 1:30–3:15 pm

WALKS

Saturdays, 9:30 am to 11:15 am pickup

April 2 Seward Park

April 9 Alki Waterfront

April 16 Pioneer Park-Mercer Island

April 23 Myrtle Edwards Park

April 30 Edmonds Waterfront

Coordinator: Charlotte Bushue, x 1723.

SUNDAY CHURCH

Sunday, 8:30 am, pickup at 9:45 am

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

CULTURAL EVENTS

Emerald City Music

Friday, April 29; 7:30–9:45 pm

Pacific Northwest Ballet, Swan Lake

Saturday, April 16; 12:15–4:15 pm

Seattle Symphony Series (titles in boldface)

- **8G**, *Sunday, April 3; 1:15–4:15 pm*

- **7C**, *Saturday, April 9; 6:45–9:30 pm*

- **Pops**, *Saturday, April 16; 1:15–4:15 pm*

- **7A**, *Thursday, April 21; 6:45–9:30 pm*

- **8G**, *Sunday, April 24; 1:15–4:15 pm*

- **7C**, *Thursday, April 28; 6:45–9:30 pm*

SPECIAL ACTIVITIES AND EXCURSIONS

Southcenter, IKEA, and Great Wall Malls

Wednesday, April 6; 10:30 am–2 pm

Major stores in Southcenter include Nordstrom, Macy's, JCPenney, and Sears, with multiple smaller shops. IKEA is a large warehouse store with Scandinavian-designed furniture and household goods. Great Wall Mall claims to have the largest Asian grocery in the USA, along with other shops like Harbor Tool and restaurants. At the start of the trip, please specify your destination stop. The goal is to allow a minimum of one and one-half hours to shop or have lunch. Before exiting the bus you will be advised of the scheduled pickup time and the bus stop location. Coordinator: Judith Peterick.

Art Walk: Georgetown

Saturday, April 9; 12:45–3:15 pm

Georgetown has become Seattle's new art community. See artists' galleries and studios.

Coordinator: Rene Bravmann, x 1625.

ACTIVITIES, EXCURSIONS, ILLUSIONS

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Luncheonaires: Buca Di Beppo

Tuesday, April 12; 12:15–2 pm

Luncheon outings begin again. Join the visit to this popular Italian restaurant, where lunch is *not* served family style, rather by individual lunch orders.

Vaccination certificates and masks are required for entry. Coordinator: Judith Peterick, x 1683.

Tulip Festival and La Conner

Wednesday, April 20; 10 am–2:30 pm

This tour of Skagit Valley tulip and daffodil fields will stop first at Roozengaard Tulip Gardens for a walk through the gardens and fields. The fields should be in full bloom, and the display gardens are always spectacular. About noon, the bus will continue to La Conner, with sights of blooming fields along the way. In La Conner, advertised as the Greatest Small Town in the USA, a two hour stop will allow time to enjoy shopping, lunch, various museums including the Museum of Northwest Art (free), and several art galleries. Select one of the many good restaurants for lunch. Rather than a large group table, choose a table for two, four, or six, to minimize delays and avoid being late for the bus. The Mirabella bus fee is \$10 per person (charged to your account) and \$15 for admission to Roozengaard (cash collected on bus). An option on the return is a stop at the Snow Goose Produce stand for fresh vegetables, seafood, and ice cream. Coordinator: Judith Peterick.

Swanson's Nursery

Tuesday, April 26; 9:30 am–12:30 pm

This is one of Seattle's premier nurseries with all the materials needed for decorating your balcony, including plants, pots, fertilizer, and expert advice. Staff can arrange plantings in a pot suitable for your balcony and deliver to Mirabella. Swanson's has a café for beverages and snacks.

PROGRAM COMMITTEE

Judy Guder and Stafford Miller, Cochairs

Nate Jester, Live Magic, For Families

Thursday, April 7; 3:30 pm, Emerald Hall only, no Zoom

Nate Jester is an award-winning Seattle-based magician specializing in magic, mind reading, and comedy. Nate returns to perform for the first time here the famous Pink Balloon Magic Trick that propelled him into the second round of *America's Got Talent*. He also promises to bring an innovative show to Mirabella featuring many new tricks.

Better yet, this show will be a "Family Event." Subject to Mirabella COVID protocols in place in April, family members and grandchildren may join you in Emerald Hall. All are required to be vaccinated, wear a mask, and be screened at the front desk prior to entering Emerald Hall. Please plan to have family members arrive early to allow time for processing the crowd. Please note that any unvaccinated family members and children will not be able to attend. Nate has performed his astounding illusions in China (pre-COVID), Ukraine (pre-war), Hungary, Las Vegas, and throughout the United States. Coordinator: Leslie Klein, x 1779.



Nate Jester

Sunday Jazz

Sunday, April 10; 2 pm, via DVD in Emerald Hall; following programs, second Sunday of the month
Sunday Jazz, a new offering by the Program

MUSIC MAGIC § WATERFRONT § WELCOME



Louis Armstrong

Committee, will be hosted by Stafford Miller. The first offering on April 10 will feature Louis Armstrong. Stafford will give a brief introduction about the guest

performer, and then answer any questions that may arise after the show. Next in the three-part series are Benny Goodman and George Shearing. You are invited to spend some relaxed time viewing and listening to some of the great musical artists we grew up with. Coordinator: Stafford Miller.

Waterfront Seattle Project with Marshall Foster
Thursday, April 21; 3:30 pm, Emerald Hall



Marshall Foster

Waterfront Seattle is a \$728 million project begun in 2010 and slated to be finished in 2024. Now that the Alaskan Way Viaduct is down, this project will rebuild the central waterfront, connect it with downtown, and provide a park promenade along the water. Piers 58 and 62 will be rebuilt. Marshall

Foster, Project Director, came to Seattle in 2006 and has already been involved in the redevelopment of South Lake Union. Come to hear about Seattle's brave new future. Coordinator: Sally Hayman.

Ladies Musical Club Concert

Saturday, April 23; 2 pm, Emerald Hall

Two sopranos will sing, accompanied by Joan Lundquist at the piano. Emily Riesser will sing two

pieces from Berlioz' *Les nuits d'été* and several songs by Kurt Weill.

In the second half, titled *The Musical Body*, soprano Tiina Riitalahti will sing songs featuring the human form. Her eclectic mix of composers includes Chuck Israel, Joaquin Rodrigo, Hugo Wolf, and Franz Lehar.



Tiina Riitalahti

Three outstanding performers in one package!
 Coordinator: Carolyn Burton.

Valentina Rodov in Recital

Thursday, April 28; 3:30 pm, Emerald Hall

We are thrilled to welcome Valentina back to play a recital of sumptuous piano works by Schubert, Brahms, and Chopin. From the most delicate of pianissimos to resounding climaxes, she truly makes our Steinway sing. She is so happy to be able to play to a live audience again.

Coordinator: Carolyn Burton.



Valentina Rodov

WELCOME COMMITTEE

Diane Holmes, Chair

If you are fairly new and haven't taken the optional information tour offered by the Welcome Committee, please contact me and I'll make it happen. We can't cover everything, but we try, and once in a while, after living here eight years, I learn something I didn't know! Here are some recent new

WELCOME, NEWBIES § BOOK CLUB

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neighbors. Diane Holmes, #927, x 1821.

Patricia Brink

A warm Mirabella Seattle welcome to Patricia (Trisha) Brink, who moved at the beginning of March into unit 600 from her condo of forty-seven years on lower Queen Anne Hill. She was born in Boston, grew up in Appleton, Wisconsin, and went to Carleton College and MIT. She came to Seattle in 1972 to do research at the



Trisha Brink

– photo, A. Arrington

University of Washington in microbiology. Here she caught the sailboat racing bug, and during those activities she met her husband, Daniel. They raced and cruised for many years enjoying the waters of the Pacific Northwest. Daniel died in 2004 and since then Trisha has expanded her interest in the field of arts and crafts. She had learned to sew and knit as a child and has since explored dyeing, surface design, and basketry and has recently been introduced to bead work and jewelry making. Along with friends in her old neighborhood, she co-owns a lovely miniature Labradoodle and would love to introduce you to Jesse when he comes to visit.

Alice Arrington

Rhonda and Michael Plawner

René and I were delighted to have lunch with Rhonda and Michael Plawner and help welcome them to apartment 516 at Mirabella. The Plawners are originally from Brooklyn, attributes they share with several other residents. After retiring twenty-one years ago, they moved to upstate New York in Rockland County, where they belonged to Orangetown Jewish Center, and Rhonda was

involved in Sisterhood. They are both excited to be joining our community in Seattle.

The Plawners were educators in the New York City public schools. Rhonda was a reading specialist and Michael began as a classroom teacher and then

became a high school guidance counselor. One of them worked in the school district that encompasses Coney Island. (If you look at the wonderful print of the beach in the first-floor hall just off the B Elevator, you might be able to guess what working in Coney Island might have been like.)

The Plawners' daughter is a pediatric neurologist in Kirkland, and she and their grandchildren live in Montlake; their son lives in Portland, has three children, and works for Intel. Rhonda and Michael are looking forward to spending time with family and continuing their interests in exercise, reading, movies, and exploring the Pacific Northwest.

Stevie Bravmann



Michael & Rhonda Plawner

– photo, S. Bravmann

BOOK CLUB NEWS

Fourth Monday of each month at 4 pm in

Conference Room A or on Zoom if needed

On April 25 the group will discuss Joan Didion's memoir, *The Year of Magical Thinking*. The author's husband suffered a massive fatal heart attack at the same time that their daughter was critically ill. This book tells of her personal journey dealing with grief and what she learned as she researched studies of

TOP MOZART OPERA § TALL ALASKA TALES

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experiences of grief.

The book scheduled for discussion on May 23 is Zadie Smith's novel, *White Teeth*. The publisher described this book as "dealing with friendship, love, war, three cultures, three families over three generations, and the tricky way the past has of coming back and biting you on the ankle."

Everyone is welcome to join us.

Tina Moss

OPERA CLUB NEWS

Don Giovanni by W. A. Mozart

Monday, April 11; 1:30 pm, thirty-minute break halfway through, and ends by 5:30 pm, Emerald Hall. **Note:** Starting in April, opera showings will change to the second Monday of the month and will begin at 1:30 pm.

Over the years, music critics have debated whether *Don Giovanni* is Mozart's greatest opera. But most agree that it is in Mozart's top tier along with *Così fan tutte*, *The Magic Flute*, and *The Marriage of Figaro*. In 1787, Mozart was famous in Prague thanks to the city's infatuation with *The Marriage of Figaro*. Prague invited Mozart on a special visit to hear their production of *Figaro*, and then commissioned him for a new opera for the next season. Mozart persuaded Lorenzo da Ponte to write the libretto, and da Ponte billed his libretto as a "dramma giocoso," a common designation of the time denoting a mix of serious and comic action. Mozart entered the work into his catalogue as an "opera buffa," which at that time was an opera classification blending comedy, melodrama, and supernatural elements. Mozart directed the first performance of *Don Giovanni* in Prague on October 29, 1787, having composed the overture just the night before.

The production we will see on April 11 is by Peter

Sellars, the American opera and theater director known for his unique, modern adaptations of classic operas. Sellars sets

Don Giovanni in the Harlem neighborhood

of New York City, "deep within the turbulent world of late-twentieth century America." Sellars has chosen twin brothers Eugene Perry and Hubert Perry to sing the lead roles of Don Giovanni and Leporello. Dominique Labelle sings Donna Anna, Lorraine Hunt is Donna Elvira, and Ai Lan Zhu sings Zerlina. The Commendatore is sung by James Patterson. This is a 1990 recording performed by the Vienna Symphony and the Arnold Schönberg Choir, conducted by Craig Smith and directed by Peter Sellars.

The next showing of Live in HD from the Met will be Puccini's *Turandot* on Saturday, May 7 at Thornton Place Theater at Northgate. There are no Live in HD showings in April.

Donna McCampbell



"Don Giovanni,"
directed by Peter Sellars

ALASKA NIGHT AT MIRABELLA

Have you lived or worked in Alaska or had a big adventure there? We are planning an evening in April or May when we can come together for dinner and some tales of Alaska—bush plane destinations, fishing expeditions, animal encounters, privies and privations, earthquakes, satellite dishes, barge orders, mountains climbed—it's your story to tell! If you would be interested in joining the Alaska

PASSOVER



WACCRA NEWS

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Night fun, please RSVP to Helen Roberts, x 1548, robertsh@earthlink.net, Jane Beer, x 1747, lil_jane@hotmail.com, or Nan Morris, x 1768, annehnmorris@gmail.com, and we will get back to you about a time and place and how you can sign up for Alaska Night at Mirabella.

Helen Roberts

PASSOVER

This year the Jewish holiday of Passover begins at sundown on April 15 and lasts for eight days and nights. The holiday itself commemorates the Exodus from Egypt as told in the Old Testament and the subsequent liberation of the Jews from slavery. As a celebration of “passing-over” from Egypt (and thus from slavery into freedom), it reminds us at every Passover to welcome the stranger into our midst and to celebrate community and the ability to be together, whatever the circumstance.

The story of Passover is related in a book called the Haggadah (the Telling) and is read communally by the gathered group prior to a shared meal. A ceremonial Seder Plate, holding symbolic reminders of the trials of slavery and the Exodus, always accompanies the festivities as do opportunities to join voices in song, rhymes, riddles, and prayer. Everyone attending a Seder participates, from the youngest to the oldest, to further emphasize the inclusion of all in this important festival.

This year, special attention is being paid to all those who are facing the trauma of being somehow displaced. I know of no Seder this year, for example, that will not include at least a portion in which the war in Ukraine and the wretched plight of Ukrainian men, women, and children, as well as the conditions of other desperate refugee populations, will be discussed.

Staffing conditions and COVID make it difficult

once again this year to plan to have a community Seder and special meal here at Mirabella. We are holding April 21, however, as a possible date for us to share this occasion. More information will follow as it is available.

Stevie Bravmann

WACCRA LEGISLATIVE ACCOMPLISHMENTS

This past legislative session was very short, making it difficult to pass important legislation for seniors in Washington. However, WACCRA (Washington Continuing Care Residents Association) was able to collaborate with other organizations to move some bills over the finish line. Having the mission of education, collaboration, and advocacy, WACCRA employs a part-time lobbyist to work with legislators and others on important bills related to senior welfare and rights. WACCRA members also participate by writing their legislators about the importance of proposed bills to the community. The bills are summarized in the next paragraph.

The Multi-State Nurse Licensure (SB 5247) was defeated as was the proposed Hearing Devices for All legislation (HB 1854). The Licensure bill would have allowed reciprocity in licensing across states for nurses who pass the same tests regardless of location. The Hearing Devices legislation would have made hearing aids more affordable and available. The Charity Care Act (HB 1616), with the support of AG Bob Ferguson, passed and is on the Governor’s desk for signature. It requires hospitals to provide medically necessary health care to indigent persons. HB 1646, relating to dementia care, also is on the Governor’s desk. The Washington Cares Act (HB 1732), which relates to recipients and providers of long-term care, has already been signed by the Governor.

MEDIC ONE



FRIENDSHIPS

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Nothing Without Us (HB 1802), which ensures that people with disabilities have full and meaningful participation in decisions that impact them, ended in Rules Committee due to lack of bipartisan support. Some of these bills may be reintroduced in the next legislative session.

WACCRA will continue to advocate for bills that will enhance and protect the lives of seniors, including those living in Continuing Care Retirement Communities (CCRCs) such as Mirabella Seattle.

Nickie Askov, WACCRA Board Member

FRIENDS OF MEDIC ONE

Jim Ohta, Chair

Ninth Year of Meeting Our Goal!

The Friends of Medic One at Mirabella are pleased to announce that we have surpassed our goal of raising \$50,000 to fund scholarships for two Seattle Fire Department paramedic students. These scholarships for our Seattle Paramedics students give them the necessary knowledge, skills, and experience to care for you and your loved ones in a life-threatening medical emergency. During the past two years, our paramedics have experienced high attrition and it will take several years to rebuild. Your timely support is greatly appreciated.



Medic One Class of 2022

We also extend our thanks to the Mirabella Seattle Foundation and its donors for the generous grant made toward this goal. All funds received go into the Mirabella Medic One Scholarship Fund, which in turn is used to pay for scholarships only.

Of five paramedic students in the current class, two will be selected to receive a Mirabella Medic One Scholarship. We look forward to introducing the selected students between now and August, their anticipated graduation date.

David Dail, Pat Gaillard, Diana Holland,
Paul Keown, Glenda Maledy, Charlotte
Merritt, Jim and Janet Ohta, Dick Parker,
Jean Rolfe, Gerald Roling, and John Wertz:
Friends of Medic One at Mirabella

*MARILYN AND BEVERLY:
A CHILDHOOD MEMORY*

BY BETTY HEYCKE

There was her name in the *Seattle Times* under “Birthdays”: Marilyn Horne, opera star, 88. I hadn’t thought of her in a long time. When I was nine years old, Marilyn Horne stole my best friend.

Beverly was my next-door neighbor and constant companion. She was nearly two years older than I and a grade ahead. Her family seemed faintly exotic to me because I thought my family was normal. My father was a welder at Kaiser Shipyards and my mother was a riveter at Douglas. Beverly’s parents raised Angora rabbits in backyard hutches. Fluffy, mothball-smelling rabbit skins hung from the rafters in their garage. Her father worked somewhere at night playing music; her mother was Norwegian and had a Model T Ford with a rumble seat. Beverly’s parents were younger and friskier than my parents. Beverly was smart, daring, and funny. She could draw cartoons better than Walt Disney, and she was

CHILDHOOD PURSUITS

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full of grand ideas and plans. What puzzled me about her was that despite being so smart, she hated school and was often in some sort of minor trouble. Anyway, I was her best friend, her sidekick—Sancho Panza to her Don Quixote, Tonto to her Lone Ranger. We had a secret handshake, a secret song (which I still remember), and identical bikes that we named Zippy and Screwy. We used the long warm California summer days, unscheduled and unsupervised, to hatch our remarkable plans and to carry them out. It seems strange and wonderful to me now that we had such total freedom. Days and days to do . . . just anything.

We drew comic strips that we were sure the *Long Beach Press Telegram* would buy. We taught our dogs tricks for the grand doggie circus we planned for little kids in the neighborhood. (Beverly's mother stopped us as we were lighting the burning hoop for Bev's sprightly little dog Tippy to jump through.) We rode Zippy and Screwy to faraway places. And from deep in our vacant-lot fort, using our hand-made periscopes, we spied on the German spy who lived on our corner. We knew he was a German spy because his name was Effenberger, his shades were almost always closed, and the mail we took out of his mailbox had strange writing with foreign stamps from foreign places. (We always put it back.)

The summer before I was to go into sixth grade and Beverly into seventh, she introduced me to the new girl who had moved in not far from us. Her introduction was short. "This is Marilyn. Marilyn do that thing you do." And Marilyn did. With her amazingly resonant voice, she belted out *McNamara's Band* complete with gestures and ethnic accents. Her voice was so loud that I glanced down the block to see if she was attracting a crowd. I was dazzled. "Can you do that again, please?" "No, my father says that singing it too often will hurt my voice."

I decided that I liked Marilyn. She was pretty with curly hair and blue eyes. I was only sorry that she wouldn't repeat that incredible thing she did. Then Marilyn and Beverly kind of wandered away from me and started to talk about what they were going to wear in seventh grade at George Washington Junior High. Skirts and sweaters—no more little girl dresses. I should have known that was the end.

Marilyn and Beverly did become good friends. By the time I was in seventh grade, Beverly and I were no longer plotting adventures. The War was over. Mr. Effenberger turned out to be Polish, and city workers demolished our vacant-lot fort. I knew that no newspaper would buy our comic strips and that my dog was untrainable. My childhood of infinite possibilities was closing.

Although Beverly spoke to me across our backyard fence, she never spoke to me at George Washington Junior High. Marilyn was a junior high hit. She led the chorus in the junior high song, and she had a small, humorous boyfriend. Beverly continued to have minor school troubles and then finally a major one.

Miss Nielsen, who taught seventh and eighth grade math, was skinny, strict, and impatient. Beverly drew a perfect cartoon of her in frilly panties and bra, her knobby legs all hairy, her feet encased in funny boots, and labeled it helpfully, "Our Dear Miss Nielsen." Somehow the cartoon, which Beverly had unwisely signed, reached Miss Nielson's desk. Beverly was expelled.

Not long after she returned to school, I was surprised to see her waiting for me after class. She put her hand on my shoulder and looked at me solemnly. "We're moving to Colorado," she said, "to be with my grandmother." That was the last time I saw her. Marilyn went on to Long Beach Poly High and so did I a year later, when Marilyn was already singing

LOCAL ART ON VIEW

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in the a cappella choir and often performing duets at school assemblies with her new best friend (and later sister-in-law) Joanne Pagonnes. There was so much excellent music at Poly: several vocal groups, an orchestra, and a band, that it seemed like everyone was in some music group or other. And Marilyn was an inspiration. She sang the lead in a dazzling production of *The Merry Widow*. It seemed to me that some of us sang just because we knew, from Marilyn's example, how beautiful a voice could sound.

The last time I saw Marilyn was in 1954 when we were both college students. I was at University of Oregon; she was at USC. She asked me what I was doing and then modestly told me that she had just completed the film *Carmen Jones* as the singing voice of Dorothy Dandridge.

ARTS NOTEBOOK

BY JARED CURTIS

Revisiting MadArt Studio

Jite Agbro's hugely appealing installation, *P.L.U.A. (Proposed Land Use Action)* opened at MadArt Studio on March 15 to public viewing. I attended the opening at 325 Westlake Avenue North, where the exhibition period will last through April 30, Tuesday to Saturday, 12–5 pm. If you want to go, make an appointment by phone or at madartseattle.com. The artist has fully realized her "reconstruction" of her loved childhood home, a housing complex in Seattle's Central District, which is now slated to be torn down and replaced with condos, apartments, and commercial spaces. There is an audio component that was unfortunately inaudible at the crowded opening event.

Seattle Storefronts, SLU

Now fully installed, the new set of Seattle Storefront mini galleries in South Lake Union are on show for



"P.L.U.A." by Jite Agbro
– exterior view, photo, J. Curtis

the next several months. Varied in media and vision, these displays challenge the eye and the mind. Though the Storefront web page (shunpike.org) has yet to be updated to include current installations, you can find them on the east-west streets of the grid from Mercer Street and Terry Avenue North to John Street and Boren Avenue North. Starting at Mercer and Terry, the furthest point from Mirabella Seattle, and progressing to our doorstep, I review eight exhibits well worth strolling by for a closer look. Not all are represented in photographs, but all are original and fascinating, rich in metaphor and myth. The three-dimensional works of **Amy Shaft Hamblin** have been shown at Mirabella Seattle before, in the windows on Fairview and John as well as in a resident-owned art show on the first floor, and one of her pieces, *Apiary*, is in Mirabella's permanent collection, installed in the Aquatic Center Lobby. Her new work, located on Mercer Street at Terry, is *Sheltered/Placed*, "a collection of imagined microscopic forms, informed by observing the natural world." Difficult to photograph in daylight,

FROM MICRO TO MYTH

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Amy Hamblin's "Sheltered/Placed" at Mercer and Terry – photo, J. Curtis

these sculptural and finely constructed pieces, along with the rest of those listed, can best be seen and studied at dusk when storefronts are lit from within.

Next window to her work is **Lauren Bolini's** *As above, so below*, "created for Ocean Fest at the Foss Waterway Seaport Museum in Tacoma, spawned by an interest in feeding frenzies and animal behavior. It depicts baleen whales lunge feeding, said to be the largest biomechanical event on earth." This large work is made up of several paper sheets painted in shades of blue watercolors and hung side by side across the length of the window, roughly twenty feet in length—capturing the turmoil of "lunge feeding" in its depiction of the swirling water and twisting whale bodies.

On Republican at Boren is a charming yet spooky fable in the form of a collection of felt objects by **Mimi Bolini**, *Birds in a Boneyard – An Aviary of Abundance*. It includes, besides birds and bones, snakes, strange cyclopan creatures, and what looks like vegetation. The artist describes it thus: "This installation is a ghost story. In the midst of an oasis in the Chara Sands, a widower has traveled

many miles to hear his dead wife speak to him. Telling him to move on, but never forget her."

Urban Fragmentation by **Sarah Norsworthy**, on Harrison Street at Boren Avenue North, "explores the spatial relationships in the urban setting. The rapid speed at which sleek modern buildings mushroomed in this area provokes questions on how we experience this change and how recent changes affect our lives." These abstracts of intersecting angular shapes, done in vivid and contrasting colors, are at once appealing and unsettling.

When the moon turns blue, in the neighboring window, is a construction of recycled clothing and fabric by **Fiona Lau**. The artist describes her work as "an imagined place on the horizon where we might meet and reimagine the future. . . . The piece reflects on our collective human." Human what, we may wonder—perhaps "condition," "mythmaking," or "ethos"—but leaving it open encourages reflection.

On Thomas at Boren (halfway down the steep descent on Thomas Street from Boren to



Portion of Mimi Bolini's "Birds in a Boneyard" – photo, J. Curtis



Portion of Fiona Lau's "When the moon turns blue" – photo, J. Curtis

BIRTHDAYS § POETRY CORNER § REMEMBERING

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HAPPY BIRTHDAY! APRIL 2022

01 – Pat Chinn	06 – Carolyn Burton	18 – Dieter Heycke
03 – Pat Nishida	06 – Charlotte Bushue	19 – Flora May Bradley
03 – Carolyn Roe	10 – Helen Anderson	24 – Pat Gaillard
04 – Sally Hayman	11 – Gennie Thompson	24 – Sally Hahn
05 – Jean Higgins	14 – Peggy Wells	24 – Paul Keown
05 – Ken Hopkins	17 – Carolyn Glover	25 – Carolyn Ferrell
06 – Evalie Berst		26 – Dan Dow

Terry), **Ayan Rivera** practices Sumi-e painting, in which “eye, hand, and brush move together without the mind and when letting go allows something else to move through.” The untitled work was painted directly on the wall in grand, sweeping strokes that suggest moving air, sea, or land in rhythmic swells. In the next window, **KT Hancock** has suspended a row of colored glass rhombi, titled *Diamond Drops*, a work the artist describes as “epitomizing a rainbow, a beautiful togetherness of colors reflecting color and light in the sky.” Be sure to catch sight of it on a sunny day.

Finally, returning to John at Boren, just beyond the Onni complex at the dead end of John, is a collection of curiously shaped metal and glass forms by **Rickie Wolfe**, called *Bridges and Loops*.

In his statement, the artist explains that the work was “first conceived after finding large dried paper wasp hives in our attic. The hives assume the shape of their containment. This discovery spoke to me about adaptability. *Bridges and Loops* connects the past to the future and what is hidden.”



“Diamond Drops”
by KT Hancock
– photo,
J. Curtis

WHEN YOU ARE OLD

BY WILLIAM BUTLER YEATS (1865–1939)

When you are old and grey and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;
How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim soul in you,
And loved the sorrows of your changing face;
And bending down beside the glowing bars,
Murmur, a little sadly, how Love fled
And paced upon the mountains overhead
And hid his face amid a crowd of stars.

This poem is in the public domain. It was suggested for Poetry Corner by Sally Hayman.

Remembering . . .

Lynda Prindle . . . 03/10/2022

Brendan O'Donnell . . . 03/17/2022

Jan Swanson . . . 03/23/2022

MOVIE CLUB MUSINGS

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HIGHS AND LOWS IN MOVIELAND

BY CONNIE CHAPLIN

IT'S SUMMERTIME! It's a heat wave! It's a musical! It's Lin-Manuel Miranda's *In the Heights*! That's Washington Heights, Queens, New York, in a neighborhood of first- and second-generation Dominican and Latin immigrants who have differing views of what now constitutes "home" and how they plan to pursue their dreams for the future. Look for Lin-Manuel in the cast, and Jimmy Smits. Moira Macdonald of *The Seattle Times* gave it four stars and someone else even called it an "antidote to COVID." Does that sound good, or what?



"In the Heights" (2021)

Men do not always handle grief and anger well and that certainly goes for Markus, a career soldier serving in Afghanistan, when his wife is killed in a train wreck, and he's called home to care for their daughter. There is a lot going on in this film. There's the rage and revenge issue when Markus realizes that the train crash was not an accident. Whoa! There is comedy of the very black variety involving others in the cast and sometimes downright silliness. There's action/drama/thriller all over the place. *Riders of Justice* won a Danish film award for best original screenplay, and Markus is

played by the "never not awesome" Mads Mikkelsen. *Driveways* is the last feature film that Brian Dennehy made; he plays an elderly retiree and veteran of the



Brian Dennehy in "Driveways" (2019)

Korean War who lives next door to a woman who, we discover, was a hoarder. She has died, and her sister, an Asian-American single mom, arrives with her young son to clear out the house. The boy does not hit it off with the rowdy kids in the neighborhood, but he becomes friends with the grouchy retired neighbor. This is a small and human film with characters that evolve believably and without melodrama. It's a "tour de force performance by Brian Dennehy."

The animated drama film *The Breadwinner* is from the Irish animation studio Cartoon Saloon and was produced by Angelina Jolie; it was nominated for Best Animated Feature Film Oscar. The movie takes place in 2001 Taliban-controlled Afghanistan. The father of a family, a former schoolteacher, has been arrested, leaving no one to provide for his wife and three children. Parvana, the eleven-year-old girl, decides to disguise herself as a boy to find work and support the family, as the Taliban prohibits women and girls from going out alone and her elder brother has died. Actors voicing the characters are of Afghan heritage and worked with an Afghani dialect coach.



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If you want information added to MIRANET and the printed *Mirabella Weekly*, please email details to Katie Harrison (kharrison@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.

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