

# The Mirabella Monthly

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



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MAY | 2022

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## MOUNT QINGCHENG, SICHUAN PROVINCE, CHINA, MAY 12, 2008

BY CHARLOTTE BUSHUE

MOTHER'S DAY began with a litter ride down Mount Qingcheng with my eight-year-old granddaughter, Isabelle, trying to keep up. This was my Mother's Day treat. My husband Paul, daughter Jeanine, son-in-law, two granddaughters, and I had hiked up the mountain the day before and spent the night in a beautiful Taoist Temple.

The rest of the family eventually caught up with us after the ride, and we climbed into our transport bus. We stopped for lunch in the beautiful city of Dujiangyan and then traveled to another Taoist Temple to explore. On our way back to the bus we noticed fish starting to leap out of a pond. As we climbed into the bus it started to sway and the



Charlotte on litter, Paul and daughter Jeanine behind her

# POWER WALKERS

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earth began to shake. We clung to each other realizing that an earthquake was occurring. All communication came to a halt. At the time, we did not know the extreme damage the earthquake had caused.

It was a horrendous 8.0 magnitude earthquake that to this day is referred to as the Great Sichuan Province Earthquake. More than eighty-seven thousand people were killed and hundreds of thousands injured. The city we just had lunch in was destroyed. The epicenter of the quake was located on Mount Qingcheng. We spent a restless night in a nearby hotel constantly awakened by aftershock alerts. The next day we returned by our transport bus to Sichuan University in Chengdu where my daughter and son-in-law were teaching. Yes, we were safe. A Mother's Day we will never forget!

## *THREE LADIES WALKING*

BY JARED CURTIS

WHEN asked one morning in the hallway where they were off to at such an early hour, Diana Holland, one of “three ladies walking,” replied, “We are a group of old women who walk the halls every day. Not very gorgeous at 7:30 am. We start at the B elevator on the fourth floor and return to the Bistro a little before 8 am.” They walk the length of each hallway, climbing the stairs behind D and A elevators and stride each floor between them until they reach the C elevator on the twelfth floor. Elston Hill, who asked the question (and took the photo), told me, “This walking group of three ladies walks the halls of Mirabella for about a mile every morning. All three are in their nineties. They walk a wicked pace!”

That wicked pace has its hazards on occasion. Diana, a regular on the park walks organized by Charlotte Bushue, stumbled and fell near the end of Seward Park trail a week or so after Elston's photo was taken, and came away with a gloriously purple



*Diana Holland, Bertie Perry, and Gloria Hennings  
– photo, E. Hill*

black eye and three stitches to close the wound. She explained, “I knew I was walking too fast, but I just couldn't stop and began walking even faster! And then, down I went.” Does she still walk? Yes. Has she slowed her pace? Not really.

Gloria Hennings and Bertie Perry are her indoor walking companions. Gloria told me that before moving to Mirabella, the group, then also including the late Joan Sobottka, were near neighbors in Laurelhurst, northeast of the University of Washington campus on Lake Washington. The four of them gathered to walk every morning on a three-times-around route in their neighborhood. Gloria's Corgi, wise enough to know how far his short legs would carry him, sat on his doorstep until they passed the house on the final round before joining the group for the final lap.

Residents of Mirabella since 2009 (Diana, Bertie,

# A ONE AND A TWO . . .

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and Joan; Gloria in 2011), they continued their walking habit, initially outdoors when weather was good and neighborhood construction projects few, and then regularly indoors five mornings a week. Gloria explained, “We all like keeping a good pace, and when we reach the twelfth floor C elevator, we celebrate by returning to the Bistro for a cup of coffee, each with our own coffee mug picked up as we passed each one’s apartment.” Bertie added, “We startle more than a few early rising residents when they pop out their doors to pick up their morning paper. Talking and walking with old friends—it’s just a lot of fun!”

## PUTTING WORDS TO MUSIC

BY LOUISE LOWRY

WHEN composer Stafford Miller read Jared Curtis’s poem *Aging, Well. . .*, he heard a song. The meter of the poem became the rhythm of the song, and the sounds of the words suggested the notes of a melody. That song, now finished, is *Aging, Well. . .*, music by Stafford Miller, lyrics by Jared Curtis. “Poetry,” Stafford says, “often inspires the composer. A song writer tends to start with a lyric and build the music from there.” Mirabella Seattle residents heard the song’s premier performance, sung by mezzo-soprano Carolyn Burton, accompanied by pianist Kitty Dow, in Emerald Hall on April 13 at the Poetry Festival. Many at Mirabella know Stafford Miller as cochair of the Program Committee and as the affable and knowledgeable host of many of the music groups that entertain residents in Emerald Hall. In another part of his life, he is a composer of music, recently concentrating on songs. These range from art songs suitable for the concert stage to “Tunes for Tots,” songs he composes and records for his grandchildren and great grandchildren.

*AGING, WELL...*

From: Jared Curtis  
Music: Stafford Miller

First page of “Aging, Well...” – Poem by Jared Curtis, Music by Stafford Miller

Stafford’s background as a professional musician and as a music academic—Doctor of Musical Arts (DMA)—has prepared him for the art of composing music as well as for performing, arranging, and conducting it. Recently, the isolation demanded by COVID restrictions has been an unexpected gift—precious, uninterrupted time for the creative work of writing music.

Residents will be able to hear more of Stafford’s work when the Greenwood Concert Band comes to Mirabella on July 17. Another of his compositions is on the band’s program.



# WHO DOES WHAT AT MIRABELLA

**RESIDENT COUNCIL, 2021–2022**



Sue Herring,  
President, 2021–2022,  
Box 709, x 1556,  
[herringsus@gmail.com](mailto:herringsus@gmail.com)



Laura Bailey,  
Vice President, 2021–2022,  
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Secretary, 2021–2023,  
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Louise Lowry, Member-at-  
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Pat Kushmerick,  
Past President, 2021–2022,  
Box 402, x 1607,  
[pakushmerick@gmail.com](mailto: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



# COMMITTEE FAIR § FUND DRIVE BEGINS

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## *RESIDENTS' ASSOCIATION*

Sue Herring, President

### **Committee Fair 2022**

*Wednesday, June 1; 1:30–3 pm, Emerald Hall*

Mirabella Seattle is an active, vibrant community with a wide range of programs and activities for residents to enjoy. Our residents' curiosity and creativity are enhanced by participating. What a joy to live where these opportunities exist!

The key to the success of this lifestyle lies in many residents sharing in the planning and execution of these activities through the various committees. Volunteers are needed to serve as chairs and provide leadership for activities that groups plan. Committee members contribute ideas, skills, and energy in coordinating events throughout the year. Volunteers are needed to keep minutes for each committee meeting. Members help evaluate an activity when it is over, based on feedback from participants.

To learn more about how the committee system works and to celebrate what we collectively do, the Residents' Association will again host a Committee Fair for everyone, especially for new residents. Each committee will have a table, where current members will greet you, answer questions, and offer informational hand-outs to take home. You may sign up for more information if interested.

In addition to committees, many service groups, interest groups, and clubs will be represented at the Fair with information to share.

As part of the festivities, we will have refreshments (including cookies and popcorn) and a drawing at which four bottles of wine will be won by two lucky attendees! The drawings will be at 2:00 and 2:45 pm. You do not need to be present to win, but if you are absent, save your ticket for the announcement of the winning numbers at the Residents' Association meeting on Tuesday, June 7, 2022.

Plan to come, take part in the fun, and consider how you can help ensure the continuation of our active, engaged community!

Laura Bailey

## *MIRABELLA SEATTLE FOUNDATION*

Jim Holland, Chair

### **There's No Place Like Home**

Unlike Dorothy from the Wizard of Oz, Mirabella Seattle residents don't have to click their heels three times to go home—we are home! And what a home we have.

Surrounded by the South Lake Union community, we enjoy the warmth of friends, the support of attentive staff, opportunities for fitness, wellness, continuing education, enjoyment of the arts, and volunteerism. All of this, not in Kansas, not in Oz, but right here in the Emerald City of Seattle, right on our Mirabella doorstep.

Like a tornado, the world around us is constantly changing, sometimes at lightning speed, sometimes for the better, and sometimes for the worse. Not one of us can ever be certain that our circumstances won't change. For both residents and staff, the Mirabella Seattle Foundation, a 501(c)(3) nonprofit organization, provides that extra bit of security needed to bravely face some of the challenges that lie ahead.



# EXPLORING ART ON OUR WALLS

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One dreaded challenge all residents think about is, “What if, despite doing all I can to manage my funds well, I don’t have enough to pay my daily living expenses, including all my medical bills and my insurance premium?” This is exactly what the Foundation’s Resident Assistance Fund is for. Mirabella residents can sleep well, just like Dorothy in the poppy field, knowing this fund is available to provide that little bit of extra support when it is most needed.

Recognizing that Mirabella staff are very important members of our family, the Foundation has an Employee Benefits Fund to provide a safety net when an unexpected emergency or unplanned life event occurs. Also recognizing the value of educational opportunities, the Employee Benefits Fund provides scholarships for employees to study in the field of their choice at any qualified institution, a wise investment in the future. Generous contributions from residents have funded 350 scholarships for a total of \$400,000 since the fund’s inception.

You may be aware that the Foundation provides support for projects such as Mirabella’s Aging in Place Task Force, the Osher Lifelong Learning Institute, and the University of Washington / Harborview Medical Center / Seattle Fire Department paramedic training program. Grants for worthy causes come from the Foundation’s General Fund.

Together, the Foundation’s three funds, Resident Assistance, Employee Benefits, and the General Fund provide a safety net as well as growth opportunities for residents, staff, and our local community. On May 3, the Mirabella Seattle Foundation will kick off its 2022 annual fundraising campaign at the Residents’ Association meeting in Emerald Hall. During the campaign, you will have an opportunity to show your heart, invest in the future, and demonstrate your courage by making a generous, tax-deductible donation to one, two, or all three of these funds.

Make a difference and be a part of Dorothy and Toto’s journey on the yellow brick road to reach the campaign’s \$125,000 goal by June 4. Achieving this goal will ensure Mirabella residents can continue to say, “There’s no place like home.”

Mary Jossem, Cochair  
2022 MSF Fundraising Committee

## ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

### On the Reroute—Something to Ponder

The woman flings her arms heavenward and screams in anguish. She is very reminiscent of Picasso’s *Guernica*.

Where is she? Sadly, she could be so many places.

The artist, Marianne Gold Littman, was primarily a sculptor, who, along with her husband Fred Littman, received many public commissions from the city of Portland, where the works she created are still on view in parks and buildings. Ms. Gold Littman’s work is world-renowned. She



“Crying Woman,”

Marianne Gold Littman

escaped Nazi persecution as a young woman and in the 1960s was politically galvanized by the Vietnam War. Her later life was devoted to the pursuit of world peace. Our tiny lithograph *Crying Woman* was produced in the 1950s. It is hanging near unit 1026. The Reroute is designed to make your dinner trip more engaging. The 10 D elevator is the suggested starting point.

Joanne Mearls



# ART ON THE MIND

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## You Are Invited!

Friday, May 20; 4–5 pm, Bistro

Return of the  
Library Mice



*“Holy cats, the Art Committee receptions have resumed! Let’s go see if we can find some of those yummy cheese crumbs.”*

The Art Committee is hosting a Reception to introduce Jeff Eidsvick, the artist who created the Fairview Avenue and John Street window art for our Mirabella Seattle building. It is an opportunity to hear how Jeff envisioned the work and how he went about it and to hear from Super Graphics who fabricated and installed the film on the windows.

Please walk around the building to view the windows during the day—and at night, when they show to best advantage—so you can come to the reception with questions for Jeff and his collaborators, Super Graphics.

The reception will be held during our regular Friday Happy Hour. Wine, cheese, and crackers will be provided.

Linda Berkman

## ARTS TASK FORCE

Barbara Porter, Chair

## Art on the Mind

It began with a chance meeting with a new resident. “Have you seen the current exhibit of ‘Art on the Mind’ at the Frye Museum?” He went on to explain that the Frye Art Museum currently had a display of art created by people with dementia and their

care partners in a celebration of the tenth year of a program dedicated to bringing art to people dealing with dementia. The next day there was an article in *The Seattle Times* that featured and further described the same exhibit. My attention, already piqued, was now fully engaged. The exhibit was going to close in three weeks, and I didn’t want to miss it. With the help of Clint Turner and the rest of Mirabella’s transportation team we soon had a date, a bus, and fourteen residents who signed up to see the exhibit. What we saw was an eye opener. We learned that the Frye had developed this program for dementia patients and their care partners for shared art experiences. This free program is now in its tenth year. The exhibit included work by patients and by their partners. It also showed work created by



*“Whale,” exhibited at “Art on the Mind,” Frye Art Gallery – photo, B. Porter*

# TEMPTED BY TEMPEH?

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another Frye program, “Bridges,” that brings art to people’s homes.

The exhibit was accompanied by a video that explained more about the program. There we saw Dr. Lee Burnside, a geriatrician, and a longstanding Mirabella Seattle Board Member. He is also currently working with Ruth Benfield on her “Aging in Place” project. Dr. Burnside emphasized the value of arts experiences for seniors and in this case, specifically for seniors with dementia.

I quickly contacted Dr. Burnside to tell him how happy I had been to see his presentation and to learn more about his commitment to the arts. I told him that we currently had a task force working to expand our arts experiences at Mirabella and named some of our current classes. He sparked at the mention of the ukulele class and told me about the uke he had built for use at the Memory Hub on the Frye property. He’s full of surprises. In our conversation, he suggested that he come to Mirabella so we could talk further. I mentioned our new art space in room 507 and he was eager to see it as well. Several other residents currently serving on the Council and the task force joined us. Lee was delighted to see our art setup and asked if he could take some pictures back to show the people at the Frye. He also agreed to send me several papers that support the importance of arts experiences for all seniors. He emphasized that many people have somehow been allowed to feel “untalented” and are reluctant to become involved in the arts. He explained that the arts are not only therapeutic, engaging, and entertaining, they are also developmental and invite change and growth. The arts should be represented in a wide range of classes for all residents in senior communities.

My next action was to go online and find a series of offerings by the Frye Art Museum that expanded my understanding of what they are doing. I was

particularly struck by the YouTube presentation: “Virtual Opening for Art on the Mind: Ten years of Creative Aging Exhibition Close-up.” There were revelations I hadn’t expected from care partners and a poetry book, *Beyond Forgetting*, that contains heartfelt contributions from 100 care partners of dementia patients around the world. That book alone would well serve Mirabella residents who are currently caring for a partner with dementia.

What comes next? We are lucky to have Dr. Lee Burnside on our Board of Directors. He will continue supplying the Arts Task Force with scientific data in support of the arts. And we, in turn, will continue to meet and gather information to support the need to create suitable activities that bring arts experiences to all Mirabella residents. Member Stevie Bravmann adds this, “The arts are what make us—and keep us—fully human and fully alive.” As we work toward our goal, please remember to keep “Art on the Mind.”

Barbara Porter

## *DINING COMMITTEE*

Mandy Wertz, Chair

### **My Take on Tempeh**

With the challenges of aging and eating, I have found in recent years that meals with less or no animal protein are increasingly satisfying. There are many important considerations in this equation including the impact on climate and supply chain.

One of the foods that has recently appeared on Mirabella menus is Tempeh. It is a bean mold cake that originated a few centuries ago in Indonesia. Made from soybeans that are low in sodium and high in protein and other highly nutritious elements, it is a staple of most vegetarian diets. Fermentation of the mold is also reputed to provide many health benefits.



# A SATISFYING MEAL § BUILDING MATTERS

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*Tempeh dish  
— photo, Chef Claus*

The texture provides a nice chew, and I find that a product with easily identified ingredients is more appealing than the “Beyonds” and “Impossible.” Lacking a distinctive flavor, it awaits enhancement with an endless variety of options.

Who could have imagined that the Indiana farm girl who helped harvest soybeans would be singing the praises of this humble food prepared by the creative chefs in our Seattle retirement community? Life is full of discoveries.

Mandy Wertz

## ENVIRONMENT & FACILITIES COMMITTEE

Nickie Askov and Sally Hahn, Cochairs

### Update

At the E&F Committee meeting on April 7, Marcus Cullen updated members and visitors by announcing that spring window and deck cleaning is being scheduled. The weekly housekeeping schedule is posted on MIRANET under Documents.

Maintenance is now fully staffed with new hires Jamaal Hopkins and Solomon Zeragaber. Another new hire is Brad Walls as night-shift security personnel.

Marcus showed a video of



*Brad Walls*

the new cordless robot that is cleaning our pools on Mondays, 6:30–8 am. It picks up the debris and sediment from the bottom and sides of the pools. Temperatures for the pool should be 86 degrees in the lap pool, 92 in the therapy pool, and 104 in the spa. Plastic film, such as plastic bags, can be recycled. The Ridwell collection bin with a place for overflow is installed in the small room to the right of the B elevator as one walks toward the parking garage. It shares the room with recycling bins for Threadcycle and small electronics.

Residents who are going to be away from their units for a long time should submit a Work Order on MIRANET or by calling x 1413 to turn down their heat. Energy conservation is always good and is especially so for April and May, as the energy usage contest among floors is underway. (See the March issue of *The Mirabella Monthly*, page 10, for the Green Subcommittee’s “Energy Reduction by Floor Contest.”)

In its earlier meeting the Green Subcommittee discussed complaints about the use of plastic food containers. Concerns included the long-standing policy of Mirabella Seattle to provide compostable containers, Mirabella’s policy of social responsibility, and the safety in using plastic containers. The Environment & Facilities Committee voted unanimously to support the memo that had been sent by the Green Subcommittee to the Dining Director and requested the Council Liaison to bring the motion before Council.

Nickie Askov

### Green Tips

The Ridwell company presents Mirabella Seattle residents with an opportunity to recycle many items that we have been throwing in the trash. The company was originally formed to help residential recyclers and is now branching out. Mirabella is

# RECYCLE FILM § TEETH & EARS

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the first apartment building to participate in this venture! This three-month trial started in April. Let's show them how much we appreciate this service by putting these "plastic film" items in the Ridwell box in the Threadcycle and small electronics room to the right of the B elevator, parking level. There is a large, labeled container for the overflow, too. All items need to be clean and dry.

- » Ziploc bags
- » Bubble wrap and air pillows
- » Grocery bags
- » Amazon Prime shippers
- » Bread bags
- » Produce bags
- » Outer wrapping from toilet paper, paper towel rolls
- » Dry cleaning bags
- » Cereal bags
- » Outer packaging (such as L.L. Bean t-shirt packaging)
- » Poly-bags (FedEx and mail-order medication bags)



*Ridwell Box & Bin  
– photo, M. Rogers*

Ridwell has an excellent website describing what they don't accept: <https://www.ridwell.com/>.

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

Mary Rogers

## HEALTH & WELLNESS COMMITTEE

Mike Hahn and Gill Thompson, Cochairs

### Dental Care for the Older Population

Tuesday, May 24; 3:30 pm, Emerald Hall

Please join us for our monthly lecture with Dr. NamThien Vu, DDS. Dr. Vu will discuss changes in the oral cavity as a patient ages, medication-related problems in the oral cavity, important oral hygiene tips, and advances in dentistry.



*Dr. NamThien Vu*

Dr. Vu is the dentist-owner of Summit

Dental Care located in the 8<sup>th</sup> and Olive Building, 720 Olive Way, in the Denny Triangle. He was born and raised in Olympia, Washington, and attended the University of Washington for undergraduate and dental school degrees. He loves to golf, ski, and attend Seattle sporting events. He resides in North Seattle with his wife and one-year-old daughter.

Gill Thompson

### Music to Their Ears

Several years ago, Mirabella learned of a national program, Music and Memory (M&M), that is based on the realization that music is deeply rooted in our conscious and unconscious brains. As powerful as that idea is, it becomes even more important if the functioning of the brain is deteriorating, as occurs in dementia, Alzheimer's, and other types of cognitive loss. The originators of the program found that music can awaken the brain and with it, the rich trove of memories that are associated with familiar songs or beloved pieces. A study at University of California at Davis published in 2020 has shown that use of M&M in nursing homes significantly reduced depressive symptoms, pain, and falls in patients with dementia, thereby reducing the need for antidepressant drugs. The results of the three-

# CLINICS FOR ALL

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year study can be found in the *Journal for Post-acute and Long-term Care Medicine (JAMDA)*.

Several staff members in our Memory Care Unit, using a grant from the Mirabella Seattle Foundation, received training to implement this program here. We put out a call to residents for donations of the needed listening and recording devices and received enough equipment for each resident in our special care units.

The last step to complete the use of the program here was to find residents who could easily navigate the internet and download the personalized play lists for our residents in special care. Up stepped Lynda and Ray Prindle who volunteered hours of their time finding just the right recordings to download on the players. Sadly, Lynda and Ray are no longer with us, and their valuable contribution needs to be continued. The Health and Wellness Committee is seeking four or five people who could spend a couple of hours a week downloading music lists, generated by staff and families, from the internet onto the players for our residents. Bob Lewandowski has volunteered to be the point person for this effort, and we are putting out a call to tech savvy folks who can devote some of their time to this highly beneficial service. Call Bob at x 1731 if you are interested. You and our special residents will be richly rewarded.

Alice Arrington

## HEALTH CLINICS

Katie Harrison, Resident Services Supervisor

### 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 Katie Harrison at x 1457.

### **Audiologist: Seattle Hearing Services**

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

Dr. Patricia Munson offers hearing assessments. For appointments, contact Mary Jo Guajardo, Patient Care Coordinator/Office Manager, Seattle Hearing Services at (206) 937-8700 or at maryjo@seattlehearing-services.com.

### **Foot Care Clinic**

*Mondays, May 16 and 23; Tuesdays, May 17 and 24; 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, May 25; 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 locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117.

### **Counseling Service**

*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 works with residents experiencing



# LIFELONG LEARNING

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*Janelle Jensen*

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](mailto:janellejensentherapy@gmail.com).

## 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.

## 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.

## 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 the

Zoom link, location, or hybrid mode. To join Zoom events: click on the title to bring up the Zoom link. Click on Zoom link to join.

## Writers' Workshop with Dana Wenig

*Tuesdays, May 3 and 17; 3–4:30 pm, Conference Room A*

Coordinator: Louise Lowry, x 1684.

## Supportive Friends

*Tuesday, May 3; 5:30 pm, Vineyard Room*

All residents who have experienced the loss of a loved one are invited. Regular attendees will 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.

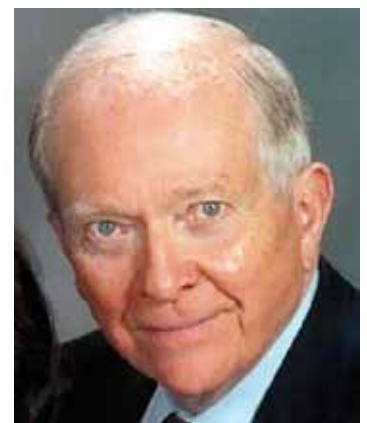
## Resident Revelations: John Price: Changes in Law, Then and Now

*Tuesday, May 10; 3:30–4:30 pm, Emerald Hall and Zoom*

John Price will share his thoughts about the changes that have taken place over the last sixty years in law, including law and the arts, legal education, the practice of law, and the courts.

John, a Hoosier by birth, grew up living alternately in Columbus, Indiana, and Sebring,

Florida. He spent two years in the U.S. Army with an intelligence unit in Western Germany, received a BA from the University of Florida and was a Root-Tilden Fellow at New York University School of Law. He practiced law for several years in San Francisco before joining the faculty of the



*John Price*

## LECTURES AND TALKS

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University of Washington School of Law where he served as dean from 1982 to 1989. John and Suzanne moved to Mirabella in April 2013 and appreciate its outstanding building and grounds and its equally amazing residents. Coordinator: Carolyn Blount, x 1644.

**Explore the Philadelphia Museum of Art with Rebecca Albani**

*Monday, May 9 and 16; 10:45 am–12 pm, via Zoom*

We will experience a world-renowned collection, a landmark building, and some of its objects highlighting the creative achievements of the western world and Asia, spanning 2,000 years. Rebecca will select the best of the best and most interesting artworks in her two presentations. Coordinator: Sylvia Fisher, x 1859.

**HELEN MARCY GOLDE MEMORIAL LECTURE**

*Wednesday, May 18; 5–6 pm, Reception to follow 6–7 pm, Pelton Auditorium, Fred Hutchinson Cancer Center. Bus 4:15 pm, returns 7 pm. Make reservations at x 1419.*

**Zoom:** Join the event online at: <https://bit.ly/HelenGolde>. Zoom Meeting ID: 943 7094 7011

**Molecular Imaging to Guide Precision Breast Cancer Treatment: PET Imaging of Steroid Receptors and PARP**

The fifth annual Helen Marcy Golde Memorial Lecture on Breast Cancer will be held this year at the Fred Hutchinson Cancer Center, with an online or Zoom alternative for those who cannot attend in person. The lecture is jointly sponsored by University of Washington School of Medicine, Seattle Cancer Care Alliance, and Fred Hutch. The keynote speaker will be David Mankoff, MD, PhD.

Dr. Mankoff is board-certified in Nuclear Medicine and holds a PhD in Bioengineering focused on PET instrumentation. He practices Nuclear Medicine at the University of Pennsylvania, with a special

interest in oncologic applications of molecular imaging and radionuclide therapy. His research focuses on molecular imaging of cancer, primarily on breast cancer, and emphasizes therapeutic monitoring, identifying factors mediating therapeutic resistance, and the translation of new methods to clinical trials. He also works on imaging methodology and quantitative imaging methods related to molecular cancer imaging.



*Dr. David Mankoff*

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

Dr. Mankoff will be joined by members of the Golde family, who established this lectureship.

**Taste of EnJoy Shakespeare with Paul Schmid**

*Tuesday, May 24; 1–2:30 pm, Emerald Hall*

In this introductory session we will get a taste of the popular EnJoy Shakespeare Series with Paul Schmid, a Presentation Specialist at Bellevue College. He has presented the series at Bellevue College and other venues. Using clips from world-class cinematic productions of Shakespeare's plays with great actors like Jeremy Irons, Tom Hiddleston, and Ben Wishaw, Schmid will read excerpts from the plays (in modern English and the original) and discuss the plays' universal themes and symbols.

Coordinator: Sylvia Fisher, x 1859.

# PUBLISHER'S NOTICE § OUTSIDE ACTIVITIES

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## OLLI-UW MAY VIRTUAL LECTURES

### Excavating Dinosaurs in Montana with Gregory Wilson Mantilla

Wednesday, May 11; 12–1 pm

**Pre-Registration Link:** <https://washington.zoom.us/j/9qzlrHtJKhA57tC6R4I6hbAwmBKeN>

Last summer Curator of Vertebrate Paleontology and University of Washington Professor of Biology Gregory Wilson Mantilla and his team were hard at work excavating dinosaurs in Jordan, Montana. In this talk, he will share the history of his team's work in the area and the details of their latest discoveries featuring the Flyby Triceratops and the Chicken from Hell!

### Ultrasound and Microbubbles: Imaging Tumors and Delivering Drugs with Mike A. Averkiou

Friday, May 27; 12–1 pm

**Pre-Registration Link:** <https://washington.zoom.us/j/Fj6l9TlJudLeUbSNKUn>

Ultrasound is known for imaging unborn babies in pregnant women, the beating heart of adults, the abdominal organs, and the rest of the body when there is a need to assess a medical condition. This talk will describe the imaging techniques for detecting and classifying tumors as well as the techniques used to improve drug delivery during chemotherapy.

Mike A. Averkiou is associate professor at the Department of Bioengineering of the University of Washington. He focuses on transferring innovations from preclinical research into clinical use. He is a senior member of IEEE, an Acoustical Society of America Fellow, and was awarded the Marie Curie Chair of Excellence from the European Commission.

## THE MIRABELLA MONTHLY

BY JARED CURTIS, PUBLISHER

### Reporting August Events and Programs in the July Issue

For the third year in a row, we will not publish an August issue. We will reward the team of resident volunteers helping to publish our community newsletter each month with a well-deserved July break. We understand that this may create a problem for committees and planners of other programs and events that will occur in August. To compensate, we will expand the July issue to include these items. To give notice of these August plans in an issue of *The Mirabella Monthly*, you will need to make your submission to Mary Rogers (mkr3824@gmail.com) in time to appear in the July issue. The normal deadline for submissions to an issue is the fifteenth of the previous month. For events and programs and all other submissions for **July 2022**, June 15 remains the deadline. But for submissions announcing events and programs in **August**, the deadline is extended to June 20 to allow extra time for August arrangements to be confirmed, written up, and submitted. For all other rules governing submissions, please see the guidelines for submissions printed on the back page of this issue of *The Mirabella Monthly*.



## OUTSIDE ACTIVITIES

Judith Peterick, Chair

Katie Harrison, Resident Services Supervisor

Marcus Cullen, Facilities Services Director

**Bus Schedule Revisions:** As of May 1, departure time for all morning grocery trips is 10 am except Costco which is 9:45 am. Both departure time from Mirabella and estimated pickup time from the destination are listed in *The Mirabella Monthly*.



# GET OUTSIDE BY BUS

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The normal time for a grocery visit is 1.5 hours and times for other activities depend on the activity. When going on a bus trip please, meet in the lobby 15 minutes before the bus is scheduled to depart Mirabella so we can leave on time.

Check the Mirabella Weekly or MIRANET for any updates and/or cancellations. Call x 1419 for bus reservations and leave a message or go to the Transportation tab on MIRANET and submit a Request for Town Car and Bus Transportation form. You will receive a call or email confirming your seat. The tab also has a listing of seats available for each trip depending on bus size (small bus with twelve seats on Thursday through Sunday and large bus with twenty-seven seats Monday through Wednesday) that is refreshed at least twice a week. Any non-grocery trip may be cancelled if a bus is not available or fewer than four people sign up for the event.

Many of the venues listed still 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, May 6 and 20;  
10–11:45 am  
**Costco**, Wednesdays, May 4 and 18; 9:45–11:30 am  
**Fred Meyer**, Mondays, May 9 and 23; 10–11:45 am  
**Metro Market**, Fridays, May 13 and 27;  
10–11:45 am  
**Safeway**, Fridays, May 13 and 27; 1:30–3:15 pm

**Trader Joe's/PCC**, Wednesdays, May 4 and 18;  
1:30–3:15 pm  
**University Village**, Mondays, May 2, 16, and 30;  
10–11:45 am  
**Uwajimaya**, Monday, May 2; 1:30–3:15 pm

## WALKS

*Saturdays, 9:30–11:15 am pickup*  
May 7 Kelsey Creek Farm  
May 14 Golden Gardens  
May 21 Luther Burbank Park  
May 28 Myrtle Edwards Park

Coordinator: Charlotte Bushue, x 1723.

## GOLF

*Thursday, May 5, 12, 19, and 26; 9:30 am–TBD*  
Golf courses will be announced in the Weekly Calendar or on MIRANET

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 not recurring weekly.

## CULTURAL EVENTS

The various theatres and other cultural events are starting their annual subscription sales. The committee will be sending out a listing of events for which we usually provide Mirabella bus transportation.

**Emerald City Music, *Insomnia***  
» Friday, May 13; 7:30–9:45 pm  
**Fifth Avenue Theatre, *Afterwords***  
» Thursday, May 19; 12:45 pm–TBD  
**Met Live, Northgate Thorton Place Theatre**  
» Saturday, May 7; 9 am–1:30 pm, *Turandot*  
» Saturday, May 21; 9 am–1:45 pm, *Lucia di Lammermoor*  
**Seattle Opera, *Marriage of Figaro***  
» Sunday, May 8; 1:15–5:20 pm

# OUT AND ABOUT

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## Seattle Symphony, *The Vinyl Years*

» **Pops:** Saturday, May 7; 7:15–9:30 pm

» **Pops:** Sunday, May 8; 12:45–3:45 pm

### SPECIAL ACTIVITIES AND EXCURSIONS

#### Luncheonaires: Ivar's Acres of Clams

Tuesday, May 10; 11:30 am–2 pm, 1001 Alaskan Way

Ivar's is a very well-known local seafood chain. Pier 54 was Ivar Haglund's first business location, where he opened an aquarium in 1938. He noted tourists often arrived with an appetite. This smart Norwegian/Swede businessman started selling red clam chowder and fish and chips at this location. The Ivar's chain includes three full-service restaurants located on waterfronts, eighteen casual seafood bars, and several stadium locations. The red clam chowder has morphed into Ivar's famous Northwest style white clam chowder. Besides seafood, there are other options available. Join us to enjoy good food and company! Coordinator: Judith Peterick, x 1683.

#### Bellevue Square

Wednesday, May 11; 11 am–2:30 pm

Bellevue Square is anchored by Nordstrom's and Macy's. Other stores are Crate & Barrel, Pottery Barn, Williams-Sonoma, The Container Store, and many smaller well-known shops such as Anthropologie, Coach, and J. Crew. The Bellevue Arts Museum is just across the street on Bellevue Way NE. Or go south across NE 4th Street and stroll through Bellevue's Downtown Park. Three hours are planned for strolling, lunch, and shopping. Coordinator: Jade Simonson, x 1688.

#### Georgetown: Art Walk

Saturday, May 14; 12:45–3:15 pm

Georgetown has become Seattle's new art community. See artists' galleries and studios. Coordinator: Rene Bravmann, x 1625, if you have any questions.

#### Garfield High School: *Mamma Mia!*

Saturday, May 21; 1–4:30 pm

Mirabella residents will see an energetic high school production of *Mamma Mia!* Garfield High School is well known for its excellent music programs. The bus leaves Mirabella at 1 pm for the 2 pm matinee. Pick up at 4:30 pm to return to Mirabella no later than 5 pm. We will receive a group rate on tickets with price to be announced later. Coordinator: Nickie Askov, x 1858.

#### National Nordic Museum: Art Exhibits

Wednesday, May 25; 11 am–1 pm

Two new special exhibits will be on view: "From Dawn to Dusk: Nordic Art from Sweden's National Museum" and "New Nordic Glass: Recent Acquisitions." The art from the National Museum includes fifty-six paintings from the final decades of the nineteenth century, a period of radical development in art of the Nordic countries. View scenes of everyday life, portraits, and landscapes by Vilhelm Hammershai, Hanna Hirsch-Pauli, Carl Larsson, August Strindberg, Anders Zorn, and many others. Coordinator: Judith Peterick, x 1683.

#### Horse Racing at Emerald Downs

Sunday, May 29; 1:15 pm–4 or 5 pm

Enjoy northwest horse racing at its best! Feel the elation when the horse you bet on wins at the wire or enjoy the optimism of choosing the winner in the next race. Our bus will leave for home later in the afternoon. Coordinator: Ken Hopkins, x 1662.



# PARKINSON'S WALK § PROGRAMS

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## *MOVE FOR PARKINSON'S*

*Saturday, May 7; 11:30–12:30, Mirabella Courtyard*

The annual Walk for Parkinson's will take place



*2021 Walk for Parkinson's  
– photo, R. Benfield*

May 7, and again we will be having our own Mirabella event in the Courtyard. The event is a fundraiser for the Northwest Parkinson's Disease Foundation (<https://nwpf.org>), which provides many helpful services for people with Parkinson's and their partners.

Everyone is encouraged to join our event for as

long as you want. You are welcome whether you want to donate or not. Please sign in at the Emerald Hall Courtyard entrance, where there will be handouts and donation envelopes for anyone who would like to contribute.

You may also register on the website as part of the Mirabella Team: <https://www.nwpf.org>. There you will see "MOVE for Parkinson's May 7th." Below that select "Click to Register," then "Join a Team." Select "Mirabella." You may donate online if you wish.

It will be fun, rain or shine, so please plan to join us!

Laura Bailey

## *PROGRAM COMMITTEE*

Judy Guder and Stafford Miller, Cochairs

**Washington State Attorney General Bob Ferguson**

*Thursday, May 5; 3:30 pm, Emerald Hall*

We will welcome Attorney General Ferguson back

to Mirabella Seattle for a discussion of current state matters. He has been Washington's Attorney General since 2013 and is committed to protecting the people of our state against powerful interests that don't play by the rules. After his presentation he looks forward to hearing your questions and concerns. AG Ferguson's mother, Betty, has resided at Mirabella since 2012. Coordinator: Darrell Guder.



*Bob Ferguson*

## **Cello, Viola, and Piano Concert**

*Thursday, May 12; 3:30–4:30 pm, Emerald Hall*

We are delighted to have Erika Pierson, cellist, and Annie Chang-Center,

violinist, with pianist David Tan, returning to Mirabella Seattle. Performing solo cello recitals in many European countries, Erika has been featured soloist with orchestras in Berlin and the U.S. She performs regularly with the North Corner Chamber Orchestra (NOCCO).

Annie has performed as piano soloist with major symphony orchestras in San Francisco, Hong Kong, and Cincinnati.

As violinist she was a prizewinner of the Irving Klein International String Competition and has performed regularly as viola soloist with the



*Erika Pierson*



*Annie Chang-Center*



# BOOKS TO READ § MUSIC TO HEAR

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Arizona Chamber Orchestra. Currently she plays viola in the Baltimore Chamber Orchestra. David Tan, a well-regarded pianist, will join the concert.

The concert will include Bruch's Romance for Viola and Piano, Op.85; the Handel/Halvorsen Passacaglia for Viola and Cello; and Brahms's Sonata in F Major for Cello and Piano. Coordinator: Jean Hall.

## Ladies Musical Club Concert

*Saturday, May 21; 2 pm, Emerald Hall.*

In our last concert of the season, we will hear two new members of the LMC. Soprano Sydney Belden will perform songs and arias by Donaudy, Faure, Mozart, and Paul McCartney.

The second half will introduce cellist, Melet Whiston. She was first chair in the Portland Junior Symphony and Princeton University Orchestra. She will be playing a selection of works for solo cello.

Note the Saturday performance, not the usual Sunday! Please give these musicians a warm welcome.

Our next LMC concert will be Sunday, October 15, at 2 pm. Coordinator: Carolyn Burton.

## BOOK CLUB

*Fourth Monday of the month; 4 pm in Conference Room A*



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."

On June 27 we will talk about *Journey from the Land of No* by Roya Hakakian. This book relates the author's childhood and adolescence growing up in

a Jewish family in Iran at the time of the overthrow of the Shah and the rise to power of Islamic fundamentalists. Everyone is welcome to join us.

Tina Moss

## OPERA CLUB NEWS

*Lucia di Lammermoor* by Gaetano Donizetti

*Monday, May 9; 1:30 pm, Emerald Hall*



*Anna Netrebko as Lucia*

In this production of Donizetti's masterpiece *Lucia di Lammermoor*, Anna Netrebko triumphs in one of opera's most demanding soprano roles. We see her progress from hopeful lover of Edgardo through betrayal, murder, and madness. Her vocal technique and acting are stunning throughout.

*Lucia di Lammermoor* contains two set pieces that stand among the highest achievements in all of opera: the sextet at the end of Act II and Lucia's famous mad scene in Act III. In the

# DOWN AT THE OTHER MARKET

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sextet, the plot comes to a crisis with a brilliant interweaving of voices: Lucia is convinced by her brother that Edgardo has abandoned her and so agrees to a loveless marriage for financial gain. In the mad scene, we see Lucia in her bloodstained dress, having murdered her bridegroom and now descending into the final throes of insanity. High melodrama on the Scottish moors is carried along on one glorious bel canto aria after another.

Our showing is from the 2009 Metropolitan Opera production. The director Mary Zimmerman updated the setting from 1700 to Victorian times, retaining all the necessary eeriness while beautifully framing Lucia's "contract with doom." Lucia's brother Enrico is sung by Mariusz Kwiecien, and Edgardo is performed by Piotr Beczala. The conductor is Marco Armiliato.

As the lights will remain dimmed during curtain calls at the end, please remain seated until the lights go up.

The next showings of Live in HD from the Met will be Puccini's *Turandot* on Saturday, May 7, and *Lucia di Lammermoor* on Saturday, May 21, at Thornton Place Cinema at Northgate. Sign up for transportation to these broadcasts at x 1419.

Andrea Lewis

## OUTDOOR MARKET

BY JARED CURTIS

**A**FTER lunch on sunny Easter Sunday, Mary and I walked down to Westlake Avenue North and Harrison Street to catch the number #40 bus to Fremont. Getting off at the first stop after crossing the Fremont Bridge, we sauntered down North 34<sup>th</sup> Street, past the PCC, and into Fremont Sunday Market. We encountered a block-long array of vendors selling everything from scented candles to used and new clothing, from



*Raw Honey stand at Fremont Sunday Market  
– photo, J. Curtis*

fresh flowers to old mirrors, from original art to handmade knives, and nearly anything you could think of in between. Jewelry, made by the artisan-vendors, seemed to dominate the stalls.

Our favorite stand on the north side of the street offered homemade honey being sold by a local beekeeper, a friendly and chatty fellow, who told us he had 140 hives. When we asked, he explained he wasn't one of those beekeepers who ships his hives off to commercial almond groves in California, where they risk illness and depletion, but keeps his in place year round, where they spread out to gather nectar from blossoming flora near the hives. The variety of honey he sells depends on what his bees



# EASTER FULL MOON § BALLETS GALS

select as their source, as each season provides. I bought a container of raw blackberry honey and Mary chose a honeycomb-and-raw-honey spread for her morning toast.



*View Deck, Fremont Canal Park*

When we reached the end of the block, we strolled along the Burke-Gilman trail and headed west through Fremont Canal Park. About 200 yards down the path, we stopped for a rest at a viewing dock situated just off the canal bank. At the

bottom of a ramp equipped with railings, we settled on one of several benches on the dock. Many small boats made their way up and down the channel as we sat for a spell in the sun. Several of them were canopied electric boats bearing parties of six to ten passengers enjoying a day out on the water.

Returning through the open-air market to catch our returning bus, we examined the goods sold on the opposite side of the road, slowing at a collection of used books, pausing briefly at a homemade cookie stand, and diving into the ground floor of a public garage, where more stands filled up the parking stalls usually filled with cars.



*Full Moon at sunrise on Easter Day, Alki Beach – photo, E. Hill*



*Fremont Sunday Market, west entrance – photo, J. Curtis*



*Dining Server Maggie Carlone receiving congratulations and applause from residents in the Bistro for her April VIP Award – photo, H. Roberts*



# PEAK MOMENTS § THROUGH A POET'S EYES

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## MOUNTAIN VIEWS BY ELSTON HILL



*Mount Rainier from Myrtle Edwards Park*



*Olympic Mountains from Alki Beach*



*The Brothers in the Olympic range  
from Myrtle Edwards Park*

## REFLECTIONS

BY JARED CURTIS

“When I consider how my light is spent” is the first line of John Milton’s Sonnet 19—published near the end of his life—about his going blind at age forty-six (he lived another two decades while continuing to write until his death at age sixty-six). A seventeenth century English writer of poetry and political prose, he advocated in his prose for a freedom of conscience and civil liberty in the nearly century-long struggle against ecclesiastical and governmental forms of tyranny and oppression. King Charles I, in his ruthless oppression of his subjects of non-Anglican faith, the ensuing Civil War, the regicide, the Commonwealth, the defeat of Cromwell, and the Restoration of King Charles II, stirred conflict and reversals of fortune throughout Milton’s lifetime, a turmoil unprecedented in English history. In that same period, Britain and the Continent underwent the terrors and sorrows of several plagues. In contrast to his prose, Milton wrote his poems in a reflective and pastoral mode. Through a large body of poems, he promoted in verse those same values and explored the benefits, challenges, and pitfalls of personal liberty for human consciousness.

At age eighty-six and still counting, I often think of his Sonnet 19 and its calm and casual invitation to consider how one’s own light is spent. It is a humbling but unavoidable task to undertake at any age, more so now in these roiling, tumultuous times when sectarian and racial hatreds inflict a broad range of violence and tyranny that affects and demeans us all. The outcomes of human acts of neglect and greed on all life, on earth itself, and the ongoing pandemic that is still with us only heap more stress upon both inner and outer life.

Milton frames his own reflections as a polite

**BIRTHDAYS § POETRY CORNER § REMEMBERING**

***HAPPY BIRTHDAY! MAY 2022***

04 – Shirley Fike	13 – Janice Kaplan-Klein	15 – Pat Gwinn
07 – Janet Seery	13 – Allen Suver	18 – Linda Berkman
07 – Mike Waring	14 – Mary Ann Knowles	21 – Paul Hurn
08 – Margot Hill	14 – Jean Rolfe	24 – Janet Stanton
09 – Mandy Wertz	14 – Bill Wall	28 – Pauline Saxon

question to his “Maker,” asking, “Doth God exact day-labour, light denied?” But patience steps in with the realization that, while “Thousands at his bidding speed / And post o’er Land and Ocean without rest: / They also serve who only stand and wait.” For all the tranquility of its tone, the sonnet expresses a steely readiness to do what can be done with one’s talents, whatever the circumstances, and be content in so doing.

I don’t believe in a final reckoning, as Milton seemed to have done, except in one’s own heart and mind. “Ay, there’s the rub,” as Shakespeare has Hamlet say in the tragedy of that name. But rubbing and bumping our way through the world is the gift we’re given to use as thoughtfully and compassionately as we can.

**SONNET 19**

JOHN MILTON

When I consider how my light is spent,  
 Ere half my days, in this dark world and wide,  
 And that one Talent which is death to hide  
 Lodged with me useless, though my Soul more bent  
 To serve therewith my Maker, and present  
 My true account, lest he returning chide;  
 “Doth God exact day-labour, light denied?”  
 I fondly ask. But patience, to prevent  
 That murmur, soon replies, “God doth not need  
 Either man’s work or his own gifts; who best  
 Bear his mild yoke, they serve him best. His state  
 Is Kingly. Thousands at his bidding speed  
 And post o’er Land and Ocean without rest:  
 They also serve who only stand and wait.”



*Spring Blossoms – photo, E. Hill*

***Remembering . . .***

*Flora Rabinovitch . . . 04/07/2022*

# MOVIE CLUB MUSINGS

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## *MEETING IN MIAMI*

BY CONNIE CHAPLIN



*Cassius Clay (later, Muhammad Ali), Malcolm X, Sam Cooke, and Jim Brown are portrayed in "One Night in Miami"*

WILL SMITH was a favorite to win an Oscar for Best Actor at this year's Academy Awards, and he did. The film about his role of obsessive father/coach of tennis superstars Serena and Venus Williams, *King Richard*, was nominated to win Best Picture, but didn't. And weeks after Oscar night, nobody was even talking about those landmark events. If anyone has reported how the actual Williams family feels about all of this, I haven't heard about it. How does Richard Williams, who planned even before they were born to raise two of his five daughters to be tennis greats and wrote an eighty-seven-page plan documenting how he would do it, then saw them achieve that greatness, feel about his on-screen representation? *King Richard* is the story of that family from Compton, folks, not about an incident at the Awards ceremony.

*One Night in Miami* in 1964, Muhammad Ali (then Cassius Clay) won the title of Heavyweight Champion of the World by beating Sonny Liston. There to see the fight were activist Malcolm X, singer Sam Cooke, and football great Jim Brown. Malcolm hosted a meeting afterward in his room at the Hampton House motel. What do celebrities in widely different fields with widely different interests and goals talk about? Well,

as this film posits, maybe they consider how each of them, as Black leaders in a racist society, can best play a role in the Civil Rights movement. Flashbacks illuminate their various experiences and how those influenced their opinions about fame, what it means to be free, and what their obligations might be. Cooke and Jim Brown see themselves as entrepreneurs looking to appeal to crossover audiences. Malcolm, the straight-arrow nerd, disapproves of some of the actions of Elijah Muhammad of the Nation of Islam and sees bringing Muhammad Ali into Islam as the key to helping him break away from the Nation. But the movie is not a lot of grand statements; it's just a bunch of guys talking. Directed by Regina King in a "riveting" directorial debut and nominated for three Academy Awards last year.

A documentary but not a biography, *Maria by Callas* covers the life of the super-talented but tempestuous diva in her own words during interviews and performances, through letters and home movies, and with personal photos and journals during the fifties and sixties. What it doesn't cover is her dramatic weight loss from the early days and whether it affected her voice, and the (temporary?) cessation of her affair with Aristotle Onassis after he married Jackie Kennedy. She may have a reputation for being "impossible," but one critic says the film "makes a case for Callas as a strong-willed, self-directed, confident artist, and the best person to command her career."

Ever wonder how those kids from Korea who were adopted by American parents were getting along? Justin Chon, who wrote, directs, and stars as Antonio LeBlanc in *Blue Bayou* has one answer: his own experience. You can call this immigration drama. Antonio is a Korean-born adoptee raised in bayou country in Louisiana, now living as a tattoo artist, and married to an American woman, when he is faced with deportation. Why? Well, citizenship documents for him were never filed, for starts, and it goes on from there, "an emotionally complicated yet ultimately cathartic viewing experience."





# *The Mirabella Monthly*

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

VOLUME 14 | ISSUE 5

MAY | 2022

## *Guide to Mirabella Publications*

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

*Publisher, Editor-in-Chief, and*

*Designer:* Jared Curtis

*Associate Editor:* Mary Rogers

*Lead Editor, May:* Mary Rogers

*Copy Editors, Writers, and*

*Proofreaders:* Connie Chaplin,

Sally Hayman, Mary Jossem,

Louise Lowry, Mary Rogers

*Proofreaders:* Nickie Askov,

Marilyn Campbell, Jean Hall,

Betty Heycke, Lynne Iglitzin,

Chris Jamin, Tina Moss, Betty

O'Donnell, Judy Rourke, Charles

Sleicher, Louis Swart

*Production:* Led by Diane King,

assisted by Laura Bailey, Jane

Beer, Marilyn Campbell, Nancy

Eliason, Chris Jamin, Paul

Keown, Ron King, Tina Moss,

Janet and Jim Ohta, Judy Owens,

Carolyn Roe, Judy Rourke,

Mary Jo Taylor, Jade and 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](mailto: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](mailto:mkr3824@gmail.com).

MS Word or RTF documents work best. Pages documents should be “exported” to Word format before submission. Submit paper copy to mailbox #824 as a last resort.

Tips for a successful submission:

- » Use the Enter or Return key only at the end of each paragraph.
- » Use only one font in one size for the entire article.
- » Avoid elaborate text formatting, like columns, boxes, or effects.
- » Show emphasis by *italics*, never ALL CAPS, even in titles.

### **How to Submit Photos**

Adjust the camera or scanner to make photographs or scans of the highest quality (or the highest resolution). JPEG is the most convenient format. Focus the image on the part of the scene that is most important. Submit each image at full size. When attaching an image to an email, choose the option for “original” or “full size.” Send digital images to

[jaredcurtis@icloud.com](mailto:jaredcurtis@icloud.com).

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

**The Mirabella Monthly**  
*Mirabella Seattle*