

The Mirabella Monthly

www.mirabellaliving.com/Seattle



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SEPTEMBER | 2022

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SIBERIAN SOJOURN

BY MIKE WARING

IN 1993 I was employed as Medical Director for Amoco Chemical Company. At that time Amoco Corporation was negotiating with Gazprom, the Russian energy company, about developing a natural gas field in Siberia near the Arctic Circle. During these negotiations, a proposal was made for Amoco, Gazprom, and a regional Russian university to jointly sponsor a Conference on Occupational Health in Arctic oil and gas exploration and production operations. As a result, all the Amoco medical department physicians were tasked with preparing presentations on various occupational health topics, and we and our spouses were invited to attend the conference in Nadym, northwestern Siberia, hosted by Gazprom and Amoco.

This trip was to be in March 1993, which would still be winter weather in Nadym, so Amoco provided a military survival instructor to brief us on appropriate clothing and footwear to obtain. This led to a shopping trip to REI for heavy-duty down parkas, silk long johns, and Sorrel boots.

In late March we flew via Lufthansa from Atlanta to Moscow, where we met with the other Amoco participants from Houston and Chicago. Arriving in Moscow was a little intimidating as the post-Soviet Russian immigration agents did not project a welcoming attitude. Despite the sober faces and grim surroundings of the terminal, which displayed rather dark and drab Soviet era décor and architecture, we did not have any difficulty getting through the terminal and to our hotel.

TOURING NADYM

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The next day we flew two time zones east of Moscow to Nadym, Siberia, a Gazprom twenty-one-year-old company town of approximately 50,000. Travel was by an Amoco chartered Aeroflot aircraft operated by an Aeroflot crew. This aircraft was maintained by a Dutch company under contract to Amoco, as the company distrusted Aeroflot maintenance for safety reasons. At that time of the year (late March) Nadym was still in the grips of Arctic winter weather and was accessible only by air. In Nadym we were housed in a Gazprom guest house facility. We were advised to be careful about conversation in the quarters, as surveillance (bugging) was quite likely. The quarters were not luxurious but were comfortable and stocked with bottles of vodka, rum, and whiskey!

While we physicians participated in the medical conference in a nearby auditorium with simultaneous Russian/English translation, the spouses were toured around the town, visiting a kindergarten, museum, shops, library, music school, and hospital. There were large greenhouses nearby where vegetables were grown. The food provided for us at the guest house was generally very good, especially if one liked borscht, blini, and reindeer meat. The spouses were taken via helicopter to visit and have lunch at a hunting lodge for Gazprom personnel. En route, they flew over some indigenous peoples' reindeer herds. They also visited an abandoned gulag that had been used in the Stalin era for prisoners working on building a railroad to the area. While sightseeing out the open door of the helicopter, Judy contributed a contact lens permanently to the Siberian countryside. Judy and another of the spouses purchased cross country skis, bindings, boots, and poles at the company store for the grand total ruble equivalent of \$1.67! They had the bindings installed on the skis by the Russian bus driver for one or two bottles of vodka and then spent time skiing on a frozen lake in Nadym. We physicians toured the reasonably equipped local hospital, which had some strange (to us) concepts and



Reindeer and sleigh, Nadym, Siberia

equipment for light therapies. We were also taken by helicopter about sixty-seven miles north of Nadym to an indigenous peoples' village just north of the Arctic Circle in Yar Sale. There, we saw sleighs pulled by reindeer and were hosted at a luncheon by the local mayor and fed a local delicacy, thin slices of raw fish cut directly from the frozen fish by the mayor himself. Although we had been advised to avoid this delicacy due to concerns about parasites (fish tapeworms), we did not want to offend the locals by declining their special offerings. The meal was accompanied with numerous toasts with vodka, probably sufficient to kill any parasites! We also toured their small and very poorly supplied and equipped clinic. However, the personnel of the clinic very much impressed us with their caring outlook and concern for their patients. We U.S. docs all felt we'd rather be patients there, if necessary, than in the Nadym hospital, which had seemed cold and sterile (not in the good sense).

After flying back to Moscow, we had a couple of days to see some of the city before returning to the U.S. We were able to tour some of the Kremlin and visit Red Square with St. Basil's Cathedral, Lenin's Tomb, and the GUM department store. Judy and I also had the opportunity to visit and have dinner with a Russian family in their Soviet era apartment. This family had visited friends of ours in Atlanta via an International

STAYING ON TOP

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Friendship Force exchange between the American Georgia and Soviet Georgia, and we had made contact with them through this connection. After dinner our host escorted us out of the apartment building to make sure we got a “safe” taxi to take us back to the hotel.

This trip was certainly one of the most memorable experiences of my time with Amoco (now a subsidiary of British Petroleum).

EMPLOYEE PROFILES

Employee Appreciation Committee,
Helen Roberts and Louis Swart, Cochairs

The following profiles of Jamaal Hopkins and Emma Fleming highlight two of over two hundred Mirabella Seattle employees who work hard—often out of our sight—for the comfort, well-being, and safety of Mirabella residents.

BEHIND THE SCENES IN

ENGINEERING

BY HELEN ROBERTS

IT'S EARLY MORNING and Mirabella's engineers are meeting with the facility director to set the building maintenance priorities for the day. They evaluate any emergent issues and plan the schedule. Then it's off to work for Jamaal Hopkins, Maintenance Technician, one of the newer employees in the Facilities Services Department at Mirabella Seattle.

His first stop is up on the roof to check the temperature in the hot water boilers, which must be at least 160 degrees for the Dining Room kitchen water and no more than 120 degrees for the residential apartments. If he learns otherwise, he makes the necessary adjustments. Then it's on to checking the temperature and pressure in the water circulator for the HVAC (Heating, Ventilation, and

Air Conditioning) system. He also double-checks the circuit breakers on the power supply for the cooling towers on the roof. Finally, he inspects the ductwork in the basement that carries the outflow from our industrial laundry facility.



*Jamaal Hopkins inspecting the boilers
– photo, E. Hill*

After a short break, Jamaal proceeds with the day's work orders. On a typical day he might complete eight of these. Some calls take five minutes and others up to two hours or more, depending on the problem. In just the past month, Facility Services has fielded 1071 work orders of which 663 were completed by Mirabella's six maintenance and engineering technicians. Our technicians are called on to troubleshoot and repair numerous different brands of refrigerators, stoves, dishwashers, and washer/dryers, as well as any plumbing, electrical, HVAC, or other issues that arise in the residences. The mechanical arts are second nature to Jamaal. Coming from a family of engineers, this Seattle native has been familiar with industrial systems since childhood. His father was a Boeing engineer, and his mother was an engineer for Darigold. Their family also had a farm in the Rainier View neighborhood.

EMMA IN HER ELEMENT

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His mother preserved and canned their produce. Jamaal went to Rainier Beach High School, where he also participated in a two-year program with King County Parks that included internships with plumbers, electricians, painters, welders, carpenters, and construction companies. He attended Seattle University and then went into property maintenance with the Essex Property Trust, and later Health Care Realty, working in three different medical arts buildings. Most recently, he was a member of the staff at the Polyclinic and was there when COVID caused the clinic to institute many of the same safety precautions and procedures that we are familiar with here at Mirabella.

It is no wonder that Jamaal's skills and experience are a perfect fit for Mirabella. If you haven't met him yet, you will certainly be happy to see him coming down the hallway, should you need assistance from Facility Services.

When asked what he most enjoys about his work at Mirabella, Jamaal cites two things: the teamwork on the facilities staff, where everyone pitches in and does what they are good at, and the interaction with residents. His watchwords, whether troubleshooting a mechanical problem or working with colleagues and residents: "Be patient and listen." We welcome him most heartily to the Mirabella staff.

A DAY AT THE LAUNDRY

By Jared Curtis

EMMA FLEMING starts for work around 5 am by taxi from Northgate (no buses at that hour) and clocks in at Mirabella Seattle at 5:30 am. A nine-year member of the Housekeeping Department, she is responsible, with one coworker, for laundering all the linens for the entire Health Services Department. Her workspace is made up of two large rooms carved out of the east side of

the garage, just off the C Elevator. She starts her eight-hour day by loading prewashed laundry in the dryers and then sorting the soiled laundry that has been sent down the chute overnight from the second and third floor nursing and assisted living floors, including memory care.

Once sorted, these linens and towels are placed in two of the five industrial-sized washing machines across the room from the chute and set in motion. When the machines are happily churning away, Emma takes the C Elevator up to first, second, and third floors to collect the pool towels from the aquatic center, the salon towels, and the clinic towels and wheels them back to the Laundry, where they wait their turn for the wash and dry cycle. She then folds and sorts the overnight wash on two large tables in the next door drying room. When the first wash is done, she shifts these loads to the drying machines and starts up the two industrial-size dryers.



*Emma Fleming folding clean linens
– photo, E. Hill*

Returning to the washing room, she loads the towels and sets them washing. She might squeeze a break in around 7 am or so. As time allows, Emma also washes, dries, and irons linens for those residents

APEX PICKS US

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*Linens for an IL resident
– photo, J. Curtis*

in independent living who have requested this service and then neatly packs them up. For the ironing, she uses an impressive machine at least twelve feet wide that stands beside the folding tables ready for action.

Having sorted and folded all the Health Services and residents' laundry, she gathers all this up for delivery to their respective homes.

On her return, it is time to move the laundered towels to the dryers. After taking time for a brief lunch break, she folds and sorts the now dry towels for delivery, loads them in the rolling laundry bin, and pushes them back upstairs to the Aquatic Center, the Salons, the Clinics room, and the Skilled Nursing and Assisted Living floors.

You'd think this would be enough for one day! But not so fast: before her shift ends at 1:30 pm, she sorts the laundry that has come down the chute from the second and third floors during the day and sets it washing to be dealt with the following morning.

For this interview, I happened to catch Emma standing at a folding table in the drying room during her morning break. After explaining her day to me, she smiled and said, "And I'm not young!" What's more, she told me she was working a seven-day week to allow her coworker to go on vacation.

When her shift is over, she returns home via Metro bus #8 to Capitol Hill Sound Transit Link station and rides the 1 Line north to Northgate.

This gracious and caring Mirabella worker performs her essential tasks, sight unseen to most of us, with skill and dispatch and, along with others like her, keeps the wheels of Mirabella Seattle turning smoothly for the benefit of us all.

APEX AWARD NUMBER 6!

BY JARED CURTIS

THE panel of judges for APEX 2022

Annual Awards for Excellence in Publishing has, for the sixth time, awarded *The Mirabella Monthly* this distinction in the category "Magazines, Journals & Tabloids



– Print (entire issue – up to thirty-two pages plus cover)." One of eleven winners in this category, *The Mirabella Monthly* is one of two "senior living" magazines selected and the only one produced entirely by and for residents. The award truly belongs to all our regular or occasional contributors: writers, photographers, copy editors, proofreaders, and production volunteers. I also include our readers, many of whom offer useful feedback and ideas for stories to come.

Ken Turturo, Executive Editor of The APEX Awards, noted in his announcement that despite pandemic safety rules that often demanded "virtual meetings," the entries, over 1,200 of them, were of "exceptional quality." A list of all the winners in fourteen major categories and one hundred subcategories can be viewed or downloaded for viewing at <https://apexawards.com>. When the page opens, click on "Winners" in the top menu. If you wonder who the residents are who contribute time, energy, ideas, and writing skills year after year to sustain our award-winning newsletter, check the back page of this issue, where all are listed.

WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2021–2022



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Pat Kushmerick,
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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



SUMMING UP THE FINAL QUARTER

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MIRABELLA SEATTLE RESIDENTS' ASSOCIATION

Sue Herring, President

QUARTERLY REPORT TO THE MIRABELLA SEATTLE BOARD OF DIRECTORS, JULY 18, 2022

Community

Like the rest of the world, Mirabella Seattle residents are concerned about ongoing wars, climate change, inflation, and persistent pandemic risks. Our smaller local concerns are about the impact of these disasters on our monthly fees and our staffing shortages. But we are better off than most; MBS is a comfortable and secure place to live.



COVID has become a less threatening but more infectious disease, and we are a vulnerable older population. Most residents are trying to be careful. Most of us are wearing masks indoors and are grateful that staff are wearing them. Nevertheless, infections do occur, and sickness and quarantine account for some staff shortages. When residents are sick or exposed, they are confined to their apartments for a minimum of five days, and staff step up to provide room service, garbage removal, and mail delivery.

Outside of the continuing pandemic problems, MBS has in many ways returned to pre-COVID patterns. Most committee meetings are in person, as are most performances and talks. A magnificent and well-attended reception by the Art Committee was held in the Bistro to honor the creator of our outside window art, now fully installed and lit. Residents are going on outside excursions, including the "Luncheonaires" exploration of Seattle's restaurants. Because of the tall new buildings around us, the courtyard is not as sunny as it used to be, but it is

very beautiful, thanks to the Green Effects company that tends to the flowers, shrubs, and trees and our own Green Thumb Subcommittee that keeps a watchful eye on this work. As summer slowly gets a foothold, it is a nice place for lunch, the reinstated biweekly barbecues, and our Community and Friday Happy Hours.



Community Happy Hour, 7/13/2022

– photo, J. Curtis

Grumbling about dining choices persists, but most residents are more focused on the installation of the new Volanté Point of Sale software, a challenging adjustment for both residents and dining staff. Bugs in the system are gradually being resolved, including an initially very confusing accounting system. Eventually the software will be used throughout PRS. Also in dining, staffing shortages are causing temporary closures, sometimes with little notice. Planning group dinners is unpredictable, and reservations are difficult. Efforts to recruit and train new staff are ongoing, however. The expansion of Adagio dining to include the east dining room, a venue out of use for dining since COVID struck, is popular with residents.

Finally, we are happy that the rate of move-ins continues to be high. We like our new neighbors and welcome them to Mirabella. We hope this trend continues.

TELLING IT LIKE IT IS

Actions by the Resident Council and Residents' Association

The Resident Council established a new Life Enhancement Committee that will be official in October, renamed the Active Arts Committee. The committee will provide novice and experienced residents with opportunities to make music, to learn crafts and photography, and to write, draw, paint, and sculpt through short courses given by outside instructors or ourselves.

The Council sponsored the second annual Committee Fair on June 1, intended to introduce residents to our various committees and groups and to encourage their participation. Everyone was happy with the event, even though the promised popcorn machine was unavailable because of a staff shortage.

The appearance of Board Directors at Association meetings has been very popular, and we hope that the practice can be continued in the future. Another highlight of the spring Association meetings was the strong support of maintaining Mirabella's policy of using compostable materials for take-out meals whenever they are available.

Physical Environment and Facilities

The remodel of Studio X finally started, but its completion, originally announced as June 27, is behind schedule. In the interim, exercise classes and line dancing are being held in Emerald Hall. The available guest room was completely booked during June. Residents are pleased that two additional guest rooms are being returned to service to accommodate family visits. The halls are again filled with artwork, and a new initiative from the Art Committee is being designed to encourage gifts and loans of fine art from residents.

The long-awaited high-speed internet has been activated in every apartment, thanks to vigorous efforts from Darren Mowry. This has resulted in a substantial decrease in the monthly bills that

residents receive from the cable company. However, those who used TiVo through the company lost that service, and the former provider, Astound, has insisted that residents purchase their internet even if their TiVo is privately owned.

Mirabella's online presence, MIRANET, is increasingly a necessity of life here, but it does not reach "non-computerized" residents. Elevator signs and the Business Center bulletin board are meant to provide unconnected residents with current happenings, and important announcements are typically printed and put in residents' boxes. One complaint about MIRANET that persists is the new format of the Groups pages. These pages house committee minutes and documents and information about clubs. Residents do not like the new uniform formatting, which lacks the readily identifiable icons previously used, and they find it difficult to locate information on the individual pages.



MIRANET Groups page—missing the old icons

Collaboration and Staff

Management is cooperative and helpful. The Executive Director has discussed the budget with the Finance Committee and Council as per policy. He and other important personnel clearly care about the residents and strive to keep our facility strong.

Mirabella Seattle has an excellent staff, albeit shortages and supply problems sometimes hamper their progress. We still do not have a fitness coordinator, although a job ad was placed. Residents'

PHOTOGRAPHIC ARTS

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request for a social worker may not be feasible this year, because of budget problems brought on by inflation and wage increases that are much greater than inflation.

Sue Herring

Residents' Association Election

At the October 4 Residents' Association Annual meeting, members will choose the next Vice President, Treasurer, and two Members-at-Large.

The slate put forward by the Nominating Committee:

Vice President, Mike Waring
Treasurer, Alice Arrington
Member-at-Large, Louise Lowry
Member-at-Large, Nancy Eliason.

Candidates will introduce themselves at the September 6 Residents' Association meeting.

Per the Association Bylaws: *If no office or position is contested, the slate may be approved by acclamation vote at the Annual Meeting.*

There are no other candidates, so there will not be a written ballot. The vote will occur during the meeting.

To vote you must be present at the October 4 Association Annual Meeting at 11 am in Emerald Hall.

Pat Kushmerick
Chair, Nominating Committee

ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

Youth and Seniors in Focus

Photographic Art from Mirabella Seniors and Youth in Focus (YIF) Teens

September 5–November 28, 2022

This exhibit recognizes and celebrates generational differences through photographic expression. The curators of the exhibit are Walter Bodle, Michael Brunberg, and Skip Kerr. Mirabella Seattle residents

have been creating and collecting photographic art throughout their lifetimes. Seniors, like those at Mirabella, bring valuable historical perspective gained through broad travel and work experiences during the twentieth and twenty-first centuries.

Representing the perspective of the current generation of producers of photographic art is the work of Youth in Focus, <http://youthinfocus.org/>, a nonprofit organization that uses film and digital training to work with vulnerable Seattle teens. YIF's mission is to prepare the next generation of creative thinkers to better cope with a global society by applying the teen voice through photography and arts education. YIF values art as a powerful medium of change to create a healthy, vibrant, and more equitable society.

We hope that this collaboration will help sconnect these diverse communities of young and old, youth and seniors.

About Youth In Focus

During the summer of 1994, Walter Bodle, with the help of Canon Cameras, SAFECO, Glazer's Camera, and a wide diversity of friends, founded Youth in Focus (YIF).

Today, Youth in Focus continues to serve nearly 200 youth per year at TreeHouse, a youth services center in the Rainier Valley. A dynamic Executive Director, Samantha Kelly, and an active Board of Directors continue to improve the program each year, using outstanding teaching artists, top-notch equipment, and mentors from the photographic community in Seattle.

In 2000, YIF was a recipient of a *Coming Up Taller Award* from President Clinton's administration. The national award recognized programs using the arts to support at-risk youth. YIF partners with local school districts and is well supported by local and national foundations.

Walter Bodle

WILD BEAUTY



ACTIVE ARTS

Junior League NW Art Project: New Acquisition

Every summer we enjoy the Junior League Northwest Art Project works displayed in our first-floor main gallery. This is a collection of works by prominent Northwest artists that travels to regional schools throughout the school year. It lives with us every summer thanks to Dee Dickinson, who is the brains behind the project.

This year the Project has a new acquisition, *Wild*, a small abstract by Jamaal Hopkins. Jamaal is an engineer in our Facilities Services Department. How about that! (See story on page 3.)

Wild was so named by Dee. Jamaal originally called it *Infinity*. Self-taught, he has been painting for twenty-five years following in the footsteps of both

his parents. “What inspires me is my Creator and all the beautiful things that are created. *Wild* was inspired by my backyard and family.”

Joanne Mearls

ACTIVE ARTS UPDATE

Inaugural Event

Wednesday, October 19; 3–5 pm, West and Northwest Dining Rooms

Have you ever wanted to dip a brush in paint and create a lovely picture of Mount Rainier while at the same time sipping a glass of nice wine and nibbling finger foods? Here’s your opportunity! Our inaugural event will be a paint and sip party. All paint, other supplies, and instructors will be provided. Cost is \$28 per person and will be charged to your account. Wine and goodies are being generously supplied by Resident Services. It looks to be a fun party. There is a sheet for signing up at the Front Desk. The event is limited to fifty residents.

Thank you to everyone who returned the Active Arts survey. Results indicated a strong interest in drawing and other related two-dimensional art. Others included smart phone photography, choral, theater, and musical

instruments. We will do our best to find instructors to meet these interests and fit them into Mirabella’s already busy schedule. The ever-popular ukulele and origami groups will continue. As our program develops, we will be on the lookout for ways to incorporate other requests. Look for a photography class this fall.

Active Arts is also working with the Employee



“Wild” by Jamaal Hopkins

WHAT'S EAF? § WHAT'S HAIKU?

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Appreciation Committee on a short poetry experience as well as a mini-painting project. Save time on Wednesday, September 14, and Wednesday, October 5, for fun activities that will help get the EAF fundraising efforts off to a good start. More information to follow.

Carolyn Ferrell

EMPLOYEE APPRECIATION COMMITTEE

Helen Roberts and Louis Swart, Cochairs

Employee Appreciation Fund (EAF): What Is It?

Tuesday, October 4; 11 am, Emerald Hall

How do we say “Thank You!” to Mirabella’s magnificent employees? Mirabella Seattle has a “no tipping” policy, as do all PRS properties. Each year in the fall, at the October Residents’ Association meeting, we ask residents to contribute voluntarily to the Employee Appreciation Fund to give all hourly and salaried employees a monetary bonus. Management directors receive non-monetary recognition. Every dollar received by the drive end date is distributed to employees on the first payday in December. This year’s drive will feature participatory arts activities in cooperation with Active Arts. *(See article on page 10.)*

Informational Meeting

Tuesday, September 13; 2 pm, Conference Room A

Please join us for an informational meeting presented by the Employee Appreciation Committee to discuss the campaign to raise money for employee bonuses. Many residents, especially those who have not lived here during a campaign, may have questions and concerns that need answers: how to donate, who receives the money, how this is different from the Foundation fund drive, how much should we donate, and more. To offer answers, the committee will have a meeting on Tuesday, September 13 in Conference Room A at 2 pm. All residents are invited to attend.

Almost 250 full and part-time employees clean our apartments, deliver our meals, drive the town car and buses, provide valet service for our cars, clean the common areas, do the laundry, prepare our meals, wash our dishes, ensure our security, and lovingly care for those in the Health Center. Our Employee Appreciation bonus at the end of the year, contributed by Mirabella residents, is our special way of saying “thank you” to all the hard-working employees who keep Mirabella humming around the clock.

Sally Hahn

Haiku Workshop with Jared Curtis

Wednesday, September 14; 12:30 pm, Conference

Room A (Signup sheet at the Front Desk)

Put on your artist’s beret and join us on September 14 to try out your creative abilities in the form of haiku, a type of short poem originating in Japan. The Employee Appreciation Committee and Active Arts invite you to attend a learning workshop on this unique form of expression composed of three lines—and it doesn’t even have to rhyme. Conducting the workshop will be Jared Curtis, who writes the “Poetry Corner” feature in each issue of *The Mirabella Monthly* and in April—National Poetry Month—hosts the “poem-a-day” Mirabella group-mail posting and a “read aloud” event.

The theme is “How do we say Thank You?” We are inviting you to express your appreciation and gratitude to our employees. This is a tribute to their hard work and labors throughout the year. Collected haiku will also serve as messages meant to encourage residents to contribute to the Employee Appreciation Fund Drive to be conducted through October into November. Wouldn’t it be nice if we could increase our contribution numbers over last year?

Once you have written your haiku, you may want

BE PREPARED § POWER SAVE

to drop it into the box set aside for that purpose in the Resident Business Center. There is no limit to the number of haiku you may submit. Your haiku may be selected to go on the theme wall when the Employee Appreciation Committee kicks off the campaign October 4 at the Residents' Association meeting. Or your haiku could be posted on the bulletin boards in the employee break rooms or their dining room. This is the first collaboration between Active Arts and EAC. We hope you will want to come and join the fun at this kick-off activity. Sign up at the Front Desk for the Haiku Workshop.

Judy Owens

EMERGENCY PREPAREDNESS COMMITTEE

Matt Jamin, Chair

Emergency Preparedness Calendar

Together with Facilities Services, the Emergency Preparedness Committee gives notice of events over the next month:

- 1) On the fourth Monday of every month, Marcus Cullen invites all residents, but especially new residents, to attend his 2 pm emergency update in Emerald Hall for approximately one hour. The next session is on September 26.
- 2) Seattle Emergency Management Presentation. Tuesday, September 6, at 2 pm, Tey Thach of the Seattle Emergency Management Office has agreed to speak to Mirabella residents in Emerald Hall about general emergency preparation with an emphasis on earthquake preparation. She will deliver prepared remarks and be available for questions for about an hour.
- 3) Seattle Fire Department Presentation. Wednesday, September 7, at 2 pm, William Mace of the Seattle Fire Department has agreed to speak to Mirabella residents in Emerald

Hall about fire safety. He will deliver prepared remarks and be available for questions for about an hour.

- 4) Thursday, October 20, 2022, at 10:20 am, Mirabella will participate (along with the entire State of Washington) in a building wide Emergency Drill. Additional information will be made available before the drill. All residents are urged to be present in Seattle for the drill. Please contact me if you have any questions about these events.

Matt Jamin

ENVIRONMENT AND FACILITIES GREEN SUBCOMMITTEE

Carolyn Roe, Chair

Fourth Floor is the Big Winner!

In January the Green Committee launched a competition among the Mirabella Seattle independent living floors to determine which floor could reduce its energy consumption the most compared with the same time periods in 2021.

Marcus Cullen has tallied the numbers for the three reporting periods from January 24, 2022, to July 22, 2022, and is pleased to announce that the entire community had a total reduction of minus 28,174 KWH. Congratulations to all!

The Fourth Floor is in first place and was way ahead of the other floors in savings with a reduction of 13,102 KWH. The Eleventh floor is second with minus 6916 KWH, the Ninth floor is third with minus 6095 KWH, and the Tenth floor is fourth with minus 5357 KWH. Vacant apartments were not



GREEN THOUGHTS § END THOUGHTS

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counted. The results for all floors will be posted on MIRANET under Groups and Green Committee files.

Our thanks go to Marcus for the time he spent crunching the numbers from Seattle City Light.

Let's continue the good work.

Carolyn Roe

Green Tip: Compostable Food Takeout Box

Mirabella Seattle residents, staff, caregivers, and visitors have difficulty composting in our complex world. The types of takeout containers used by Dining Services personnel change almost daily—some *recyclable*, some *compostable*, others...who knows?

Although the box doesn't say what it is, the Green Committee has been assured by the Dining Services Director that it is indeed *compostable*. The bottom

interior section is lined with polylactic acid (PLA) which helps keep the food warm, prevents leakage, and supposedly is harmless to our health, as well as compostable.

Be aware that this container comes in different shapes—with or without sections in the bottom portion.

No washing and drying needed for this container. Just put it in the green compost

bin in the trash room. If it is empty, cut it in half first and stack it so it takes up less space in the bin. Maybe this one will stick around for a while.



The most recent compostable takeout container – photo, J. Curtis

Mary Rogers

HEALTH & WELLNESS COMMITTEE

Mike Hahn and Gill Thompson, Cochairs

Jim deMaine, MD: End-of-Life Medical Care Decisions

Tuesday, September 27; 3:30–4:30 pm, Emerald Hall

Dr. Jim deMaine, in his recently published book *Facing Death: Finding Dignity, Hope, and Healing at the End*, suggests we carefully consider the type of medical care we will want near the end of our lives and select an advocate to speak for us when we cannot. He discusses conflict when medical care and patient expectations differ. He shares wonderful legacies some patients leave for their families.

Observations and insights about end-of-life care, collected during a full medical career, are presented in a kind and thoughtful manner.

Dr. deMaine is a retired Seattle physician. He practiced pulmonary and critical care medicine at Group Health Cooperative (now Kaiser Permanente) and was cochair of the hospital ethics committee. He is board certified in



Jim deMaine

Infectious Disease, Pulmonary, and Critical Care Medicine. The University of Washington School of Medicine Department of Pulmonary, Critical Care, and Sleep Medicine appointed him Clinical Professor, Emeritus.

Mike Hahn

CLINICS FOR ALL

HEALTH CLINICS

Loni Smith, Resident Services Director

Health Clinics Available to All

The following clinics are being held for Independent



Living (IL) residents in third-floor Suite 301, accessible by the A elevator. Note the room change for all clinics. (The Salon remains on the first floor behind the C Elevator; call x 1469 for an appointment.)

Wear your mask and complete a COVID-19 questionnaire. Please do not go to the room unless you have a scheduled appointment. Do not bring food or drink with you. For questions, please contact Loni Smith, x 1418.

Audiologist: Seattle Hearing Services

Tuesday, September 13; 9:30 am; Suite 301

Dr. Patricia Munson offers hearing assessments. For appointments, contact Sydney, Patient Care Coordinator/Office Manager, Seattle Hearing Services at sydney@seattlehearingservices.com or at (206) 937-8700.

Podiatrist

*Wednesdays, September 14; 8:30 am–3 pm,
Suite 301*

Dr. Mak Abulhosn, DMD, is available for morning appointments for IL residents in Suite 301. Health Services residents will be seen in their locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117.

Foot Care Clinic

Mondays, September 19, 26; Tuesdays, September 20, 27; 9:30 am–4:30 pm, Suite 301

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.

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 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 is 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

Wednesday and Thursday; 8 am–5 pm; Saturday and Sunday; 10:30 am–4 pm, Suite 301

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

Mondays; 9 am–4 pm, Suite 301

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

JOIN THE LIBRARY § LIVE & LEARN

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Acupuncture

Tuesdays and Fridays; 9 am–4 pm, Suite 301
Jennifer Lewis, MTCM, LAC, is available for acupuncture services. Call x 1421 to schedule an appointment.

Health Center Respite

Mirabella offers respite stays in the health center when a caretaker/spouse needs a rest or needs to be away from home and their partner/spouse requires care. Room and board are covered under the temporary stay program for a maximum of ten days in a calendar year, although respite stays can certainly be longer if a resident wishes to pay privately for additional days. All admissions to the health center require a physician's visit, order to admit, and other clinical documents to be submitted prior to admission. For more information or to schedule a respite stay please call Health Center Admissions at (206) 254-1455. If a resident prefers to have in-home care provided during a spouse's time away, Mirabella Home Care would be an alternative to the health center. Home care does not require the same documents to be presented prior to establishing care but is not covered under the temporary free stay program and therefore is a private pay cost.

Laura Yusim, Health Services Administrator

LIBRARY COMMITTEE

Toni Myers and Martha Oman, Cochairs

As usual, the Mirabella Library continues to be a busy place. The Committee works hard to keep things organized and running smoothly so we can all enjoy it. There are many tasks including shelving books, adding new donated books, cataloging nonfiction, weeding old, outdated books, and planning events and activities.

As the new Mirabella year begins in October, we want to reach out to people who might be interested

in joining the Library Committee as voting members or as volunteers. Our current crew of volunteers enjoy the library tasks they undertake. One of them remarked, "How often does one get to work with wonderful residents who enjoy and treasure good books and want to share them with others?"

If you are interested in joining the Library Committee, contact any Library Committee member. We always welcome new ideas and new workers.

Martha Oman

LIFELONG LEARNING COMMITTEE

Julia Wan, Chair

LLC Zoom/Live Events: The Lifelong Learning Committee continues to schedule Zoom, live, and hybrid presentations. 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, September 6 and 20; 3–4:30 pm,
Conference Room A*

Coordinator: Louise Lowry, x 1684.

Supportive Friends

Tuesday, September 6; 5:30 pm, Vineyard Room
Mirabella's Supportive Friends, a safe gathering place to share dinner and conversation among other bereaved Mirabella residents, will continue to meet in the Vineyard Room on the first Tuesday of each month. See you there. Cochairs, Carolyn Blount, x 1644 and Natalie Siegel, x 1698.

Colin Alderson: Working for the British Royal Family

Mondays, September 12, 26; 11 am–12 pm, via Zoom
Pastry Chef to the Queen and a masterful storyteller, Colin Alderson will speak to us on Zoom live from Yorkshire, England. The presentations will be on the big screen in Emerald Hall as well as on Zoom.

A LIFE WELL LIVED

Part 1: Life in the Palace Kitchens. Alderson will talk about how he became a chef for the Royal Family at Buckingham Palace, Windsor Castle, Sandringham House, and Holyrood House in Edinburgh. His claim to fame was designing and making the Wedding Cake for the wedding of Diana Spencer and Prince Charles.

Part 2: My Travels and State Visits with the Queen. Alderson will tell about working for the Royal Family in his “Upstairs, Downstairs” presentation. He worked in the kitchens of palaces, catering for state banquets, diplomatic receptions, and garden parties at Buckingham Palace, Windsor Castle, and the Royal Yacht Britannia. He worked for the Queen and Prince Philip throughout most of the 1970s. Later, he opened a restaurant, the Balmoral, in Yorkshire. Coordinator: Leslie Klein, x 1779.

Resident Revelations: Karen Wong: Learning Life’s Lessons

Tuesday, September 13; 3:30–4:30 pm, Emerald Hall and Zoom

Learn how a Chinese girl baby born in the late 1930s became, against all odds, a community leader working for the betterment of the community, equity, justice, and equality for all people. During her



David and Karen Wong

journey, she learned life’s most valuable lessons. She will share with us some of the roles she played and what lessons she learned.

Karen Wong was honored as Founder Emeritus of the Asian Hall of Fame. See

page 23 for a profile of Karen. Coordinator: Carolyn Blount, x 1644.

Dee Simon, What’s Going on at Seattle’s Holocaust Center for Humanity?

Wednesdays, September 14 and 21; 11 am–12 pm, Emerald Hall and Zoom

Dee Simon, CEO of Seattle’s Holocaust Center for Humanity, will present a two-part program focusing on aspects of anti-bias education and action against anti-Semitism and anti-Asian racism in Washington State. The primary mission of the Center, a local organization, is to educate teenagers, elementary school children, schoolteachers, the police, and members of various communities.



Dee Simon

The two one-hour sessions are titled “Exploring the Landscape of Intolerance” and “Learning from the Past to Create a Better Future.” Some of the points covered are: How important it is to be aware of hate in all its forms, how education in our schools and communities is making a difference, what we can learn from the past and how we can apply it today, and how we can be an ally for someone else.

CEO Dee Simon is responsible for museum operations and programs, reporting to a twenty-five member Board of Directors. She launched the opening of a new museum in Seattle and was instrumental in passing Washington State legislation for Holocaust education. She is a frequent presenter and currently serves on the board of the Association of Holocaust Organizations.

Link to the Holocaust Center for Humanity website, <https://www.holocaustcenterseattle.org/>.

ART IN THE BIG APPLE § FOLK ROCK ROCKS

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Coordinator: Barbara Daniels, x 1840.

Rebecca Albani: Art Lectures on Zoom Frick Collection and The Studio Museum in Harlem

Visit two very different museums—one you've probably been to, and one you probably haven't.

Coordinator: Sylvia Fisher, x 1859.

Monday, September 19; 10:45 am–12 pm, via Zoom



Rebecca Albani

The Frick Collection, usually housed in the Frick mansion, is currently at the Frick Madison in the former Whitney Museum. Henry Clay Frick amassed a superb collection of Old Masters, including Rembrandt's *Polish Rider*, Holbein's *Sir Thomas More*, and Giovanni Bellini's *St. Francis in Ecstasy*. The

works and their surroundings are a testimony to the purchasing power of Gilded Age industrialists.

Tuesday, September 27; 10:45 am–12 pm, via Zoom

Opened in 1968, **The Studio Museum** is dedicated to the work of artists of African descent. Its permanent collection features artists such as Jacob Lawrence, Elizabeth Catlett, and Kehinde Wiley, and its artist-in-residence program has fostered the work of emerging black artists for nearly half a century.

Coordinator: Sylvia Fisher x 1859.

OLLI-UW September Virtual Lectures—Pre-registration Required. Pre-registration link: <https://washington.zoom.us/meeting/register/tJMrcetqD0iEtRXBnMxCiruvr-SHTRwSqrN>

Native Bees of Washington State with Stephan Classen and Kristen Attebery

Wednesday, September 14; 12–1 pm

Learn what the buzz is about with Kristen Attebery,

Director of Native Bee Research, and Stephan Classen, Native Bee Research and Volunteer Coordinator, as they introduce the native bees of Washington State and CCUWBee, their Native Bee Research Initiative at the University of Washington Bothell and Cascadia College. This project tracks and researches both native and nonnative bees across the Bothell joint campus, working to protect and support bees and other pollinators. The talk will cover types of bees found in Washington, research methods, planting efforts and grounds management, and descriptions of their efforts to make the campus herbicide and pesticide free.

The Emergence of Folk-Rock with John Jensen

Friday, September 30; 12–1 pm

Pre-registration link: <https://washington.zoom.us/meeting/register/tJYpcuupz0uHtAO3nWB6ShdZaJTYybcZT9>

This talk is livestream only. A recording will *not* be available.

Bay Area broadcaster John Jensen will explore the beginnings of the folk-rock movement in the late 1950s and early 1960s. Jensen will start with early pioneers of traditional folk music, move on to the next generation mainstream entertainers, and end with folk rock groups who revolutionized this sound like The Byrds, Buffalo Springfield, The Mamas and the Papas, The Lovin' Spoonful, and many others.

Jensen, a former San Francisco broadcaster and collector of music, movies, and radio broadcasts of the 1930s and 40s, was general manager of San Francisco's KMPX (*KMPXRadio.com*), a station devoted to playing the music and radio broadcasts from those years. Recently retired as Senior Director of Public Relations for the humanitarian organization World Vision, he has been lecturing at Puget Sound area venues on events surrounding the Great Depression and World War II.

OUT AND ABOUT

OUTSIDE ACTIVITIES COMMITTEE

Judith Peterick, Chair
 Jade Simonson, Secretary and Member
 Loni Held, Resident Services Director
 Katie Harrison, Resident Services Supervisor
 Marcus Cullen, Facilities Services Director
 Clint Turner, Transportation Supervisor

Bus Schedule Notes: *The Mirabella Monthly* lists both departure time from Mirabella and estimated pickup time from the destination. A grocery visit is one-and-a-half hours at each store; times for other activities depend on the activity. For bus trips, please meet in the lobby fifteen minutes before departure to allow the bus to load and leave on time.

To Make or Cancel a Reservation: Call x 1419 to leave a message for bus reservations or cancellations or submit a Request for Town Car and Bus Transportation on the Transportation tab on MIRANET. A call or email from Transportation confirms your seat. The site also lists seats available for each trip. The list is refreshed at least twice a week. Non-grocery trips may be canceled if buses are not available or fewer than four people sign up. On the morning of the event call the Front Desk (x 1400) to cancel so we can call residents on the wait list.

COVID Restrictions: Many venues still require visitors to be masked and show both a COVID vaccination certificate and a current ID. Have these items before getting on the bus.

GROCERY TRIPS

Ballard Market, Fridays, September 9 and 23;
 10–11:45 am

Costco, Wednesdays, September 7 and 21;
 9:45–11:30 am

Fred Meyer, Mondays, September 12 and 26;
 10–11:45 am

Metro Market, Fridays, September 2, 16 and 30;
 10–11:45 am

Safeway, Fridays, September 2, 16 and 30;
 1:30–3:15 pm

Trader Joe's/PCC, Wednesdays, September 7 and 21; 1:30–3:15 pm

University Village/QFC/Bartell's, Mondays,
 September 5 and 19; 10–11:45 am

Uwajimaya, Monday, September 12; 1:30–3:15 pm

WALKS

Saturdays, 9:30–11:15 am pickup, except October 1

September 3	Arboretum
September 10	Luther Burbank Park
September 17	Des Moines Creek Trail and Farmers Market
September 24	Discovery Park
October 1	Marymoor Park

Coordinator: Charlotte Bushue, x 1723.

The walk on October 1 will combine the regular Outside Activities walk with *The Seattle Walk to Defeat ALS*. The ALS annual walk will follow an easy two-mile route in Marymoor Park on the north end of Lake Sammamish in Redmond. This walk requires preregistration online or registration at the site. Walkers who prefer not to join the ALS walk may choose another walk route. Departure by Mirabella bus is set for **9:15 am**, pickup around **noon**.

Donations help the ALS Association fund research projects on the causes of ALS and provide the local Seattle Evergreen chapter with the means to give those living with ALS (and their families) in the Seattle area the care and support they need. Find information on how to register and donate at http://web.alsa.org/site/TR?fr_id=15048.

Coordinators: Charlotte Bushue, x 1723; and Jared Curtis, x 1603 or jaredcurtis@icloud.com.

SUNDAY CHURCH

Sundays, September 4, 11, 18, 25; 8:30–9:45 am
 The bus goes to Christ Our Hope. Other church trips are by reservation only and do not recur weekly.

MOON OVER TACOMA § GIDDYUP TO PUYALLUP

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CULTURAL EVENTS

ACT Theatre, Saturday, September 24; 12:45 pm

Fifth Avenue Theatre, Thursday, September 29;
12:45 pm

Pacific Northwest Ballet, Saturday,
September 24; 1:15 pm

Seattle Symphony Series 7A and 21A, Thursday,
September 22; 6:30 pm

Seattle Symphony Series 7C and 21A, Thursday,
September 29; 6:45 pm

Theaters and other cultural events are starting their annual subscription sales. The committee will send out a listing of events and times for which we usually provide Mirabella bus transportation.

EXCURSIONS

Chinese Moon Festival in Tacoma, 1741 North Shuster Parkway

Saturday, September 10; 12:30–4 pm pickup, arrival Mirabella about 5 pm; \$5 fee for the bus charged to your monthly bill

The Chinese Moon Festival is a 3,000-year-old celebration to worship the moon in the fall in honor of the harvest. In 1885, the City of Tacoma forcefully excluded their Chinese population from the community that the Chinese had built in Tacoma. In memory of and in atonement for this diaspora and as reconciliation in the present day, the Chinese Garden and Reconciliation Park on Ruston Way along Commencement Bay has been developed by the City of Tacoma and the Chinese Reconciliation Project Foundation to promote civic harmony. Enjoy dancing, music, artists, craft persons, and activities for children and those young at heart. Food vendors and the Wine and Beer Garden will feature local food and drinks. At the popular teahouse tent you can taste varieties of tea. Docents will be available to lead tours of the garden and explain the history behind it.

Mirabella resident Myrna Loy-Zolyomi, who has been active in the Chinese Reconciliation Project Foundation since its initiation, is going on the trip and will be available to answer questions. Coordinator: Judith Peterick, x 1683, with Myrna Loy-Zolyomi, x 1591.

Western Washington State Fair: The Puyallup Fair

Wednesday, September 14; 10:30 am–2:30 pm pickup

The Mirabella bus will pick us up at 2:30 pm and return to Seattle about 3:30 pm. Admission for seniors on Wednesday is \$12, purchasable online. A \$5 fee for the bus will be charged to your monthly bill. Enjoy three hours to explore the fair, play games, eat, and have fun. The fair is ADA Accessible, but there is a substantial amount of walking involved to really explore the fair and all it has to offer. Come to the designated meeting spot for departure at 2:30 pm. Please bring a cell phone or pair with someone who has a phone. Coordinator: Judith Peterick, x 1683.

Happy Hour at Cinque Terre, 2001 Westlake Avenue

Monday, September 19; 3–4:30 pm

The bar opens for happy hour at 3 pm and no reservations can be made. But let us gather for good conversation, drinks, and snacks. It's a good time to sit down and get acquainted. Service is self order and self pay. Have fun! Coordinator: Judith Peterick, x 1683.

Luncheonaires, La Palmera, 901 Mercer St.

Tuesday, September 27; 11:30 am–2 pm

La Palmera is a family-owned Mexican restaurant founded in 1991 and has a location in South Lake Union. It specializes in authentic Mexican cuisine and serves appetizers, salads, burritos, fajitas, and other specialties such as carne asada, carnitas, camarones, and street tacos. La Palmera received a "best Mexican" mention in KING 5 *Evening Magazine*. Coordinator: Jade Simonson, x 1688.

EVENTS IN EMERALD HALL

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University Village Mall Visit

Wednesday, September 28; 11 am–3 pm

Let's go to the University Village, not to QFC but to have fun: an ice cream cone, a visit a nursery for your fall plants, a wander in the Pottery Barn, and a choice of a wide variety of other stores, including a pasta shop that might catch your eye. Choose a spot for lunch from a wonderful selection of cafés. The schedule allows plenty of time to enjoy both eating and shopping. Coordinator: Ken Hopkins, x 1662.

PROGRAM COMMITTEE

Judy Guder and Stafford Miller, Cochairs

Cello and Piano Concert

Thursday, September 1; 3:30–4:30 pm, Emerald Hall

Erika Pierson, cellist, with David Tan, pianist, returns to Mirabella Seattle. Erika Pierson has performed solo recitals in many European countries. She has also been featured soloist with orchestras in Berlin and the U.S. She performs regularly with the North



Erika Pierson

Corner Chamber Orchestra (NOCCO). The concert will include Brahms's *Sonata in F Major for Cello and Piano*. Coordinator: Jean Hall.

What Has Happened to Hong Kong Since 2000?

Thursday, September 8; 7:30 pm, Live from Hong Kong only on Zoom

Time for an update from Dr. Kara Chan, who lives and works in Hong Kong and has experienced a tumultuous past two years that have largely been unreported. Dr. Kara Chan of Hong Kong Baptist University last spoke to us two years ago during the Hong Kong student protests then underway. That movement has been suppressed and Hong Kong has

been made a full part of China. COVID has raged in the city leading to visitor quarantines, lockdowns, and perhaps starvation. What are Hong Kong's latest COVID prevention measures? Are the schools and colleges open again? Is the news we receive from U.S. sources reliable?

This live reality check from a local expert will be on Zoom only for a special after-dinner evening presentation by the Program Committee. The presentation will not be recorded per the speaker's request. The Zoom link will be found in the daily schedule on MIRANET.

Dr. Kara Chan is Professor at the School of Communication, Hong Kong Baptist University. She worked in the advertising profession and as a statistician for the Hong Kong Government before she joined academia. Her research areas include cross-cultural studies and health communication. She has published/edited eleven books as well as over 160 journal articles and book chapters. She was a Fulbright Scholar at Bradley University in Peoria, Illinois. Her journal articles won five Emerald Literati Network Awards for Excellence. Coordinator: Leslie Klein.



Kara Chan

How Suite It Is: A Musical Program

Thursday, September 15; 3:30 pm, Emerald Hall

A program of music in the Suite form will be performed by Svend Rønning, violinist, and Lisa Bergman, pianist.

Violinist Svend Rønning is Professor of Violin at Pacific Lutheran University, Concertmaster of

SUITE MUSIC § WELCOME, DAN

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Svend Rønning

Symphony Tacoma, and Artistic Director of the Second City Chamber Series. He has performed as soloist with numerous orchestras in the U.S. and abroad. He has appeared as guest lecturer and soloist at many American colleges as well as the University of Oxford. He is a graduate of Pacific

Lutheran University and received his DMA from Yale University.

Pianist Lisa Bergman is founder and former Artistic Director of the Mostly Nordic Chamber Music Series presented at the Nordic Heritage Museum



Lisa Bergman

in Seattle, as well as Executive Director of NOISE (Northwest Opera in Schools, Etcetera). She is an award-winning radio announcer on Classic KING FM, broadcasting daily. Lisa is also a concert pianist specializing in the fields of collaborative piano and chamber music and is a graduate of the

Juilliard School, the State University of New York at Stony Brook, and the University of Washington, *cum laude*. She is a member of the Hall of Fame for the Washington State Music Teachers Association. Coordinator: Kitty Dow.

Mary Lou Sanelli: *Every Little Thing: Small Breakthroughs, Big Mistakes, Endless Lessons* Thursday, September 22; 3:30–4:30 pm, Emerald Hall and possibly Zoom

Author and speaker Mary Lou Sanelli returns to Mirabella Seattle with a presentation based on her latest book, *Every Little Thing: Small Breakthroughs, Big Mistakes, Endless Lessons*. She looks with a sharp eye and a generous spirit at one's

sense of place as it was in the five years leading up to 2021. And then she looks at how life is now. Mary Lou shares her personal experience with a profound understanding of the strength and resilience of the human spirit.

This book was nominated for both a 2021 Pacific Northwest Book Award and a 2022 Washington State Book Award. Sanelli has published seven collections of poetry, three works of nonfiction, and one novel. She has also had a twenty-year career as a speaker at corporate events, conferences, literary venues, colleges and universities, book clubs, private events, and fundraising salons. Coordinator: Judy Waring.



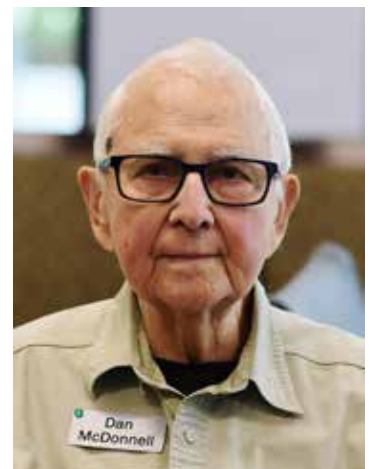
Mary Lou Sanelli

WELCOME COMMITTEE

Diane Holmes, Chair

Dan McDonnell

Dan McDonnell, a mid-June move-in, brings a fascinating background to Mirabella Seattle. Dan, born in Seattle, is a graduate of the United States Maritime Academy on Long Island. Following college, he served in the United States Navy as an Engineering Officer on the USS Firedrake, an ammunition ship.



*Dan McDonnell
– photo, L. Smith*

Dan entered the business world by

WELCOME, RIDGWAYS § BOOK CLUB

working for General Electric. He later worked for Boeing. After another stint at GE, he returned to Seattle to start his own business that flourished until his retirement.

The father of two daughters, one living here and one in South Dakota, Dan also has three stepdaughters, all living in Seattle.

Most people, when asked about hobbies, come up with stamp collecting or card games or other conventional pursuits. Not Dan. He spent twenty years flying seaplanes that landed right in our neighborhood in Lake Union. Welcome, Dan!

Bob Hayman

Ginger and David Ridgway

Ginger and David Ridgway met while they were in the Caribbean in 1984. They have traveled all over the world but more recently lived on Orcas Island and then in Bellingham before they arrived at Mirabella.

Ginger left her home in Baltimore, Maryland at seventeen to attend school and work for two years on a tall ship, the schooner *Te Vega*. It sailed from the Caribbean to the Mediterranean Sea, where, to enhance student learning, it stopped



Te Vega, Ginger's school ship, leading Te Quest

in several countries, in Italy, for example, where the group studied the Renaissance in Florence.

She then went to Switzerland to a language school, taught at a Montessori school, and finally found her calling in Florida at a travel agency school. She took up archery, becoming Maryland's State Champion, and pursued scuba diving, for which she was certified. Ginger volunteered as a naturalist, involved in citizen

science. Her passions are traveling, boating, archery, nature, and jigsaw puzzles!

David is from Seattle. At twelve, he hiked the Olympics with his dad. When he was a teenager his family moved to Maine, where he attended the University of Maine, majoring in art and philosophy. He has always been interested in art, primarily oils and watercolors, and has shown his work in several galleries. He enjoys working *en plein air*, painting landscapes for which he has won several art awards, and he has some very impressive clients. Now David prefers to paint in a studio, likes lots of bold colors, and refers to his art as "simplified realism." He and Ginger have traveled extensively and are delightful to engage in conversation, should you be so inclined.



*Ginger and David Ridgway
– photo, M. Fiore*

Maria Fiore

BOOK CLUB

Fourth Monday of the month; 3:30 pm in Conference Room A

September 26: We will discuss *River of Doubt* by Candice Millard. After Theodore Roosevelt was defeated in the 1912 presidential election, he and his son, Kermit, undertook the challenge of descending an unmapped, treacherous tributary of the Amazon. This book relates the many hardships they faced in this undertaking.

October 24: The book selected for discussion is *Klara and the Sun* by Nobel laureate Kazuo

CELEBRATING ASIA

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Ishiguro. Klara is a humanlike robot, designed to be an Artificial Friend for a child. The story has been described as a parable about love, humanity, and science. Everyone is welcome to join us.

Tina Moss

KAREN WONG HONORED

By Louise Lowry

Mirabella Seattle resident Karen Wong was honored as the Founder Emeritus of the Asian Hall of Fame on July 30, 2022, at the Alex Theater in Glendale, California. The event occurred at the Asian Hall of Fame's inaugural Celebrate Asia Festival and the launching of the Asian Hall of Fame's new Brain Trauma Program for Recovery and Research.

Karen's award was presented by California U.S. Congresswoman Judy Chu and California legislator Antony Portantino. Andy Henry, Executive Producer at Walt Disney Studios, and diplomats from Japan and Taiwan were also present.

With support from the Robert Chinn Foundation, Karen founded the Asian Hall of Fame in 2004 as a global platform to overcome anti-Asian bias and to celebrate Asian contributions in the United States and the world. It seeks to advance early career development and to promote Asian artistic excellence and cross-cultural narratives. The Asian Hall of Fame advocates for 4.6 billion Asians, Asian American Pacific Islanders, and indigenous tribes. It has honored everyone from actor Daniel Dae Kim to *Crazy Rich Asians* author Kevin Kwan, Bruce Lee, former network anchor Connie Chung, and other movers, shakers, and history-makers in the Asian American community.

In addition to recognizing outstanding Asian contributions, funds raised by the organization support Asian Hall of Fame Fellowships to trauma survivors, workers with disabilities, and early-career professionals.

Karen is also Chairman of the Board and Founder of the Robert Chinn Foundation, one of the oldest Asian family philanthropies in America. The Foundation continues the vision of Seattle financier Robert Chinn, Karen's father, for the betterment of the community. She has also served on the boards of the Washington State Convention Center, Virginia Mason Medical Center, United Way, the Museum of History and Industry, and Washington Women Lawyers.



Karen Wong with King County Executive Dow Constantine at the Asian Hall of Fame ceremony

Karen, a fourth generation Seattleite and a Seattle attorney, attended Garfield High School, University of California Berkeley (BA), University of Puget Sound (JD), and University of Washington (MA Library Science).

Earlier in her career, she received a Brava Award from the Women's University Club of Seattle for her outstanding contributions to the city. Karen's response to that honor seems appropriate for her recent award: "I do a lot of things for the community. I do it because it is the right thing to do. But when I am finally recognized for it, I think it is just great."

REGIFTING SEASON § ROSH HASHANAH

RE-STORE MUSINGS

BY INGRID STEPPIC

It is September already and summer is morphing into fall. For the younger generation that means back-to-school shopping. In this day and age, crayons and Elmer’s glue no longer suffice. Kids need laptops, cell phones, and sneakers that cost more than the tuition for our first year of college. The Re-Store is not quite up to date on school supplies. We have glue and crayons, but our electronics are likely to be somewhat dated. Nevertheless, it still is a great place to shop for bargains, especially during our holiday sale. That event will take place in November. Clothes racks will be rolled out of the way and special tables will be set up for holiday and gift items. It will be a continuing sale, where we put out new merchandise daily, rather than all at once.



Help the Reindeer find that unneeded scarf

All through the year we save special gift items, decorations, Christmas cards, and the like. We price and store everything so it is ready to go when we have our sale. For this to work, we need your donations before

the season starts. Check your closets to see what you can donate. Fairy lights, candles, wreaths, or Santas? That pretty box of French-milled soap you never opened? The new scarf that was the wrong color? Those gifts will be perfect for someone else. Regifting is our middle name.

Bring your holiday items to our store during the next two months. Don’t wait till November; that would be too late for inclusion in the sale. We are open Monday–Friday, 10 am–4 pm; and Saturday, 10 am–12 pm.

ROSH HASHANAH

BY BARBARA DANIELS

Rosh Hashanah is the first one of two High Holy Days observed in Judaism. It is followed in ten days by Yom Kippur. A shofar (ram’s horn), pomegranates, wine, apples, and honey are some of the symbols of the Rosh Hashanah holiday. All or some of these items might appear on the dining table for the special dinner that ushers in this holiday. *Rosh*, in Hebrew, means “head,” and *Hashanah* means “of the year.” In 2022, this holiday, also known as the Jewish New Year, begins Sunday, September 25, at sundown.

In ancient days, the harvest was in, and the farmers could travel to the city to congregate. Among families today it is customary to hold a festive dinner on the first and/or second day of Rosh Hashanah. In many homes, family and guests dip apple slices in honey following an ancient belief that that apples had healing properties as well as being representative of the harvest. Honey holds hope for a sweet year ahead.



Traditional fare at a meal marking Rosh Hashanah

Traditionally, the New Year is a two-day holiday; however, some denominations observe it from sundown through the day following.

Those who observe these days might attend services at a synagogue or temple. Many synagogues now offer streaming to allow viewing services from home. The High Holidays’ purpose includes gratitude for life and its abundance—fruits, vegetables, and other sustenance. It is a contemplative time, during which people can take stock of the past year and plan their personal growth

PARAMEDIC GRADS § STOP FALLS § GISELA SHINES

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for the year ahead. During the ten days, those who choose to observe Rosh Hashanah might exchange a greeting in Hebrew—*L'Shanah Tova*, which means “Happy New Year.”

MEDIC ONE NEWS

Two New Paramedic Graduates

In his letter to Mirabella residents, Alex Collins-Gauweiler wrote,

Thank you for the generous support you have given Zach and me over the last year. We are so excited to now be graduates of the Paramedic Training Program and to be able to put everything we've learned into practice.... We are so grateful!

Thanks to the generosity of the Mirabella Seattle community, Zach Cordova and Alex Collins-Gauweiler have now begun working in the field saving lives as exceptionally well-trained Seattle Fire Department Paramedics. Zach and Alex are the 2021/2022 Mirabella Paramedic Training Scholarship Recipients for Paramedic Training Class 48. Thanks go to Mirabella residents for



Zach Cordova and Alex Collins-Gauweiler

making this training possible for Zach and Alex. They look forward to a fall Medic One Paramedics Graduation Meet and

Greet at Mirabella. Watch for your invitation in the coming weeks.

Janet Ohta, Mirabella resident, and Sara Oshikawa-Clay, Director of Philanthropy, Medic One Foundation

FALL PREVENTION WORKSHOP

Loni Smith, Resident Services Director

Katie Harrison, Resident Services Supervisor

Thursday, September 15; 10–11 am, Conference Room A

September is Fall Prevention Awareness Month. Did you know that you could be taking a few small actions to reduce your risk of falling? Resident Services has set up a free Fall Prevention Workshop with AgeBold. They offer easy-to-follow programs to boost your balance. Anna Davis will educate residents on fall prevention and demonstrate key exercises to condition their balance.

Loni Smith

GISELA BAXTER, AWARD WINNER

BY FLORA MAY BRADLEY

GISELA BAXTER has been invited back to her former South Seattle neighborhood many times to receive awards from the Southeast Seattle Senior Center, a hub of activity in that area. She and her husband Byron lived in the neighborhood for more than forty years. It was natural for Gisela to become active in the Senior Center.

She and her husband had become leaders in the community. As Secretary of the Board, she led fundraisers for the Center. Her specialty was Oktoberfest. She soon was elected President of the Board.

An unhappy event occurred shortly after she took office as president. She was called by the governing agency that had appointed the Director of the Center with the news that this Director had embezzled \$90,000 from the Center. The head of the agency asked Gisela what she was going to do about it. Her reply was “You hired him. If I were you, I’d call the police.” This was an upsetting time, but Gisela

BIRTHDAYS § REMEMBERING

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HAPPY BIRTHDAY! SEPTEMBER 2022

1 – Bettiann Anderson	10 – Diana Holland	23 – Mary Ann Napravnik
2 – Barbara Porter	10 – Joanne Mearls	24 – Donna McCampbell
3 – Estelle Budne	11 – Jack Fiore	24 – Tish Toomey
3 – Ginnie Chappelle	18 – Barbara Brown	26 – Don Bialos
3 – Irene Hunter *100*	18 – Chuck Pope	26 – Stevie Bravmann
4 – Chris Jamin	19 – Ed Perrin	26 – Seeley Chandler
4 – Karen Olds	20 – Bill Hoppin	26 – Artis Leabo
6 – Alice Park	20 – Carole Anne Fine *100*	28 – Richard Cahall
8 – Larry Hallgrimson	21 – Thea Warden	28 – Helen Roberts
8 – Ann LeVeque	22 – Tina Hooko	29 – Phyllis Allen
9 – Tom Hankins	22 – Midge Kraft	30 – Hugh Sobottka
	23 – Neal Porter	

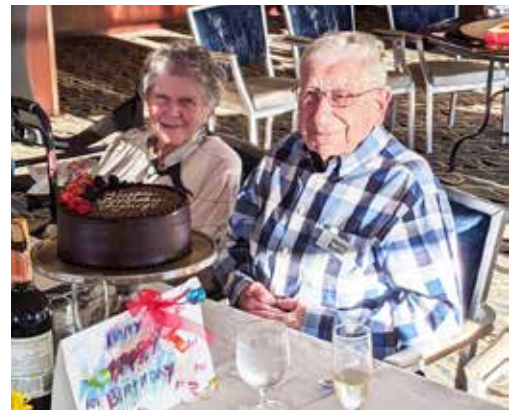
was able to calm the waters. Eventually, the money was returned and actions were taken to separate the Center from the umbrella agency.

Gisela handled the remodel of the center and, during her years as President of the Board, the Senior Center purchased the next-door apartment house. With the addition of this property to the Center's holdings, a corporation was formed and Gisela was made its president.

In 2016, Gisela was invited to a special event where she was given the Trail-Blazer Award for her unparalleled commitment to the success of the Center. Again, this year on June 28, she was invited to a special event—a Room-Naming Ceremony. There was a room named for each of those invited. She was honored by having a room in the Senior Center named *The Baxter Room*.

Upon arriving there, she looked for others who had been invited and did not see them. She joked to the people present, was she the only one still alive?

Yes, she was.



Pauline Saxon helping Henry Butler celebrate his 101st Birthday – photo, J. Holland

Remembering . . .

Pat Thenell 7/5/2022
Carolyn Gossard 7/6/2022
Jim Halverson 7/9/2022
Ron King 7/11/2022
Ann White . . 101 yrs . . 8/3/2022
Bill Higgins 8/19/2022

MOVIE MUSINGS

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MOVIES FOR SEPTEMBER

BY CONNIE CHAPLIN



Tiffany Haddish and Billy Crystal in "Here Today"

BILLY CRYSTAL plays Charlie in *Here Today*, a comedy-drama about a successful comedy screenwriter, a widower, who is in the early stages of dementia. Charlie doesn't tell anyone, even his family, and when his behavior is a bit off or he has an occasional lapse, people think he's just being funny. Through his work, he meets Emma (Tiffany Haddish), a singer with a band. She has no idea who he is, and they form an unlikely but genuine friendship.

Roadrunner is a 2021 "fascinating, moving" documentary about the late Anthony Bourdain, celebrity chef, world traveler, and superstar TV personality, but there's not that much about food. It's more about Tony's connection with the people and cultures he visits and how, as a kind of documentarian himself, he's an advocate for working classes, immigrants, and the poor. No agenda here, it's just his curiosity and personality. He truly wants to know what it's like for you.

Based mostly on a true story, *House of Gucci* follows the marriage of Patrizia Reggiani (Lady Gaga) and Maurizio Gucci (Adam Driver). Her father owns a

trucking company; he's a son of the Gucci fashion-house family, but he's not much interested in stepping up to his place in the firm. Patrizia, however, has ambition enough for two, and she's willing and able to give him a push. She connects with his Uncle Aldo (Al Pacino) and father Rodolfo (Jeremy



Lady Gaga and Adam Driver in "House of Gucci"

Irons). This does not sit well with Cousin Paolo (Jared Leto), who expected to become a designer for the company. The drama entails a lot of Italian-accented screaming in the beautifully appointed rooms of this family soap opera. Gaga shows a lot of range here, and Driver's nuanced style is perfect for the bookish Maurizio, who becomes a businessman and transforms the House of Gucci. Moira Macdonald said it's no masterpiece, but "crazy good fun."

A remake of the 1961 musical film, this 2021 version of *West Side Story* is directed by Steven Spielberg with Rachel Zegler as Maria and Ansel Elgort as Tony. It's the same love story, of course, but made contemporary by today's polarization, widespread anti-immigration, and social violence. The music is familiar, but the settings and choreography are new, and the cinematography is special. Rita Moreno, who won an Oscar for her Anita in the 1961 version, reappears as Valentina, a Puerto Rican elder in the neighborhood, and sings the iconic song "Somewhere," making it a prayer for social cohesion and a hymn for those who come to America and leave some other place behind. It runs two and a half hours.



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Guide to Mirabella Publications

The Mirabella Monthly

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Rhonda Plawner, 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) no

later than noon on Friday of the prior week. Room bookings must be made in writing on the proper form and turned in to the Front Desk.

How to Submit Your Article, Story, News, or Event Report to *The Mirabella Monthly*

Before submitting copy, please proof it carefully for typos, spelling errors, accuracy of dates and times, and possible cuts or changes. Only original writing will be accepted. While some Mirabella staff members contribute articles, *The Monthly* is intended to showcase writing and images from residents. We do not reprint internet captures, widely distributed emails, or previously published writing. The deadline for all submissions is the fifteenth of each month prior to the month of publication. Any piece submitted after this date will risk being held over. The length of your submission is negotiable, but the editorial team must work within the *MM* format and style. Guidelines are available on request. All written submissions will be edited, formatted, and proofed by *Mirabella Monthly* staff. Please email your submission to Mary

Rogers at mkr3824@gmail.com.

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

Tips for a successful submission:

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

How to Submit Photos

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

jaredcurtis@icloud.com.

Put any paper illustrations and sketches in mailbox #801.

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