

The Mirabella Monthly

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OCTOBER | 2022

WHAT'S ON TAP

- 1 *Off to the Woods We Go* by Lynne B. Iglitzin
- 3 *Mirabella Employee Heroes* by Elston Hill
- 4 *Julia Colon Peña* by Jared Curtis
- 5 *Ladies of the Lake* by Jared Curtis
- 6 Who Does What at Mirabella
- 7 *Big Day for the Residents' Association* by Sue Herring
- 7 Resident Services ♦ Art Committee
- 8 Active Arts Committee: Arts Classes
- 8 Active Arts & Employee Appreciation Committees: "Rock the Notes"
- 9 Employee Appreciation Committee
- 9 Environment & Facilities Committee
- 10 Health Clinics for All
- 11 Health & Wellness Committee
- 12 Library News
- 12 Lifelong Learning Committee
- 14 Outside Activities Committee
- 16 Program Committee
- 17 Welcome New Resident Sheryl Feldman
♦ Book Club ♦ Great Decisions
- 18 Opera Club ♦ *Short Run Comes to Life* by Jared Curtis
- 19 Arts Notebook: *Driftwood Takes Over MadArt Studio* by Louise Lowry
- 20 *An Unusual Pet* by Flora May Bradley
- 20 *Just Stick It in Your Ear* by Mary Jossem
- 21 *Fast Ferry to Des Moines* by Jared Curtis
- 22 Birthdays ♦ Poetry Corner: *Floating* by Jared Curtis ♦ Remembering
- 23 *Movies for October* by Connie Chaplin
- 24 Guide to Mirabella Publications

OFF TO THE WOODS WE GO

BY LYNNE B. IGLITZIN

THIS year marks the twentieth anniversary of the purchase of our "cabin in the woods" just north of Brinnon, Washington, on the Olympic Peninsula. Seeking an occasional getaway from our Madrona home and being fond of the Hood Canal area, we lucked out and found something unique—not a "cabin" exactly and not really "in the woods," but rather a charming little house built in 1970 by the side of a stream that flows directly into Hood Canal. We thus became part of Jackson Cove, a small community of mostly weekenders or seasonal residents like us. "The Cove" has been a joy these many years. Sitting on our porch, gazing at the blue waters of the canal, we spy an occasional seal or fish jumping. Each spring we watch the eagles returning to their nests; all year round we enjoy mountains to the east, and glorious moonlit nights.



Walter and Candy looking out on the Cove – © 2022 Tomás

WATER SPIRITS

2

OCTOBER | 2022

Packing the car in the city, racing to the ferry dock, looking forward to the thirty-minute ferry ride from Seattle's downtown ferry dock, we are never sure if we will get on the ferry or have to wait for the next one. When we have luck and are the last car on, it adds a special note of glee. What follows is a pretty drive on the Olympic Peninsula. Again, if luck is with us, the Hood Canal Bridge will not be closed for a repair or a passing submarine. This has been our routine these last twenty years or so—we've got it down pat.

On Bee Mill Road in earlier years, we were avid joggers. Millie, our black Lab, ran along with us to the Shellfish Center at the end of our road and the dock. In summer, we enjoy the hoots and cheers from



Walter, Lynne, & Millie, their black Lab – © 2022 Tomás

the Boy Scouts at Camp Parsons, the venerable scout camp known far and wide within the state. Today, with the passing of years, we stroll or walk; our yellow Lab, Candy, older like her “parents,” keeps us company. She no longer dashes after squirrels (never catching but always trying) and no longer leaps ditches and streams. But we know that she too is excited to be there: from her perch in the back of the car, her head goes up, ears alert, and she whines with excitement as soon as we turn into our driveway.

There are countless highlights and lowlights from our many years at “the canal.” Power failures are a common occurrence in the country. Always unpredictable, a strong wind can knock a tree down, cutting a power line. The power usually returns in a few hours, but sometimes it is longer. With luck, we will have just finished dinner, loaded the dishwasher...oops power is out! We jump into bed with the covers over our heads. Without luck, the power stays out, and we pack the car and head back to the city.

Canoeing at “the Cove” was always a pleasure. With our dog snoozing happily in the bottom of the canoe, it was especially delightful towards the end of the day, sun starting to set, mountains glowing behind our house. Of course, we will never forget the time that the dog, confused by unusually high grasses along the water's edge, thought we had landed and startled us by leaping into the water. The canoe overturned and we with it—fully clothed and totally surprised. Fortunately, it happened close to shore and we had our shoes on as we stumbled along on oyster shells, dragging the canoe, filled with water to the brim, plus all the paddles and gear. That was our last day canoeing!

And then there was crabbing. Both of us city kids had enjoyed learning how to “go crabbing”: paddling out the day before, dropping the crab pot, and returning the next day hoping to have caught our limit (five male Dungeness crabs). We recall our most memorable crabbing day with chagrin: Walter pulling hard at the line with our brand-new crab pot, heavy with five or six big crabs when, to our dismay, the line broke and the pot plunged to the bottom. (Fortunately, it had an escape valve, so the crabs no doubt got out.) That was our last day of crabbing, but there will always be oysters. When they are in season (most of the year except summer) what fun as we head to the beach and scoop them up and plot

EMPLOYEE APPRECIATION PROFILES

OCTOBER | 2022

3

all the different ways to serve and enjoy. Eagles soar overhead and often swoop down on the beach in front of us as we rush to get out our binoculars.

Last of all our creatures are the mighty elk, marching along the beach or in our yard—munching everything in sight—leaving their little reminders for us to clean up afterwards. We are always excited to see them come “a-visiting” from their usual haunts in Elk Meadows down the highway but not thrilled at the damage they leave behind.

These days, Mirabella has provided a new perspective for us as we contemplate our Hood Canal getaway. It is always fun to head out there for the experiences, the cooking and grilling, the animals, and the natural beauty of country living. But we find we look forward to our return to Mirabella, with its lively, something-going-on-every-minute vibe. We have made wonderful new friends, enjoy the South Lake Union neighborhood, and we take full advantage of the swimming pool, not to mention the delicious food that someone else has cooked! It is great to leave and great to return to The City!

MIRABELLA EMPLOYEE HEROES

BY ELSTON HILL

WHEN the Mirabella Employee Appreciation Committee (EAC) approached Jackie and me about photographing employees for the fall fundraiser, we were elated. Our cameras can get us into unexpected locations such as walking on the center runway at SeaTac, sitting directly across from Jeff Bezos for an hour at the Museum of Flight, or photographing some guy we had never heard of called Russell Wilson, pulling a Boeing 737 with a rope for charity.

A way to get good photo ops of staff at Mirabella was to show up at Marcus’s office at 8:30 in the morning, when he meets with staff to prioritize

issues. One morning we accompanied Solomon to a freezer on the ninth floor. The freezer was not functioning because a fan had frozen. Solomon brought a heat gun. At the freezer, Solomon indicated he was leaving me behind. When I asked to accompany him inside the freezer, he explained that it was too cold. Not a problem, I responded. Inside the freezer, Solomon fired up the heat gun. I was fine, but soon, Solomon, who is from Somalia, retreated and beckoned me to follow—he was shivering.

Housekeeping provided another opportunity. We usually leave our apartment when Mireya and Elena come to clean, so it was great fun to photograph them at work—Mireya standing on a step ladder to clean the bathroom mirror and Elena fluffing the sheets and covers on the bed. The day we took pictures, masking was a requirement for employees, and one employee in Facilities remarked, uncomplainingly, that wearing a mask for a full shift was uncomfortable.

We were not prepared for the complexity of the kitchen. Did you know that there are three kitchens at Mirabella? There’s the Bistro kitchen, the dining



*Mireya Morales, Housekeeping,
making a mirror shine – photo, E. Hill*

FINDING HER HOME

4

OCTOBER | 2022



Cook Lourdes (Lulu) Vasquez in the Bistro kitchen preparing breakfast – photo, E. Hill

room kitchen, a third prep kitchen on the ninth floor, as well as a large freezer on the basement floor. Cooks must move the food between these four locations on four floors to prepare meals. The tenth floor kitchen is quite small and must accommodate cooks, bakers, dining staff, dishwashing, and the constant comings and goings of wait staff and delivery personnel. It took us a while to persuade the chief chef to let us come in to take pictures. There was one tight location where we could stand out of the way. On the second visit, we were eventually pushed out of our space when two members of the kitchen staff returned from the second and third floors with food carts and parked them where we had been standing. Including the Bistro, the basement freezer, and the second and third floors, the dining room operates on six floors in addition to doing room service delivery. On both kitchen dinner visits, Jackie and I stayed only thirty minutes and were uncomfortably warm at the end of that time. We can only imagine what it feels like being one of the cooks who must stand and work in tight, hot quarters for hours. It was amazing to watch the spectacle unfold in the kitchen and see how hard the staff worked while we sit comfortably in the

dining rooms on the other side of the walls.

We enjoyed carrying out EAC's assignment, completing it a good deal better informed about how Mirabella Seattle keeps on ticking for all of us; it was time well spent.

JULIA COLON PEÑA

BY JARED CURTIS

IT'S COMPLICATED" is a phrase Julia Colon Peña spoke often as I interviewed her for this profile. Julia is a bright and determined young woman who made her way from her home and family in a beach town on the north coast of Venezuela to her position as a server for Mirabella Seattle Dining Services. As a young adult she was living and studying in Venezuela in a period of extreme social upheaval and economic hardship when food and basic supplies were scarce, employment was hard to get, and streets were unsafe for walking. Her chosen career was journalism, but even as an intern at a city newspaper she quickly learned how oppressive the current regime was on the media and determined to work hard—at two jobs—to earn enough to gain greater freedom elsewhere. She said she had “three Marias” that kept her going. She explained this phrase, in common use in her homeland, to mean “three goals” or guides to get through difficult times. For her, the first Maria was to get her degree. Second was to have patience while she worked as a journalist to earn enough money to leave Venezuela. And third, to find a way to emigrate to Argentina. Disciplining herself to manage on just one meal a day, she was able, with an unexpected offer from her godmother, a close friend of her mother's then living in Miami, and with the support and blessings of her family, to apply for asylum in the U.S. instead of accompanying her family to Argentina. She made her way initially to Miami in October 2018, and after

THREE MARIAS § THREE LADIES

OCTOBER | 2022

5



Julia Colon Peña at the 4th of July Barbecue in the Courtyard
—photo, E. Hill

just a day in the big city, she settled in Mount Dora, a small town northwest of Orlando. She found work there and remained in Mount Dora for three years. It was important to her to help the family she left behind by sending money back home. In a year's time, she was able to help her mother and father join her in

Florida. Julia's siblings, an older and a younger sister, remained behind with uncles and aunts who had by this time moved as an extended family to Argentina. Her father, whose career in Venezuela had been in the oil industry, found work in Texas and moved there, where her mother soon joined him. Julia, however, followed a Florida friend to Seattle, intending only to make a short visit before moving on. She quickly fell in love with Seattle, "a real city," she said, "not like Miami," and decided to stay. She loves the cooler climate, prefers the rain and clouds to the constant sun and heat of her homeland and of central Florida. In that first fall and early winter in Seattle, she found seasonal work at Target. In January of this year, she came to work at Mirabella in Dining Services, where she saw snow for the first time in her life from the tenth-floor dining room windows. Here she has found a community that she is happy to be part of.

Julia loves her job at Mirabella, she says, because people she meets are so kind. And again, she has three Marias: first, to earn enough to go back to school; second, to improve her English and study other languages—"I want to speak five languages," she told me. The third Maria is to find fulfillment in doing what she loves to do, writing poetry, stories, and essays about whatever inspires her.

Welcome, Julia.

LADIES OF THE LAKE

BY JARED CURTIS

BETTY HEYCKE told me, "When we moved in a bit more than three years ago, Nickie wondered if I wanted to 'go around the lake.' I thought she meant *by car* and eagerly answered, 'Yes.' We now have done it four times. I think this is our first time without getting lost." Credit for the photo, Betty said, goes to "The middle-aged guy passing by on a motorized bike." He "expressed great admiration for the ancient ladies who were circumnavigating Lake Union on foot," and then snapped this charming photo.



Betty Heycke, Jean Hall, and Nickie Askov, walking the Cheshiahud Trail

WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2022–2023



Laura Bailey,
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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 at 9 am in Conference Room A. Residents are welcome at all Council meetings.

**RESIDENTS' ASSOCIATION
COMMITTEES & CHAIRS, 2022–2023**

For a committee meeting time & place, consult the calendar, contact the chair, or go to MIRANET SEATTLE>Groups>Committees

Committee or Group	Chair/Cochairs	Contacts
Active Arts	Barbara Porter Tricia Brink	Box 902, x 1885 Box 600, x 1677
Art	Linda Berkman Walter Bodle	Box 513, x 1861 Box 404, x 1739
Communication (inactive)		
Dining	Elston Hill	Box 604, x 1686
Emergency Preparedness	Matt Jamin	Box 1028, x 1635
Employee Appreciation (Until 12/31/2022)	Helen Roberts Louis Swart	Box 505, x 1548 Box 805, x 1754
Environment & Facilities	Nickie Askov Sally Hahn	Box 1116, x 1858 Box 1120, x 1755
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Ken Hopkins	Box 511, x 1662
Library	Linda Morrison Martha Oman	Box 1114, x 1856 Box 501, x 1642
Lifelong Learning	Leslie Klein	Box 830, x1779
Mirabella Seattle Foundation	Jim Holland	Box 1000, x 1819
Nominating	Sue Herring	Box 709, x 1556
Outside Activities	Jade Simonson	Box 417, x 1688
Program	Sally Hayman Stafford Miller	Box 828, x 1640 Box 348, x 1604
Welcome	Carolyn Blount	Box 503, x 1644



VOTE § PARTY § GIFTS OF ART

OCTOBER | 2022

7

RESIDENTS' ASSOCIATION

Sue Herring, President

Big Day for the Residents' Association

Tuesday, October 4; 11 am, Emerald Hall;

3:30–5 pm, Northwest Dining Room

Tuesday, October 4, will see two major events for Mirabella Seattle residents. The first is the Annual Meeting, the most important of our monthly association meetings, because new Council officers and members are to be elected. You must be present to vote, and we need a quorum of residents (about eighty) to have a valid vote. We need you! In addition to the changing of the Association guard, the Employee Appreciation Committee will inspire you with some behind-the-scenes glimpses of our Mirabella employees that you would never otherwise see.

The second event is a party for all residents to recognize and thank the Council members, Committee chairs, and other residents who have made our lives richer all year long. Complimentary wine, munchies, and a little afternoon music! Northwest Dining Room, 3:30–5 pm. Please come!

Sue Herring

RESIDENT SERVICES

Loni Smith, Resident Services Director

October Flu Vaccine Clinic

Friday, October 14; 9:30 am–2:30 pm, Emerald Hall
Kelley-Ross Pharmacy will be conducting a drop-in flu vaccine clinic in Emerald Hall for Independent Living residents. Please bring your insurance card with you and have your SSN readily available at the event. You will be asked to fill out a consent form before receiving the vaccine. Help with the form will be available if needed. Residents who are in Assisted Living, Memory Care, or Health Center will have other arrangements made through Mirabella staff.

🎃 Halloween Party 🎃

Monday, October 31; 3 pm–5 pm, West and Northwest Dining Rooms

Join us on Halloween for a spooky time in the West and Northwest Dining Rooms. Prizes will be awarded residents and staff for the Costume Contest. Drinks and light snacks will be provided by Resident Services. More information to come. 🎃

ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

Not Your Usual Belleek Cup and Saucer

You will not be having tea with these stunning pieces, which belonged to his late daughter, gifted by recently deceased Don Ries. There is a largish oval bowl ringed with roses, each petal defined, each thorn could prick your finger. A small round bowl is ringed with blue forget-me-nots and their green leaves. Last is a swirling lattice-work plate. View these on the tenth floor in the cabinet between the B elevator lobby and the Adagio bar. They are total luxury.

Then step into the bar and look way down the room to the piano. *The Night Scotsman* you see on the wall there is a 1932 commemorative poster for the opening of that rail service from London to Edinburgh. It is one of three long-term loans for which we thank Dick Maider. Those who enjoy viewing the green vales and sparkling rills of the Yorkshire Dales in the PBS series *All Creatures Great and Small* will love his other loan, a bucolic vista of The Cotswolds in Southwick, England, with terraced fields and grazing sheep. This work is located on the ninth floor between elevators A and B. Dick's third loan, an image of a garden in Charleston, South Carolina, will make its appearance soon.

I'd never have guessed that *Doves Leaving the Yellow House* would be the title of the painting by Mike Lewis, newly installed in our Emerald Hall hallway. Each time I have examined it, I gathered a beautiful

PAINT/DRAW/SNAP § ART OF GIVING



Doves Leaving the Yellow House by Mike Lewis

bouquet! But the doves are there, soaring in the background. And the house is certainly yellow, so the flowers really pop. You can enjoy working in the garden—just grab the watering can and get to work on this sun-filled day.

This work is a gift of the family of Margie Stanton. We thank them so much for their thoughtfulness and this bright and cheerful addition to our home.

Mirabella is delighted to receive art gifts and long-term loans. So, if you are overburdened by your art, consider getting it out from under the bed and letting us all enjoy it! Contact any member of the Art Committee to discover how this works.

Joanne Mearls

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

The Active Arts Committee is presenting classes in drawing and photography and a paint and sip party to engage your creative spirits this fall. Sign-ups for these events are at the front desk.

Paint and Sip Party

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

Come enjoy a glass of wine while you paint a lovely picture. All paint, supplies, and instructors will be provided. Cost is \$28 per person, charged to your account. Wine and snacks will be generously provided by Resident Services at no charge. People who have had this experience rave about the fun they had. You will too! Cancellation deadline is Friday, October 14. Coordinator: Carolyn Ferrell.

Drawing with Amy Scherer: Two Sessions

Mondays, October 17, 24, November 7 and 14; Art Room 507; Session A, 12–1:15 pm; Session B, 1:30–2:45 pm. Sign up at the Front Desk for session A or B.

This is the drawing class that you have been waiting for. Amy is an accomplished artist and teacher. She has taught drawing and painting at Gage Academy of Art, the Winslow Art Center, Seattle Public Schools, and the Kirkland Arts Center. She meets her students at their level and helps them understand what they see and how to incorporate that into their work. We are offering two sessions on each day to accommodate all those who are interested in drawing and in order to keep class size small. There will be a \$10 fee for materials, which will be purchased through Resident Services and charged to your account. We are excited to welcome Amy to Mirabella. Coordinator: Carolyn Ferrell.

Photographers' Eye with Elston Hill

Wednesday, October 26; 9–10 am, Conference Room A, and Wednesday, November 2; 9–10 am, Library

Photography was high on the list of requested topics in our survey. And we are all familiar with Elston Hill's beautiful work. He will teach a two-class series starting with a session on the basic principles of how to frame a good picture. In the second session, class will move to the library to put these principles into practice while taking pictures. This is your opportunity to learn from an expert. Coordinator: Tricia Brink.

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs, with

EMPLOYEE APPRECIATION COMMITTEE

Helen Roberts and Louis Swart, Cochairs

🎵 Rock the Notes 🎵

Wednesday, October 5; 11 am–12 pm and 1–2 pm, Art Room 507 (Sign up at the Front Desk)

JOIN THE CHORUS

HOUSE MATTERS

OCTOBER | 2022

9



Painted Rock Notes
– stock rock photo

Active Arts and Employee Appreciation Committees are cosponsoring an activity for those with an urge to paint and a desire to support the EAC fundraising campaign. Watch the halls for little musical notes to remind you that it's Employee Appreciation Month.

A few years ago, Mirabella residents painted rocks with the word “vote” on them to remind people to vote. This year rocks will be painted with musical notes to remind us that it's time to give back through the Employee Appreciation Fund. The rock notes will also show the staff we care about them.

On October 5, join Active Arts and Employee Appreciation Committees to paint rocks and pen on little musical notes. When you've finished, you may want to take your painted rocks home to put on your shelves. Or paint a few extra rocks and give them to your neighbors. If you don't take your rocks home, we'll place them around the building during the month-long campaign. Active Arts is cosponsoring this event to get you warmed up with using paint brushes so you'll be ready for the next events we have planned. Come join the fun.

Judy Owens

EMPLOYEE APPRECIATION COMMITTEE

Helen Roberts and Louis Swart, Cochairs

The 2022 Employee Appreciation Fund Drive:

Notes in Celebration of Employee Dedication

October 4 through November 17

How do we say thank you to our wonderful 240 Mirabella employees? As Mirabella Seattle policy does not allow tipping, this is the time of year when we recognize our employees by way of gifts to the

Employee Appreciation Fund. All funds collected will be distributed to full and part-time Mirabella employees based on the number of hours worked during the year. Your donation is confidential and anonymous. Our goal this year and every year is to have one hundred percent participation.



Look for the EAF envelope in your mailbox. Everything you need for making your contribution is there, including answers to many frequently asked questions. Also in your envelopes are some musical note stickers signifying our theme for this year's drive. We hope you will wear these on your name badge to indicate your support for Mirabella's magnificent employees.

The official kickoff of the campaign takes place at the October 4 Residents' Association Meeting at 11 am in Emerald Hall. We will watch a wonderful video presentation featuring many of our “superstar” employees at work. Join the Chorus! We will be singing the praises of Mirabella Seattle's employee workforce.

Sally Hahn

ENVIRONMENT & FACILITIES COMMITTEE

Nickie Askov and Sally Hahn, Cochairs

The Environment and Facilities Committee met Thursday, September 1, at 2:30 pm. We said good-bye and thank you to committee members Mike Waring

CLINICS FOR ALL

10

OCTOBER | 2022

and Stan Wiklund. Mandy Wertz and Susan Webber were welcomed as new members for the coming year.

Report by Marcus Cullen, Facilities Service Director

Staff member Kaitlyn Rohr resigned at the end of August. Karel Stephers has been hired as our next Facility Services Coordinator. He comes to us from Aegis Living and started work on September 21.

Residents and staff are asked to be careful with food in the courtyard. Trash bins are emptied twice a day, and a pest control company came on September 7.

Renovations continue in apartments 528, 524, 1221, and 1223 for moves in September and October.

Maintenance is checking that lights are off in vacant apartments.

Jamaal Hopkins has been promoted to Maintenance Supervisor. Corridor paint “touch ups” continue. Trash room doors are getting new paint. Elevator C has a new drive installed and is running smoothly.

Richard is now handling the scheduling for bus trips. The big bus is scheduled for routine maintenance soon, but there are no major mechanical problems.

Studio X is having trouble with the heating/cooling system, and there are complaints about the noisy fan. Marcus said that work is scheduled on the air system.

Three guest suites are available. The room rate includes breakfast and use of the pool and fitness

center. Reservations can be made with Resident Services at the front desk.

The Green Committee reviewed results of the energy contest and thanked all floors for trying to reduce energy usage. Floor 4 was the overall winner. Congrats!



The heron sculpture has been repaired and is in the Courtyard near the Bistro doors. The tree on Fairview blocking the view of the sidewalk as you exit the circle or the building has been trimmed for greater driver and pedestrian visibility.

Sally Hahn

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. 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, October 11; 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.

Foot Care Clinic

Mondays, October 17 and 24; Tuesdays, October 18 and 25; 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.

SLEEP BETTER

OCTOBER | 2022

11

Podiatrist

Wednesday, October 19; 8:30 am–3 pm, Suite 301
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 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.

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

HEALTH & WELLNESS COMMITTEE

Ken Hopkins, Chair

Nan Morris, MD: Sleep Disturbances in Seniors

Tuesday, October 25; 3:30–4:30 pm, Emerald Hall

Dr. Nan Morris, sleep specialist and Mirabella resident, will review common sleep problems occurring in seniors. She will discuss sleep changes normally expected with aging and will offer a set of useful "sleep hygiene" guidelines designed to contribute to a good night's sleep. In addition, Dr. Morris



NanMorris

READ MORE § LIFELONG LEARNING

12

OCTOBER | 2022

will review medications prescribed for seniors that commonly cause sleep problems.

Dr. Morris was Medical Director of the Providence Alaska Medical Sleep Disorder Center in Anchorage, Alaska. She is a graduate of Ohio State University College of Medicine and completed a Pulmonary Fellowship at Barnes Hospital, Washington University, St. Louis, Missouri. She is a Fellow of the American Academy of Sleep Medicine. Nan and her late husband, Dr. Gerry Morris, moved to Anchorage, Alaska, in 1975 and to Mirabella in January 2020. Coordinator: Ken Hopkins, x 1662.

LIBRARY COMMITTEE

Linda Morrison and Martha Oman, Cochairs

Library News

Have you ever wondered, “Who are all these people who live at Mirabella Seattle?” The Library has your answers. On the east wall near the fireplace is a white binder titled *Who’s Who at Mirabella*. It contains autobiographical information about residents and is maintained by Marilyn Campbell from articles written for *The Mirabella Monthly*. Please give her a call (x 1587) if you would like to be included.

The Library also provides a collection of books written by Mirabella authors. These are located on the shelves to the right of the fireplace and identified by a blue label and a catalog number. Fred Short, a new resident, has added his co-authored book *World Atlas of Seagrasses* to this collection.

In addition to these resources, the Library has Resident Revelations talks on DVDs, located at the SE corner of the room with other DVDs. Current Resident Revelations talks can also be found on MIRANET under the Lifelong Learning Committee group folder tab and can be played on your computer. You now know where to access

information about our amazing group of residents.

Linda Morrison

LIFELONG LEARNING COMMITTEE

Julia Wan, Chair

LLC Zoom/Live Events: The Lifelong Learning Committee continues to schedule events on Zoom, live, and in hybrid mode. To join Zoom events, click on the event title on MIRANET to bring up the Zoom link, then click on the Zoom link to join.

Writers’ Workshop with Dana Wenig

Tuesdays, October 18, November 1 and 15, and December 6; 3:15–4:30 pm, Conference Room A
Coordinator: Louise Lowry, x 1684.

Supportive Friends

Tuesday, October 4; 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 the first Tuesday of each month. Cochairs: Carolyn Blount, x 1644 and Natalie Siegel, x 1698.

Marc McLeod on Brazil

Wednesday, October 5; 3:30–4:30 pm, Emerald Hall and Zoom

The Brazilian election is being held on Sunday, October 2, 2022. Dr. McLeod will examine the history of Brazil, while paying particular attention to the ongoing Brazilian election featuring populist leader Jair Bolsonaro, who wishes, among other things, to burn and chop down the Amazon rainforest and turn it into pastureland.
Coordinator: Leslie Klein, x 1779.



Mark McLeod

FACE TO FACE § OLLI COURSES

OCTOBER | 2022

13

Resident Revelations: Mike Waring: Aerospace Medicine

Tuesday, October 11; 3:30–4:30 pm, Emerald Hall and Zoom

Ever wondered what aerospace medicine is about?



Mike Waring

Ever asked “Does a flight surgeon operate in airplanes?” Mike Waring will address these questions and talk about a career as a flight surgeon in the USAF and for United Airlines. He’ll review the educational requirements for aerospace medicine specialists and the kind of activities they undertake. He will discuss

what human activities and physiological stresses generate a need for this type of medical specialist and review areas of research that such specialists may do. He will also consider what educational opportunities they provide for other medical providers and the public involved in aviation and, increasingly, space activities. Coordinator: Carolyn Blount, x 1644.

David E. Smith on Comparative Religion

Fridays, October 21, 28, and November 4, 11;

10:30 am–12 noon, Emerald Hall and Zoom

David is a popular teacher at Mirabella, and we are pleased to welcome him back. He will focus on the following premise and content: “A basic knowledge of world religions is essential for understanding the world in which we live. In this series we will survey, analyze, and compare the central teachings of some major world religions, with attention paid to both similarities and differences. Traditions covered include Judaism, Christianity, Islam, Hinduism, and Buddhism.”

Dr. David E. Smith teaches for the Osher Lifelong Learning Institute at the University of Washington and at other venues in the area. Coordinator: Nancy Finley, x 1613.

OLLI-UW OCTOBER ZOOM LECTURES Civil Conversation in an Angry Age: David E. Smith

Friday, October 14; 12–1 pm

Pre-registration link, free of charge:

<https://washington.zoom.us/meeting/register/tJwlduqtqTsjHNdNyGloJycDs4BvIfeBTN-O>

In our increasingly polarized political environment, how can we have civil discussions with others with whom we have profound disagreements? Learn how to have meaningful, respectful conversations with others by building bridges and not walls between ourselves and those with whom we disagree on controversial topics such as religion, politics, and ethics.



David Smith

Dr. David E. Smith, after earning an MA in philosophy of religion, received a PhD in religious studies from Temple University. Formerly a full-time philosophy and religious studies faculty member at Central Washington University in Ellensburg, Washington, his mission is to empower people to think for themselves about things that matter.

Frankenstein: A Revisionist History: Brian Gutierrez

Friday, October 28; 12–1 pm

Pre-registration link, free of charge:

https://washington.zoom.us/meeting/register/tJUudO6gqj0qG9eQRMiL2izBIAOk5jn2qkp_

OUT AND ABOUT

14

OCTOBER | 2022

Explore Frankenstein's origin story. Taking a cue from Malcolm Gladwell, this talk will cover the little known and often misunderstood history of Mary Shelley's *Frankenstein; Or, the Modern Prometheus* as we celebrate the 205th anniversary of its publication. Dr. Brian R. Gutiérrez earned his PhD from the University of Washington, where his research centered on gothic literature from the eighteenth and nineteenth centuries.

UPCOMING EVENTS

Erik Oman on Soccer World Cup: Eric Oman
Wednesdays, November 2 and 9, 3:30–4:30 pm,
Emerald Hall and Zoom

The Soccer World Cup 2022 is coming to Qatar November 21–December 20, and the 2026 World Cup is coming to Seattle. Erik will highlight the organization, the process, who plays, what to look for. Coordinator: Martha Oman, x 1642.

OUTSIDE ACTIVITIES COMMITTEE

Jade Simonson, Chair

Loni Smith, 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 all 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 as needed. Non-

grocery trips may be cancelled if a bus and driver are not available or fewer than four people sign up. You may call the Front Desk (x 1400) as late as the morning of the event to cancel so those who are wait-listed can be notified.

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, October 7 and 21;
10–11:45 am

Costco, Wednesdays, October 5 and 19;
9:45–11:30 am

Fred Meyer, Mondays, October 10 and 24;
10–11:45 am

Metro Market, Fridays, October 14 and 28;
10–11:45 am

Safeway, Fridays, October 14 and 28;
1:30–3:15 pm

Trader Joe's/PCC, Wednesdays, October 5 and 19;
1:30–3:15 pm

University Village/QFC/Bartell's, Mondays,
October 3, 17 and 31; 10–11:45 am

Uwajimaya, Monday, October 10; 1:30–3:15 pm

WALKS

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

October 1 Marymoor Park, 9:15 am pickup,
12 noon return

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 (no elevation change) 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

MICKEY GOES TO WAR

OCTOBER | 2022

15

may choose another trail to follow. Departure by Mirabella bus is set for 9:15 am.

Donations help the ALS Association to 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.

October 8 Edmonds Waterfront

October 15 Arboretum

October 22 Alki Waterfront

October 29 Seward Park

Coordinator: Charlotte Bushue, x 1723.

GOLF

Thursdays, October 6, 13, 20, and 27; 9:30am–TBD
Courses will be announced in the weekly or on MIRANET. Coordinator: Charlotte Bushue, x 1723.

SUNDAY CHURCH

Sundays, October 2, 9, 16, 23, 30; 8:30–9:45 am
The bus goes to Christ Our Hope. Other church trips are by reservation only and do not recur weekly.

CULTURAL EVENTS

Emerald City Music: *Chamber Music of Lincoln Center*, Friday, October 21; 7:30 pm

Metropolitan Opera Live in HD: *Medea*, Saturday, October 22; 8:50 am

Seattle Opera: *Tristan and Isolde*, Sunday, October 23; 1:15 pm

Seattle Repertory Theatre: *What the Constitution Means*, Sunday, October 9; 1:15 pm

Seattle Symphony Pops: *Latin Fire*, Sunday, October 16; 1:15 pm

Seattle Symphony Series 8G: *Dvorak Symphony No. 7*, Sunday, October 2; 1:15 pm

Seattle Symphony Series 7E and 21A: *Pictures at an Exhibition*, Thursday, October 6; 6:45 pm

Seattle Symphony Series 7A and 21A: *Hilary Hahn Plays Brahms*, Thursday, October 20; 6:45 pm

SPECIAL ACTIVITIES AND EXCURSIONS

St. Demetrios Greek Festival

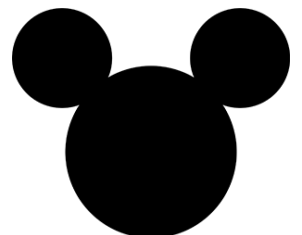
Friday, October 7; leaving at 11:45 am with pickup at 2:30 pm

The Saint Demetrios Greek Festival has been a Seattle tradition since 1960 bringing Greek food, music, dancing, and culture to Seattle's Montlake neighborhood. Homemade Greek delicacies await you, from spanakopita to Souvlakia and loukoumades (Greek doughnuts) to baklava, all freshly prepared and served under a large outdoor tent. Although the festival no longer hosts a sit-down dinner, chairs and tables are available. This will be a great outdoor event for the Luncheonaires to enjoy. Coordinator: Nickie Askov, x 1858.

Museum of Flight: *The Walt Disney Studios and World War II*

Wednesday, October 12; leaving at 9:30 am with pickup at 11:30 am

When Walt Disney received the request to use the Disney studio lot in Burbank, California, as an Army anti-aircraft base after the bombing of Pearl Harbor in 1941, he and his staff pledged to support the war effort without hesitation—and without profit. This original exhibition illustrates how The Walt Disney Studios devoted over ninety percent of its wartime output to producing training, propaganda, entertainment, and public-service films, publicity and print campaigns, and over 1,200 insignia. Walt knew that cartoons would provide a direct yet amusing way to communicate with the American people about war-related issues and anxieties.



WHAT'S ON IN EMERALD HALL

16

OCTOBER | 2022

Disney characters appeared in short films and military insignia, advertisements, magazines, and stamp books. The exhibition includes 550 examples of these rare historical objects and film clips.

Entrance is free for museum members and \$21 for senior non-members. Discounts are available to AAA members (\$20) and BECU members (\$16).

Coordinator: Ken Hopkins, x 1662.

Snoqualmie Casino

Tuesday, October 25; leaving at 10:15 am with pickup at 2 pm

Snoqualmie Casino. Have you missed the excitement of gambling, your chance to bet on the Cougars to win the Conference, or having a brandy? We will leave Mirabella at 10:15 am to gamble some, get lunch, and leave for home at 2:30 pm. Coordinator: Ken Hopkins, x 1662.

Japanese Garden

Wednesday, October 26; leaving at 10 am with pickup at 11:30 am

The Japanese Garden, located in the Washington Park Arboretum, opened in June of 1960 and was the earliest post-war construction of a Japanese-style public garden on the Pacific Coast. The winding path and benches invite us to view the garden slowly and mindfully—stones, water, lanterns, bridges, plants, and animals. Change from summer to autumn is often subtle, and each visit is refreshingly unique. Please bring \$4 to pay the entrance fee. Coordinator: Jade Simonson, x 1688.

PROGRAM COMMITTEE

Judy Guder and Stafford Miller, Cochairs

Waterfront Seattle Project: Marshall Foster, Director

Thursday, October 6; 3:30 pm, Emerald Hall
Waterfront Seattle is a \$728 million project begun in 2010 and slated to be finished in 2024. When

Alaskan Way Viaduct came down, this project began rebuilding the central waterfront, connecting it with downtown, and providing a park promenade along the water. Piers 58 and 62 are being rebuilt. Marshall Foster, the Director, came to Seattle in 2006 and has already been involved in the redevelopment of South Lake Union. Come and hear about Seattle's brave new future. Coordinator: Sally Hayman.

Ladies Musical Club

Saturday, October 15; 2 pm, Emerald Hall

The Ladies Musical Club will be opening their 2022/23 season with a concert celebrating the 150th anniversary of the birth of Vaughan Williams. This composer, born in England in 1872, wrote beautiful melodic chamber music for instruments and the voice as well as larger orchestral works. We will have the opportunity to hear some of his solos and duets. These will be performed by a rich variety of performers with three singers, a violinist, an oboist, and a pianist. Come and support these artists who perform for us with no remuneration. You will not be disappointed. Coordinator: Carolyn Burton.



*Ralph Vaughan Williams
by Hoppé, 1921*

Jim Heath of the Institute for Systems Biology

Thursday, October 20; 2:30–3:30 pm, Emerald Hall

Jim Heath, MD, president of the Seattle-based Institute for Systems Biology (ISB) and holding professorships at UCLA and ISB, is our speaker. His talk gives us insight into how advanced scientific techniques can speed the delivery of new treatments as life expectancies inch upward and medical costs (especially for seniors) continue to soar. ISB's

WELCOME § BOOKS § FOREIGN AFFAIRS

OCTOBER | 2022

17



Jim Heath

multidimensional primary research is further leveraged with top-down analyses that cross project domains.

Dr. Heath received his doctorate from Rice University in 1988. Since then, he has been celebrated with numerous awards, fellowships, and policy-

making positions in the biological and medical research arenas. Coordinator: Richard Atwood.

WELCOME COMMITTEE

Diane Holmes, Chair

Sheryl Feldman

Sheryl Feldman grew up in the Bay Area and moved to Seattle, where she raised two boys. She has a long list of interests and is a published author. Her writing is particularly focused on women's and racial issues. She is a voracious reader and also enjoys painting and drawing. Her reading takes her to all parts of the world.



Sheryl Feldman

One of her interesting cultural interactions was to serve as a midwife assistant in an Amish community. She immersed herself in the community and understood that the Amish lived by a specific set of rules. Later Sheryl cofounded Hedgebrook, a women's writers' retreat on Whidbey Island, dedicated to raising the voices

of women. It is still thriving today and attracting women from all over the world.

Any conversation that you have with this dynamic woman will take you in important directions. You will be the better for it.

Barbara Porter

BOOK CLUB

Fourth Monday of the month; 3:30 pm in

Conference Room A

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

November 28: We will review *Being Mortal* by Atul Gawande. This book is a discussion of dying and aging. The author presents problems and potential solutions to the question of how we can best address our mortality.

Everyone is welcome to join us.

Tina Moss

GREAT DECISIONS 2023

Third Monday of the month; 3:30 pm, starting in January 2023

Join fellow Mirabellans for a lively discussion of global and foreign policy matters. Aided by a comprehensive DVD and booklet supplied by the Foreign Policy Institute, small groups across America meet every month for similar discussions. Cost for Great Decisions' materials is approximately \$30 per person or couple.

Topics for 2023 include: 1. Energy Geopolitics, 2. War Crimes, 3. China's Foreign Policy, 4. Economic Warfare, 5. Elections in Latin America, 6. Global Famine, 7. Iran and the Gulf States,

OPERA § REVISITING SHORT RUN

18

OCTOBER | 2022

8. Climate Migration.

Renew and enliven your interest in foreign affairs by joining our friendly discussion group. Contact Susan Callegari before November 10 to enroll in Great Decisions so that all materials can be ordered in time for the new year. Coordinator: Susan Callegari, x 1830 or masonal@mac.com.

OPERA CLUB NEWS

The Pearl Fishers by Georges Bizet

Monday, October 10; 2 pm, Emerald Hall

The Opera Club will resume its monthly showing of operas in Emerald Hall on the second Monday of the month throughout the opera season, October through June. The October showing will be composer Georges Bizet's *The Pearl Fishers* from a 2015 Metropolitan Opera production.



Damrau in
"The Pearl Fishers"

Bizet was a brilliant student at the Conservatoire de Paris, where he won many prizes including the Prix de Rome in 1857. Bizet was just twenty-five in 1863 when the manager of the Theatre Lyrique in Paris offered him a libretto for *The Pearl Fishers*.

Bizet hurriedly composed the music for a September first performance at the Theatre Lyrique. The opera had a good first run of eighteen performances and then stopped due to hostility from French music critics of the time who had turned against the music of both Bizet and Berlioz. Modern audiences and music critics have come to appreciate Bizet's ability to compose amazingly good music and make his operatic tunes work well for the story of his operas. For these reasons, *The Pearl Fishers* is now greatly admired by the international opera public and has become a work regularly included in modern opera repertory.

Although Bizet is better known for his later work, *Carmen*, the famous tenor/baritone duet from *The Pearl Fishers* is beloved by opera enthusiasts and is often sung on the concert stage. The story involves two pearl fishermen who have fallen in love with a beautiful Hindu priestess but have vowed to forget her and reaffirm their lasting friendship. So, a love triangle, broken vows, a tsunami, and fire all reach a climax with beautiful singing and evocative choral and orchestral music. Soprano Diana Damrau sings High Priestess Leila, baritone Mariusz Kwiecien sings Zurga, and tenor Matthew Polenzani sings Nadir. Gianandrea Noseda conducts the Metropolitan Opera Orchestra and Chorus, and Penny Woolcock directs. In a bold stroke, Ms. Woolcock opens this production with theatrical magic that transforms the stage into a murky expanse beneath the sea. Using video projections and lighting effects, three "swimmers," dangling from unseen wires, swim and dart about in the waters searching for oysters.

The Metropolitan Opera Live in HD broadcasts begin again in October. The first broadcast is on October 22—a performance of composer Luigi Cherubini's *Medea*. Soon after, on November 5, is a broadcast performance of Verdi's *La Traviata*. To take the Mirabella bus to attend these broadcasts at Thornton Place Cinema at Northgate, sign up by calling x 1419.

Donna McCampbell

SHORT RUN COMES TO LIFE

Saturday, November 5; 11 am–6 pm, Fisher Pavilion, Seattle Center

The tenth anniversary of *Short Run Comix & Arts Festival* is back after a two-year postponement. This free festival celebrates alternative and underground comix, handmade and uniquely printed and folded art books, and a great variety of zines. Two hundred book artists from around

REUSING DRIFTWOOD

OCTOBER | 2022

19



*Claudia C. Akole,
Short Run Poster*

the United States and the world will display and sell their work. Come out and celebrate small press with those in your community. This festival was cofounded and is currently run by former Mirabella employee Kelly Froh. For more information, go to the website: <http://shortrun.org>.

Jared Curtis

ARTS NOTEBOOK

BY LOUISE LOWRY

Driftwood Takes Over MadArt Studio

Our neighborhood art studio, MadArt Studio, 325 Westlake Avenue North, opens its new show, *Salvage*, on October 2. What was a few weeks ago a nondescript pile of salvaged driftwood pieces on the floor of the studio has become a massive, sculptured wall that dominates the entire studio space. This impressive installation, the work of sculptor Alison Stigora, suggests a huge, storm-tossed wave, reaching from floor to ceiling, curving down at a threatening angle into the studio. The driftwood pieces that make up the wave are all sizes, from the kind one might carry home from the beach to giant tree-sized logs. Each piece is purposefully arranged into one enormous driftwood mosaic. A low, resonant soundtrack rumbles from beneath the structure. Alison Stigora, professor of sculpture and art at



*Sculptor Alison Stigora, on right, and a student helper arranging driftwood for “Salvage”
— photo, MadArt.org*

Seattle Pacific University, got permission to take the driftwood from the stash of the Army Corps of Engineers, whose ship confiscates driftwood that might be a danger to navigation. She loaded the donated wood on a truck, hauled it to MadArt Studio, and with the help of her students and a rented forklift, constructed the piece now on view.

In addition to the reclaimed driftwood installation, a second translucent sculpture will be suspended from the building’s skylight. A chorus of celestial sounds will emanate from this piece.

Sculptor Stigora offers these pieces for contemplation. She asks how we can embrace areas of resistance and see them as opportunities for transformation.

MadArt Studio is open from 12–8 pm, Tuesday through Friday. Visitors may view the work in progress. The finished exhibition runs from October 4 through November 23.

AN UNUSUAL PET

BY FLORA MAY BRADLEY

One hot afternoon in August, Adam Montgomery was serving cold drinks in the Mirabella courtyard.

PET PYTHON § SENIOR MOMENT

20

OCTOBER | 2022

During comments on the temperature, he mentioned that his house became so hot that he had to open all the doors and windows when he arrived home. Asked if he had a pet staying in the house all day he said yes, and his pet liked the heat. His pet is a python.

How did Adam come to have a python as a pet?



Pantera, Adam's pet

He grew up feeling comfortable touching and being around bull snakes and garter snakes at his home in Iowa. Adam's mother had taught him not to be afraid; she was a master gardener and consequently encountered many snakes during her career.

Knowing that Adam was comfortable with snakes, an acquaintance asked if he would care to have one. It had been purchased at a pet store, but the owners did not want it anymore. Adam agreed to accept this pet into his home as he believes strongly that pets should be in a committed and caring home. They are taken out of their natural habitat and put into a completely new environment and many of them, such as pythons, have very long lives.

He named his python "Pantera" for a favorite rock band. His pet is a male, five and a half feet long and about as thick as a baseball, green with a gray and black design. Adam bought a terrarium for his pet's new home and found that pythons are very low maintenance. Unlike dogs, it does not need to be walked or fed daily; instead, Adam feeds his pet a small, live rat purchased from a pet store once or twice a month. Pantera strikes at the animal, the rat immediately dies, and the python swallows it whole.

Adam often takes his pet outside to be on the grass or ground, watching him very carefully because Pantera moves swiftly; Adam does not want him to get lost.

He also takes his pet to parties with friends, some of whom seem afraid, others fascinated. When Adam is out and about with his pet, he carries him around his neck or on his arm, finding that the python does not squeeze, as some have heard, but is only holding on. Pantera is relaxed when held by Adam but sometimes darts away when a stranger touches him. A python is an interesting and unusual pet. Because Adam is a responsible and helpful member of our dining staff here at Mirabella, I think Pantera is one very lucky python.

JUST STICK IT IN YOUR EAR

BY MARY JOSSEM

Dick Fike's kids wanted him to get hearing aids so he did—and promptly lost them. He bought another pair but returned them when he decided he didn't really need them. (Haven't many of us thought that at some point?) Then, realizing the error of his ways, Dick purchased another pair without telling anyone (after he'd discovered he really did have hearing loss in one ear).

On the third day of wearing these new hearing aids, Dick had a regular doctor appointment. Never wanting to be late for anything, Dick showered, shaved, and dressed with some anxiety over wanting to be on time. As luck would have it, he had so much trouble getting the right hearing aid in that it took him all of five minutes to do it. Finally achieving success, he and Shirley drove off to the appointment.

The doctor's nurse did the usual preliminaries before an exam: asked questions, took vitals, and then wanted to take Dick's temperature via the ear. Dick explained the trouble he had getting his right hearing

FERRY TO SUNSHINE

OCTOBER | 2022

21

TOP 10 SIGNS YOU ARE GETTING OLDER...

1. FORGETTING THINGS
2. REPEATING YOURSELF
3. FORGETTING THINGS
4. REPEATING YOURSELF
5. FORGETTING THINGS
6. REPEATING YOURSELF
7. FORGETTING THINGS
8. REPEATING YOURSELF
9. FORGETTING THING
10. REPEATING YOURSELF

Reynolds

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CartoonStock.com

aid in that morning and asked that she take the temperature in his left ear as it would be much easier for him to remove and replace the left hearing aid. However, when Dick tried to remove the hearing aid, there was nothing there. Thinking it must have fallen out somewhere between the car and the doctor's office when he fussed with his

mask and glasses, he gladly accepted Shirley's offer to retrace their steps to look for the missing hearing aid.

Meanwhile, the nurse took Dick's temperature in the left ear and then turned to have a look in the right ear. As she did so, the nurse burst out laughing. There were *two* hearing aids in Dick's right ear! She left the room still laughing, sure she had the best story of the day to share with her colleagues.

FAST FERRY TO DES MOINES

BY JARED CURTIS

Jackie Verano in the September 14 *Seattle Times* encouraged Seattleites to "Take the fast ferry to Des Moines for lunch – there might be orcas en route." Diane King, Mary Jossem, and I did just that. We saw no orcas, but on our arrival in Des Moines harbor we did meet a sunbathing harbor seal that had hauled itself out of the water onto a floating dock. The trial service, which ends on October 9, is provided by the catamaran Chilkat Express.

After a thirty-five minute sailing, traveling at forty

miles per hour, we disembarked and enjoyed a stroll along the attractive Des Moines Harbor boardwalk. Neither energy nor wallets stretched far enough to reach Des Moines' Anthony's. On

South 223rd Street in the town, we feasted on spring rolls at T&D Coffee House. Our return trip left the harbor at 2 pm, so we did not explore more of this pleasant ocean-side town, which stretches south to include Salt Water State Park.

We left Seattle under cloudy skies and spent our two hours in Des Moines in bright sunshine. We found it a great service and hope it continues. Diane remarked, "The ease of the whole excursion was a plus." Diane walked to and from the Bell Street pier, but Mary and I were delivered by the Mirabella town car to the Seattle waterfront and picked up on our return, all three of us having treated ourselves to a splendid day's outing.



The Chilkat Express docked next to Anthony's on Pier 66 – J. Curtis



Harbor seal on the yellow stripe – photo, J. Curtis

BIRTHDAYS § POETRY CORNER § REMEMBERING

HAPPY BIRTHDAY! OCTOBER 2022

- 3 – Toni Kennedy
- 4 – Betty Heycke
- 4 – Francis Muggli
- 4 – Toni Myers
- 4 – Mary Worthington
- 6 – Bob Capeloto
- 7 – Anne Magruder
- 7 – Ailie Speer
- 8 – John Weaver
- 9 – Jo Pope
- 10 – Brendan Coleman

- 11 – Kathy Cahill
- 12 – Muriel Boyd
- 12 – John McGinnis
- 13 – Julia Wan
- 16 – Patricia Brink
- 17 – Barbara Standal
- 18 – Liz Anderson
- 18 – Marilyn Campbell
- 18 – Sheryl Feldman
- 18 – Julie Holland
- 18 – Judy Owens
- 19 – Eileen Swart

- 20 – Gloria Hennings
- 21 – David Webber
- 22 – Kathleen Gill
- 23 – Ann Kuder
- 24 – Harriet Goodman
- 24 – Walter Bodle
- 27 – Helene Metzenberg
- 27 – Sue Lane
- 28 – Betty O'Donnell
- 29 – Ardie Johnson
- 29 – Joanne Suver

FLOATING

BY JARED CURTIS

Not in water but above it
 in a seaplane bound for an island
 in the Salish Sea.
 Taking off is noisy and rough
 pushing head and shoulders into seatback
 as pilot powers his ship to liftoff,
 a smooth ascent above boats and paddleboards
 rocking below
 and a sweeping course over ship canal, wharfs,
 marinas,
 to the open sea
 climbing, climbing over beaches below,
 over all sizes of islands, all shapes, all green, and
 self-contained,
 mountains gleaming in the distance.
 Surrounded by windows in this metal tube with
 wings and floats,
 my thoughts begin to drift –
 no longer keen to name the lush landforms
 that bear small houses scattered among trees,

huddled cabins by the shore –
 but wheeling off to wonder what this island will reveal,
 who we'll find there when we land,
 what they'll tell us of their lives in this quiet place,
 away from home.

Flying lower now, the island in our view,
 closer – slower – lower – closer – slower – lower,
 we skim across the isthmus,
 over mud flats, around moored sailboats, cruisers,
 gently touching down, engine cut, and taxi toward the
 pier.

Pilot deftly swings his floatplane round inching to the
 dock,
 leaps out, secures the port pontoon to rail,
 and opens the passenger door –
 “Welcome to Lopez!”

Remembering

Don Ries 9/15/2022

Ruth King 9/21/2022



SHOW TIME

OCTOBER | 2022

23

MOVIES FOR OCTOBER

BY CONNIE CHAPLIN



Penelope Cruz and Milena Smit
in “Parallel Mothers” (2022)

The 2019 movie *Yellow Rose* is about a shy, naïve, undocumented Filipina teen in Texas who dreams of becoming a country music star. Her father has died, leaving her his guitar, and she starts writing songs. Then her mother, also undocumented, gets picked up by Immigration and the kid, Rose, needs to get out of sight. She has an aunt who can offer only limited help. So, what does the girl have? Talent. And a couple of people recognize it and give her a place to live. Eva Noblezada plays Rose. You may not have heard of any of the rest of the cast either and the writing is predictable, but hey. Filmed in Austin.

A very different tale of survival is the subject of 2018’s *Arctic*. Mads Mikkelsen, in his “finest performance yet,” is stranded when his plane crashes in a remote part of the Arctic. He’s already made a shelter in the wreck, carved a huge SOS in the ice, catches fish from those water holes he’s drilled in the ice, and sends regular hand-cranked radio signals—just like you would, right? The Danish actor has the kind of brooding intensity that

can express such depths of loneliness, fear, hope, and despair in his frozen hell that you might think he’s actually there. Then, a plane sent to rescue him also crashes. This pilot is dead, but the co-pilot survives, barely. Mikkelsen decides to build a sled, leave their “shelter,” and pull her on a sled to an outpost miles away. Critics refer to Mikkelsen as an actor whose skill here requires no dialogue. (Several years ago, he was voted “Sexiest man in the world.”)

Locally, Moira Macdonald gave *Parallel Mothers* four stars and Penelope Cruz was nominated for Best Actress Oscar in 2022. The “mothers” refers to Janis (Cruz) and Ana (Milena Smit), both single, both pregnant by accident, but each reacting to the experience very differently. Janis, in her forties, is delighted; Ana is a teenager, scared and traumatized. They share a room in the maternity ward and Janis tries to be encouraging while they spend time together walking the corridors and eventually giving birth on the same day, creating a close bond that changes their lives in a decisive way. And in a sense, director Pedro Almodóvar is doing parallel films here. There is the personal one about the women, and there is the Spanish Civil War political story focused on unearthing the mass grave that entombed Janis’s great-grandfather during the Franco regime.

In 2020’s *The Dry*, an Australian federal agent (Eric Bana) returns to his drought-stricken home town to attend a funeral and ends up investigating an apparent murder-suicide involving a childhood friend. This mystery-drama-thriller has some unfriendly townspeople with long memories and tempers that match the hostile environment. The critics liked it and praised Bana’s star turn here as “absolutely phenomenal,” referring to him as “one of the most under-appreciated actors working today.”



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

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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.

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