

The Mirabella Monthly

www.mirabellaliving.com/Seattle



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NOVEMBER | 2022

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PORT U PROGRAM

BY MATT JAMIN

At the suggestion of Jackie and Elston Hill, Chris and I have now taken two tours of facilities operated by the Port of Seattle, one of the Duwamish Waterway and one of the Harbor Island container shipping facility. Both tours were outstanding, and we recommend next year's September 2023 program to our fellow residents.

Every September the Port of Seattle offers four tours, not just the ones to Harbor Island and the Duwamish Waterway, which we joined, but also those to Fishermen's Terminal and Ship Canal, and Seattle-Tacoma International Airport (Sea-Tac). Called the Port U Adult Education Series, the tours for next September will again be available for sign-up in August 2023 by going to the portseattle.org site. The tours typically last about two and a half hours, include a free bag lunch, do not involve any extensive walking, and are narrated by knowledgeable port employees and members of the associated business communities.

The Sea-Tac tour, called Airport 101, features a lecture by an



An IcelandAir Boeing 757 taxiing after landing at Sea-Tac International Airport – photo, E. Hill

WATER TOURS

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FAA representative who explains completed and planned airport projects, followed by a behind-the-scenes bus ride around the airport facility, including the baggage handling area and airfield.

The Duwamish tour, Duwamish 101, is on an Argosy boat and leaves from pier 66, travels south along the waterfront, and then enters the Duwamish River, ultimately traveling five miles upriver.

While the boat is underway, speakers talk about remediation efforts and industry along the river.

We learned that long-standing pollution of the Duwamish Waterway has caused residents of Georgetown and South Park, two communities adjacent to the river, to have significantly lower life spans than Seattleites. Because of the problem, residents now are strongly urged not to fish any of the species that live in the river year round, though fishing salmon that move quickly upstream in the fall does not create the same problem.

The Harbor Island tour, Cargo 101, which Chris



*Fishermen angling for salmon
on the Duwamish River – photo, E. Hill*

and I also joined, includes an excellent lecture on shipping terminals on the West Coast, supply chain problems associated with shipping, and a behind-



*Giant container ship waiting to be unloaded at
Harbor Island – photo, E. Hill*

the-scenes bus tour of the facilities at Terminal 18 on Harbor Island. We saw a container ship being unloaded by large cranes one can see from Sodo. Some vessels can be unloaded within a day. It was an incredible display of efficiency and grace as the cranes operated seamlessly, steadily removing containers from the vessel and loading flatbeds that are in a line and moving up for the next container. Plans are underway to do some additional dredging so that ships holding as many as 15,000 large containers can dock there. Now, ships that dock here hold up to 9,000 large containers.

Lastly, the Ship Canal tour, Ship Canal 101, focuses on the many maritime businesses that are on the shore of the canal. It includes a tour of Fishermen's Terminal and a boat trip on the canal.

All four tours are a wonderful way to learn more about the maritime and air transportation industries in our community and how government interacts to both facilitate and regulate businesses along the shore. Chris and I enjoyed the Duwamish and Harbor Island tours this year and will be sure to sign up for the other two tours in 2023.

CARING COMEDY

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MAIA ALEXANDER AND “MARGIE” THE CLOWN

BY JARED CURTIS

PATCH ADAMS, MD, known for sayings like “When a dream takes hold of you, what can you do? You can run with it, let it run your life, or let it go and think for the rest of your life about what might have been,” is the founder of The Gesundheit Institute in Hillsboro, West Virginia. The aim of the Institute and “The Gesundheit Project” is to reclaim and reframe the health care system so that care and compassion are at its center. While establishing a permanent hospital based on this concept is still admittedly a “dream of a crazy free hospital” to be realized in the future, the Institute offers several summer camps each year on its property in Hillsboro in the spirit of this larger project. One of them is a “Clown Camp” dedicated to “The Laughing Body: The Art of Care,” where six-year Mirabella employee Maia Alexander found herself in August of this year.

Maia graduated from Cornish College of the Arts in Theater Arts in 2017. While there, she studied clowning and made some progress in developing her own clown persona, whom she calls “Margie,” through classes and performances. But since then, she has been longing for an opportunity to advance this special passion of hers, to make connection with others through comedy. The pandemic halted this part of her life, as it has for the lives and life projects of many of us, and, after two and a half years of severe isolation, this chance to explore a new place and meet new people in a creative environment dedicated to clowning seemed too good to pass up.

Maia flew to Atlanta, where she was met by her parents and taken to Hillsboro. After a few days’ visit with family in Virginia, they drove back to their home

in Louisiana and at the end of the week returned to the Hillsboro campus to fetch their daughter. This kindness on her parents’ part was a treat for Maia and was a welcome opportunity to reconnect with them. Safely installed at the Clown Camp led by Patch Adams, known internationally for his promotion of care and compassion through clowning, Maia was nervous at first about being the youngest participant. By the end of the first day, however, she grew more at ease and felt welcomed by her fellow students and instructors. Patch, who planned to participate in three days of the course, observed sessions, and occasionally took part. Near the end of the week, he said to Maia that he, the oldest at seventy-seven and she, the youngest, were the “parentheses” of the course. What’s more, her clown persona, Margie, emerged and developed with more clarity and confidence in the daily workshops and sessions.



Laughing Body 2022 – Patch Adams (back row, center) poses with campers; Maia (front row, second from right)

To Maia’s delight, some of the work was done outdoors, notably a “trust” experience in which students were paired up and alternately “led” by one another along a forest path while one kept her eyes

BASE²SPACE BY 2

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Margie the Clown, overcome by balloons

shut and the other guided, inviting her companion to listen to bird song and touch and smell leaves and moss along the way. Urged by her leader to reach out to feel the ground, Maia was surprised and delighted to the point of joyful laughter at finding her hand in a puddle of water. Through these exercises and short skits gentle clown “Margie” grew in confidence and playfulness, delighting in simple pleasures and discoveries, being in the moment and accepting what is for *what* it is and, in the process, stilling anxieties through play. One of Patch’s many maxims, “Be absolutely present with yourself and others,” and his firm belief in play as a way to connect with others as a means of growth and healing, ring especially true for Maia.

THE CLIMB

BY BETTY HEYCKE

IN 2019 Paul Keown and I climbed the 832 Space Needle steps, taking part in a benefit for the Fred Hutch Cancer Center and the Space Needle Foundation. The Climb was fun three years ago and easier than it looked. So, we were eager to try it again.

October 2 was a beautiful day, bright and warm. We walked leisurely from Mirabella to the Space Needle full of anticipation and were surprised by

the big crowd already assembled wearing the new blue t-shirts. On our previous climb there seemed to be few participants in our chosen wave. That time we had just walked right in, found the stairs, and climbed. This year we had to stand in line. But as the climb began, the crowd thinned out and there was plenty of space and time (at our speed) to enjoy the spectacular views.



Paul and Betty at the Space Needle pointing in the direction they intend to walk

When we reached the top, we were greeted with shouts and whistles and presented with paper leis. Sadly, the event sponsors had run out of the outrageously huge and showy finishers’ medals. (We can expect them in the mail.) Our time was



The view from the top – photo, B. Heycke

RE-GIFTING @ RE-STORE

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forty-five minutes for the very short but straight-up distance of one tenth of a mile.

We did not walk down.

RE-STORE HOLIDAY PLANS

BY INGRID STEPPIC

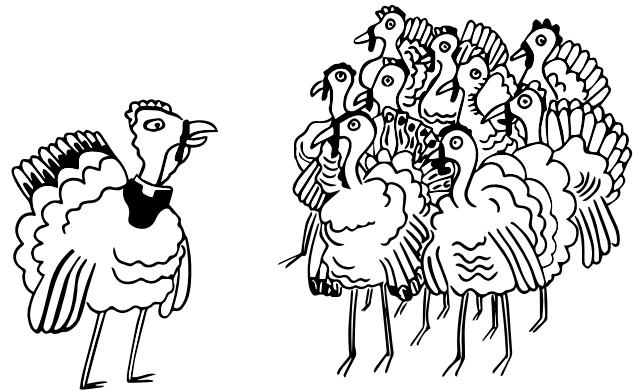
The holiday season is upon us. Halloween is over, and we are done with Tootsie Rolls and Milky Ways. We can focus on healthier edibles, such as turkey, sweet potatoes, and apple crumble. Check out the Re-Store's selection of pie tins, serving platters, crystal bowls, wine glasses, and more. After finishing Thanksgiving dinner, we will have Christmas cards, gift bags, and wrapping paper for sale before we have our true holiday sale. Here is our plan for December: The Re-Store will be closed November 30, 31 and December 1. On Friday, December 2, we start our annual holiday sale.

The set-up will be the same as last year; in other words, we will have tables with holiday items that will be restocked daily. This will give people a fair chance to score some good buys, and it will be less stressful for us. This low-key sale continues until we run out of special merchandise. Do come and check us out and bring cash (we don't take credit cards).

After you have found that perfect gift, you want it to be wrapped perfectly. Once again, Santa's gift-wrap elves are offering their services. Between December 12 and 23 you can bring your purchases to the store, and those plain boxes and packages will be turned into works of art. Donations for this service are appreciated and go to the Mirabella Seattle Foundation. We will have more information posted in the Re-Store during December.

And finally, when you get your decorations out of storage and find you have too many or the wrong kind, you can donate them to the Re-Store. However, you can only do this during the first two weeks of

November and only if decorations are in good shape. Please don't bring strings of fairy lights with half the bulbs burned out! Keep them until after the holidays. In January, I will collect them to be recycled.



"Listen up, turkeys!"

Those are our plans for December, but between now and then there'll be that turkey dinner. Happy Thanksgiving everyone!

CHIEF WITCH FLORA MAY

I caught Chief Witch Flora May Bradley on camera as she paid a visit to the Residents' Association meeting to command all those present to go to the October 31 Halloween Party...or else!

Look for more scary photos in the December issue of *The Mirabella Monthly*.

Jared Curtis



Flora May Bradley

WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2022–2023



Laura Bailey,
President, 2022–2023,
Box 432, x 1813,
ljb8@me.com



Mike Waring,
Vice President, 2022–2023,
Box 527, x 1585,
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Mary Jossem,
Secretary, 2022–2023,
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Alice Arrington,
Treasurer, 2022–2024,
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Nancy Eliason, Member-at-Large, 2022–2024,
Box 715, x 1842,
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Jane Beer, Member-at-Large, 2021–2023,
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Betty Heycke, Member-at-Large, 2021–2023,
Box 414, x 1619,
bettyheycke@yahoo.com



Louise Lowry, Member-at-Large, 2022–2024,
Box 607, x 1684,
lklowry@aol.com



Sue Herring,
Past President, 2022–2023,
Box 709, x 1556,
herringsus@gmail.com

COUNCIL & RESIDENTS' ASSOCIATION MEETINGS

Residents' Association Meetings are held on the first Tuesday of the month at 11 am in Emerald Hall. Resident Council meets on the second and fourth Tuesday of the month 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, x 1779
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



PARTY TIME § CLINICS FOR ALL

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RESIDENT SERVICES

Loni Smith, Resident Services Director

Community Happy Hour

Wednesday, November 16; 3:30–5 pm, Northwest Dining Room

Residents are invited to enjoy a Community Happy Hour hosted by Resident Services. Please come and enjoy wine and light hors d'oeuvres and mingle!

Loni Smith

Health Clinics Available to All



The following clinics are being held for Independent Living (IL) residents in third-floor Suite 301, accessible from 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, November 8; 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@seattlehearingsservices.com or at (206) 937-8700.

Foot Care Clinic

Mondays, November 21 and 28; Tuesdays, November 22 and 29; 9:30 am–4:30 pm, Suite 301
Bonnie Ackles, RN, CFCS, is a former Advanced Registered Nurse Practitioner who is also a board-certified Foot Care Nurse Specialist. Her Foot Care Clinic is available on the third and fourth Monday and Tuesday of the month in Suite 301. Call or text Bonnie directly for an appointment and rates (206) 940-0748.

Podiatrist

Wednesday, November 16; 8:30 am–3 pm, Suite 301
Dr. Mak Abulhosn, DMD, is available in Suite 301 for morning appointments for IL residents. 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 janellejensenththerapy@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.

RESPITE FOR CAREGIVERS § ACTIVE ARTS

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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, an 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.

Health Services Administrator (x 1478)

Rise to the Challenge: Ride Metro Buses

Wednesday, November 16; 11 am, Emerald Hall

Wednesday, November 23; 10–11:30 am, Lobby;

sign up at Front Desk for community outing

Despite Seattle having an excellent Metro Transit system, there are many people, especially those who use walkers, wheelchairs, or other mobility devices, who are reluctant to use public transportation because of its challenges. If you are a "reluctant rider" then you will want to participate in the Metro Transit Instruction Program this month.

MV Transportation, a private transportation service under contract with the King County Department of Transportation, Metro Accessible Services, will be providing Group Instruction for Mirabella residents. The instructors work with senior citizens and individuals with disabilities to learn to ride public transportation independently in King County. The

purpose of the Group Instruction is to introduce independent bus riding by teaching reluctant riders to travel on public transportation safely and confidently in a group setting. The presentation focuses on paying bus fare, using ORCA card, and knowing where to find the bus stops. You will learn how to find the bus stop address, communicate with the bus driver, exit at the correct stop, and solve problems.

The presenters will discuss the Escorted Community Instructional Outing destination, which will be scheduled on a different day. Attendance at the presentation is required for going on the Escorted Community Instructional Outing. A signup sheet will be made available at the Front Desk for the community instructional outing scheduled for Wednesday, November 23. For a community outing, the minimum is five and the maximum is twelve riders. If there are more than that number want to go, two community outings will be scheduled. Coordinator: Loni Smith, x 1418.

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

Active Arts News

After a busy summer, the Active Arts Committee is ready to proceed with a wide array of arts activities designed to meet your requests and to stretch your willingness to take some chances. After a summer of preplanning and with the support of the Resident Council and the Administration, the committee is in place and classes are underway.

You've already written haiku and painted rocks to honor our staff, begun the first two drawing classes, and begun Elston Hill's introduction to a Photographer's Eye. We've dared you to set aside your doubts and join the party to sip and paint.

The ukulele class, always open to new members, and Creative Writing are ongoing throughout the

Deck the Halls JOIN THE CHORUS

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*Painters and Sippers show their handiwork
– photo, C. Ferrell*

year. In January and February, a series of classes will bring you a dynamic live experience with West African Percussion and accompanying culture. Origami will return, and new drawing classes will evolve. Also, watch for the beginning of a monthly sing-along.

Opportunities to assist in flower arranging with the residents in Memory Care will be offered when COVID restrictions are lifted. Some beginning collage activities are also coming to provide books for residents in Memory Care. Please answer the call for volunteers for these activities. Your assistance will be very much appreciated.

Classes in poetry, improvisation with Dee Dickinson, and classes in the art of collage are in the works too. Other classes presented by our wonderful residents are always being sought.

It is the goal of the Active Arts Committee to bring suitable activities to all residents, to whet resident appetites for creative experiences. Please continue to bring requests and new ideas to the committee.

Barbara Porter

Deck the Halls

The Active Arts Committee has been asked to recruit volunteers to help decorate Assisted Living and the Health Center for Christmas. You will be joining a party with hot cider and music while providing comfort and joy. Two volunteers are needed on November 30 in Assisted Living. In this larger space, the Health Services needs up to four volunteers on

December 1 and 2. Trees will be up, and their lights will be on. The final touches will be yours.

Please contact Amy Heider to volunteer by calling her at x 1450 or writing her at aheider@retirement.org. She will provide the details of time and place.

Another volunteer request comes from Loni, who can use decorating assistance on November 30 when the Lobby, Library, and Emerald Hall will be decorated. For questions and to volunteer, contact Loni at x 1418 or email Ljsmith@retirement.org. Your assistance with these requests makes a double kindness—to residents, who will enjoy the seasonal cheer the decorations provide and to Amy and Loni, who work hard all year long and will welcome your help.

Barbara Porter

EMPLOYEE APPRECIATION COMMITTEE

Helen Roberts and Louis Swart, Cochairs
The 2022 Employee Appreciation Fund Drive
October 4–November 17



The 2022 Employee Appreciation Fund (EAF) Drive is underway. You may have seen the haiku, colorful musical notes, and score symbols on signs in the Business Center, outside the Re-Store, in Assisted Living, on painted rocks on resident shelves, and on resident name tags. In recognition of Mirabella employees' hard work, this year's theme is *Notes*

RAVE REVIEW OF FIRST AID COURSE

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*in Celebration...of
Employee Dedication.*

Our goal is to achieve 100 percent participation of Mirabella households in the drive and exceed last year's total to counter the rising cost

of living for our employees. In determining what your donation may be, consider all the services you receive and those you don't see, such as security, cleaning, maintenance, laundry, and food preparation. Consider how these services might be provided on a daily, weekly, or monthly basis during the year. Consider that Mirabella has a no tipping policy.

The drive is a way for residents to say "Thank You" to over 240 employees who work both visibly and behind the scenes to take care of our needs around the clock. Residents in Independent Living, Assisted Living, and in the Health Center may donate to the fund.

Envelopes distributed to resident mailboxes on October 4 contain a brochure explaining the drive, why we do it, and how to give. A smaller envelope is included for your contribution, which you may put in the drop box inside the Mail Room. Also included are some peel-off musical notes for your name tags. If you need another packet, call Helen Roberts (x 1548), Louis Swart (x 1754), or Warren Askov (x 1858). There are also more return envelopes by the EAF contribution box just to the right of the mail drop in the Mail Room.

Contributions may be made by directing a distribution to Mirabella Seattle from qualified retirement accounts such as IRA accounts, Charitable Trusts, and Donor Advised Funds.

If you choose to use one of these third-party methods to donate and have questions on routing or accreditation, you can contact MSRA Treasurer Alice Arrington at x 1749 or at alicebelle6@gmail.com. Mirabella Seattle is a 501(c)(3) nonprofit organization. The Federal Tax ID is #34-2030255.

Instead of a one-time contribution, many residents choose to make a monthly contribution by including it in their monthly Mirabella statement. That plan spreads the donation over twelve months; it also reminds us each month of our appreciation for the work our staff does. Monthly donors also have the option to top off their donation during the drive. If you would like information about making monthly donations in 2023, check with any of EAF Committee members or with Resident Association Treasurer, Alice Arrington.

Thank you for contributing to the 2022 Employee Appreciation Fund Drive. You can follow the drive's progress on the chart in the Resident Business Center beside the Mailroom. At the time of publication of the November Mirabella Monthly we have sixty-four percent participation. There are about two weeks until the November 17 deadline. Let's pull together to reach 100 percent participation! We will report our dollar amount in December after receipts have been totaled.

Warren Askov

EMERGENCY PREPAREDNESS

COMMITTEE

Matt Jamin, Chair

High Praise for the First Aid, CPR, and AED Course

On September 16, the Emergency Preparedness Committee sponsored a four-hour First Aid, CPR, and AED Course conducted in Emerald Hall by the firm Medic First Aid. Eight residents took advantage of the

HOUSE MATTERS § EXERCISE HELPS

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opportunity and completed the course. The course was taught by the leader of the firm, Katherine Ford, who incidentally was the first female graduate of Seattle's Medic One program, which Mirabella residents respect, support, and at times depend upon.

Here are several comments made by a few of those attending:

John Russell: "My whole life I thought I knew how to do chest compressions, but here I found I was doing them wrong! It feels great to get it right."

Nan Morris, MD: "I performed CPR and AED in a hospital setting for many years—but this course was applicable to any setting, especially outside of a hospital, so I continued to learn. I thought it was excellent and taught in an easy to learn and rememberable manner."

Cathy Short: "The course was terrific, and I learned a number of new things. The instructor, Katherine Ford, was a superb teacher."

I fully expect this course will be offered again some time during the current fiscal year and will be open for both residents and staff members. I recommend you be alert for an opportunity to attend.

Ted Taylor
REPC Training Coordinator

ENVIRONMENT AND FACILITIES COMMITTEE

Nickie Askov and Sally Hahn, Cochairs

Update

The Environment and Facilities Committee at its last meeting in October discussed the Work Order system. Residents are encouraged to be the "eyes and ears" of Mirabella as they walk around inside and outside. If they see something that needs to be repaired or cleaned, they should call x 1413 or use the Work Order tab on MIRANET. If they see something potentially dangerous (for

example, a slippery floor), they should report the danger and its location immediately to the concierge (x 1400). We can't expect the staff to be aware of every issue in our facility, and we should report it to improve our community's safety, convenience, and appearance.

Now is the time that many of us are cleaning up the plant waste on our decks. Please use compostable containers (paper bags or the green compostable kind). If you have a lot of material to compost, please take your bags to the parking level on the B elevator. As you exit the elevator you will see a closed room on the right (second opening). Press and hold the button to open the door. Inside is a large black container clearly marked for "Food & Compostables." When you exit, press and hold the button to close the door. Thanks for keeping our building clean and green!



Cedar Grove garden waste bin, parking level trash room

Nickie Askov, Cochair

HEALTH AND WELLNESS COMMITTEE

Ken Hopkins, Chair

Physical Exercise and Activities Forum

Tuesday, November 22; 3:15–4:15 pm, Emerald Hall

Too much sitting while watching the Seahawks, Kraken, Cougars, Mariners, or Huskies? Your Health and Wellness Committee can help you get the needed exercise by introducing you to a variety of classes that occur each week.

LIBRARY § LIFELONG LEARNING

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Tai-Chi in the Courtyard
— photo, S. Webber
(September 2020)

The forum will feature current exercise programs at Mirabella. Each of our available fitness instructors will attend the forum either live or in a prepared video. They will discuss the classes, their backgrounds, and the physical level of the class, with emphasis on whether the class is suitable for residents who use

walkers or wheelchairs. The instructors presenting in person will also be available to answer questions at the end of the forum. If the instructor of a class is unable to attend the forum, residents who regularly take that class will discuss them.

The following will present either in person or via video:

- » Chris Wilson, Wellness Coordinator – Personal Training and Men’s Strength Class.
 - » Donna Lovell – Aqua Fit and Aqua Stretch.
 - » Paul Keown (resident) – Emily’s Total Body Conditioning and Barre Classes and Fran’s Chair and Mat Yoga Classes.
 - » Jennie Moore – Yoga Chair and Mat Classes.
 - » Don Drury (resident) – Resident-led Water Volleyball.
 - » Leslie Klein (resident) – Elizabeth’s Strength and Balance for Everyone.
 - » Carolyn Roe (resident) – Resident-led Tai Chi, Bella Jovan’s Line Dancing Classes, and Zumba.
- Coordinator: Leslie Klein.

LIBRARY COMMITTEE

Martha Oman and Linda Morrison, Cochairs

Library News

November brings gusts of wind, rampant rains, and time to sit and enjoy your surroundings with a bag of nuts and a good book. Is this not also the perfect space for suspense and mystery? Our library has received several current mysteries and is well stocked in mystery author collections. The main library hosts books by Tana French, Greg Isles, William Kent Krueger, Sujata Massey, Amanda Quick/Jayne Ann Krentz, Brad Thor, and Jacqueline Winspear to name a few. Popular collections have also been placed on floors three through nine by the B elevators. These include books by David Baldacci (seventh floor), John Grisham and J. A. Jance (eighth floor), P. D. James and Janet Evanovich (ninth floor), and Louise Penny (third floor).

Not to be forgotten is our collection of DVDs, which include mysteries and movies for entertaining you and your grandchildren. A list of these can be found on MIRANET under Groups: choose Library, Folders, Documents and Catalogs, and then click on DVD Collection. The list is kept updated with new additions. Stay indoors and enjoy these wintry months with a new-found mystery friend.

Linda Morrison

LIFELONG LEARNING COMMITTEE

Leslie Klein, Chair

OLLI-UW FREE ZOOM LECTURES

Hummingbirds, Connie Sidles

Wednesday, November 2; 12–1 pm

Preregistration link for “Hummingbirds”:

https://washington.zoom.us/meeting/register/tJEof-2vrjopHdwnFZv_KMoFbGXAltP47U3u.

With their ability to hover in place, fly upside-down or backwards, and cross seas without stopping,

BIRDING 101



BIKER MIKE

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Hummingbird visitor to balcony flowers and feeder on the eighth floor – photo, M. Rogers

hummingbirds seem immune to the ordinary laws of physics. Their jewel-tone feathers flash in the sun brighter than rubies or emeralds. Their wings flap faster than the eye can see. Their courtship flights defy gravity. These tiny dynamos of the avian world both fascinate and flummox us. Come find out more about one of the fiercest birds in the animal kingdom as master birder Connie Sidles introduces you to the wonders of hummingbirds.

Constance Sidles is a master birder, a former member of the board of Seattle Audubon Society, and former chair and current member of the Conservation Committee. She has written four books about nature. Her most recent work, entitled *Forty-Six Views of Montlake Fill*, is a book of poems and Sumi paintings about how to find joy in the connections we make with nature and with each other.

Burke Northwest Native Art, Bridget Johnson
Friday, November 18; 12–1 pm

Preregistration link:

<https://washington.zoom.us/meeting/register/tJ0lcO2hrjsrHNG4AByuqjUBoSxfR7xIQN4E>.

The Burke Museum has an exceptional collection of Native Art and is the home of the Bill Holm Center for the Study of Northwest Native Art. The Center focuses on collection access and knowledge exchange, particularly for Native American and First Nation artists, through research grants, public programming, and publications. These principles informed the curation of the inaugural exhibition of the Northwest Native Art Gallery at the Burke. The Bill Holm Center invited six artists from across the greater Northwest to co-curate the space by answering this question: What is your artistic heritage? The gallery highlights the curating artists' own work, ideas, and perspectives in conversation with historical works of their choosing from the Burke's collection. The artists are from communities across the Pacific Northwest and are rooted in diverse artistic backgrounds that span generations: Alison Bremner (Tlingit), Evelyn Vanderhoop (Haida), Lou-ann Neel (Kwakwaka'wakw), Betty Pasco (Suquamish), RYAN! Feddersen (Okanogan and Lakes), and Pat Courtney Gold (Wasco).

The speaker is Bridget Johnson, Associate Director of the Bill Holm Center for the Study of Northwest Native Art at the Burke Museum. She received her MA in Art History from the University of Washington in 2014 and has worked at the Burke Museum since 2011.

Resident Revelations: Mike Hahn: Traveling by Motorcycle

Tuesday, November 8; 3:30–4:30 pm, Emerald Hall
Each summer evening I paged through the new 1960 Triumph Motorcycle sales brochure. My favorite motorcycle, the 650cc Triumph TR6 Trophy, was on page five. The red and cream-painted gas tank was perfectly shaped. The high exhaust pipes gracefully arched over the contoured engine side cases and swept rearward, parallel to the seat. The beautiful

RAMBLING, WRITING, AND ART

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*Mike, ready to ride
— photo, E. Hill*

bike was fast. The great Bud Ekins won three desert races on a TR6 at Big Bear Lake, California.

I was fifteen years old and certain I would, one day, own a Triumph motorcycle. Twenty-two years later, I saw an ad in the *Oregonian* for an Astral Red and Silver 1970 650cc Triumph Bonneville. The sun-faded, mostly original twelve-year-old bike ran well. It wasn't a TR6

Trophy, but it was close enough.



*Mike at Dooley Canyon overlook
— photo, a fellow biker*

On weekends, I rode the Triumph on lightly traveled county roads and to local Oregon Vintage Motorcycle Club events. Ten years later, a new motorcycle equipped for long distance travel replaced all the old vintage bikes. A trip north on the Oregon Coast Highway 101 to a campground near Astoria was the beginning. I was finally traveling by motorcycle.

The November 8 Resident Revelation is a look back

on a three-decades-long adventure, organizing and leading backroad motorcycle camping trips to see the West's big vistas.

Mike Hahn

Coordinator: Leslie Klein, x 1779.

Mirabella Writing Class with Dana Wenig

Tuesdays, November 1, 15; December 6;

3:15–4:30 pm, Conference Room A

Coordinator: Louise Lowry, x 1684.

Rebecca Albani on a New Exhibit at SAM

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

In the first lecture Rebecca Albani will introduce the major new exhibition opening at Seattle Art Museum (SAM) titled *Dawoud Bey and Carrie Mae Weems: in Dialogue*. Bey and Weems were both born in 1953 and both are MacArthur Genius Grant recipients. Albani will look at the career of Dawoud Bey, beginning with his early street photography in Harlem and how that progressed to his use of large format Polaroid cameras. Among her topics are Bey's *Class Pictures* of teenagers, his heartrending *Birmingham Project*, and his recent turn to landscapes that capture images of sites along the Underground Railroad.

In the second lecture Albani will turn to Weems, whose earliest body of work depicts her own extended family to showcase the joys and tribulations of everyday Black lives. Albani will discuss Weems's early work, her influential self-portraits titled *Kitchen Table*, and how she engaged with the history of



Carrie Mae Weems

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colonialism and modernism in her work.

These well-illustrated talks will provide an excellent introduction to works by these artists that will make possible an informed and enjoyable experience when visiting this special exhibition at SAM. Coordinator: Sylvia Fisher.

LOOKING AHEAD

Paul Kidder: The God of the Philosophers

December 7, 14, 21; 10 am, in Emerald Hall

Paul Kidder, a frequent lecturer at Mirabella, will give a three-lecture series on “The God of the Philosophers” and will deal with the question of how to understand the notion of God from a philosopher’s point of view. Coordinator: Natalie Siegel.

OUTSIDE ACTIVITIES COMMITTEE

Jade Simonson, Chair

Loni Smith, Resident Services Director

Marcus Cullen, Facilities Services Director

Clint Turner, Facilities Services Manager

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; 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 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 necessary. Non-grocery trips may be canceled if buses are not available or fewer than four people sign up. Call x 1419 to cancel a reservation and ask for a confirmation. Please call the Front Desk, x 1400, to cancel at the last minute.



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.

Ballard Market, Fridays, November 4, 18;
10–11:45 am

Costco, Wednesdays, November 2, 16, 30;
9:45–11:30 am

Fred Meyer, Mondays, November 7, 21;
10–11:45 am

Metro Market, Fridays, November 11, 25;
10–11:45 am

Safeway, Fridays, November 11, 25; 1:30–3:15 pm
Trader Joe’s/PCC, Wednesdays, November 2, 16,
30; 1:30–3:15 pm

University Village, Mondays, November 14, 28;
10–11:45 am

Uwajimaya, Monday, November 7; 1:30–3:15 pm

WALKS

Saturdays, 9:30–11:15 am pickup

November 5 Lincoln Park

November 12 Luther Burbank

November 19 Golden Gardens

November 26 Myrtle Edwards

Coordinator: Charlotte Bushue, x 1723.

GOLF

Golf trips will be resumed next April or earlier if weather permits. Coordinator: Charlotte Bushue, x 1723.

SUNDAY CHURCH

Sundays, November 6, 13, 20, 27; 8:30–9:45 am

FROM MALL TO MUSEUM TO MUNCHIES

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The bus goes to Christ Our Hope Catholic Church. Other church trips are by reservation only and do not recur weekly.

CULTURAL EVENTS

The following events have transportation scheduled. If you are attending an event and do not see it scheduled on the Transportation page, please arrange for a Town Car or your own transport. When two events start at the same time on the same day, only one bus trip will be scheduled for both events fifteen minutes earlier than if there were just one event. The bus will take both sets of event goers and go to both events in one trip.

Emerald City, *Evolution Series: The Cello*, Friday, 11/11; 7:30 pm

Met Live in HD Opera, *La Traviata*, Saturday, 11/5; 8:50 am

Pacific Northwest Ballet, *The Seasons' Canon*, Saturday, 11/5; 1:15 pm

Seattle Shakespeare Company, *MacBeth*, Sunday, 11/6; 1 pm

Seattle Symphony Series 8G, *Ravel & Debussy*, Sunday, 11/6; 1 pm

Seattle Symphony Series 7E, 13A, and 21A, *Tan Dan Buddha Passion*, Thursday, 11/10; 6:45 pm

Seattle Symphony Series 7A and 21A, *Tales of 1,000 Nights*, Thursday, 11/17; 6:45 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Alderwood Mall

Wednesday, November 9; leaving at 10:30 am with pickup at 2:30 pm

Alderwood Mall is a regional shopping mall anchored by Macy's and Nordstrom and comprises both a traditional enclosed mall and two open-air areas. There are many restaurants for casual and sit-down dining while we are there to shop and stroll. Alderwood is one of the major malls in the Puget

Sound region and one that is a great place for holiday shopping. Coordinator: Jade Simonson, x 1688.

Cascadia Art Museum: *The Art of Reading and The Northwest Arts & Crafts Movement*

Thursday, November 17; leaving at 10:30 am with pickup at 1:30 pm

Cascadia Art Museum in Edmonds features two exhibits, "The Art of Reading" and "Northwest Arts & Crafts." The first portrays an activity that so many of us truly love and captures the emotion behind our fondness for books and reading. The second features woodblocks and paintings from Waldo and Wendell



*Marjorie Chase Gilleland,
Decorated Teapot*

Chase and their sister, Marjorie Chase Gilleland. They display the spectacular talent in the Pacific Northwest, and the sheer volume of works is impressive. There are many places near the museum to enjoy lunch after viewing the exhibits. Coordinator: Charlotte Bushue, x 1723.

Luncheonaires: *13 Coins, 255 S. King Street*

Tuesday, November 3; leaving at 11:30 am with pickup at 2 pm

The restaurant 13 Coins has been a timeless Seattle institution where generations have gone since 1967. Formerly on Boren Avenue North next to the Seattle Times building, it moved to Pioneer Square in 2017. Delicious foods in an extensive menu include favorites such as omelets, Italian specialties, and

WHAT'S ON IN EMERALD HALL

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the 13 Coins Reuben sandwich. Coordinator: Jean Hall, x 1579.

PROGRAM COMMITTEE

Sally Hayman and Stafford Miller, Cochairs

America's Holy Day: Thanksgiving as History with Richard Johnson

Thursday, November 10; 3:30–4:30 pm, Emerald Hall

We all know that Thanksgiving is rooted in our national history, but we don't always appreciate how this most American of holidays has evolved over the centuries. How does it symbolize our pastoral origins, our religious fervor, and our national purpose? What does it reveal about our changing tastes in recreation, consumption, and our interpretation of our past? Professor Emeritus Richard Johnson of the University of Washington History Department will suggest some surprising answers.



Richard Johnson

Professor Johnson was born in England and educated at Oxford and the University of California, Berkley. His two book publications

and numerous journal essays focus on colonial and Atlantic history. He has taught and lectured widely around the Northwest, served as chair of the UW History Department, was recognized three times as the UW Alumni Association Lecturer, and received the university's Distinguished Teaching Award. Coordinator: Darrell Guder, x 1831.

Veterans Day Observance

Sunday, November 13; 2 pm, Emerald Hall

Once again Mirabella Seattle will observe Veterans



Day. We will salute our Mirabella veterans with brief speeches and live music. You and your family are invited to attend. Coordinator: Stafford Miller.

Beethoven's Archduke Trio with Byron Schenkman & Friends

Thursday, November 17; 3:30 pm, Emerald Hall

Pianist Byron Schenkman, along with violinist

Anna Okada and cellist Sarah Rommel, will present a program featuring two movements of Beethoven's monumental *Archduke Trio*. The program will also include Mozart's *Piano Sonata No. 12 in F*



Byron Schenkman

Major, and *Be Still and Know*, a recent work by contemporary composer Carlos Simon. Schenkman has commented that the tenderness, introspection, and transcendent beauty of the short piece by Simon makes a great introduction to the very spiritual world of the monumental work by Beethoven.

Beethoven's *Archduke Trio* came to fruition in 1811 soon after the successful premiere of his *Battle Symphony*. Beethoven was indebted to Archduke Rudolf of Austria for unwavering financial support, and thus Beethoven continued to dedicate works to him. In the *Archduke Trio*, Beethoven increased the independence of the piano's role in relation to the violin and cello. Beethoven wrote to Archduke Rudolf to ask that his new trio composition be copied within the archduke's palace out of fear that it might

MUSIC § MYSTERY § WELCOME

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be stolen. This was a frequent transaction between the two and resulted in the Archduke establishing a library of all of Beethoven's compositions with manuscript copies for conservation.

Well known for performances and recordings on the harpsichord, Byron Schenkman has also been recognized as a virtuosic pianist, whose playing has been described by the *New York Times* as "sparkling," "elegant," and "insightful." Over the years Schenkman has developed a national and international career and, in recent seasons, has been a featured artist at the Boston Early Music Festival and the Vancouver Bach Festival. This autumn, Byron Schenkman & Friends, the local performing organization founded by Schenkman, will be celebrating its Tenth Anniversary Season with four live performances in Benaroya Recital Hall and three online concerts.

The artists have kindly agreed to stay after the concert for a brief Q & A session. Coordinator: Donna McCampbell, x 1628.

Ladies Musical Club Opera

Saturday, November 19; 2 pm, Emerald Hall

The Ladies Musical Club will be presenting an afternoon of arias and duets ranging from Offenbach to Wagner. This will be costumed and semi-staged with many of your favorite performers plus some newcomers to Mirabella. The composers include Mozart, Bizet, Puccini, and Offenbach. Most of the pieces will be familiar to



Regina Thomas

opera goers, but there are also some beautiful rarities. Be prepared to be moved to tears and laughter. We welcome back Regina Thomas who will be both singing and narrating. Minju Kim will be at the piano. Coordinator: Carolyn Burton.

Candace Robb on Historical Fiction

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

Enter the fascinating world of fourteenth century England with Seattle writer Candace Robb. Her topic is "Transporting Readers to the Past: Reimagining Fourteenth Century York." She is an award-winning author of historical mysteries that bring to life the rich culture, politics, and intrigue of England's late medieval period. Her most recent book, *Fox in the Fold*, is part of her popular Owen Archer series. Archer is a soldier, spy, and family man who fights crime in fourteenth century York.



Candace Robb

From *Publishers Weekly*: *Fox in the Fold* is "a mystery with both high stakes and a layer of true feeling. Robb reinforces her place among the top writers of medieval historicals."

Candace Robb considers York her second home, and her years of research have made her an expert in that city's medieval history. Join her for an exploration of castles and cathedrals, priories and apothecaries, and other compelling details of her popular novels. Learn more at: candacerobbbooks.com. Coordinator: Andrea Lewis, x 1767.

WELCOME COMMITTEE

Carolyn Blount, Chair

Rich Bebee

Rich Bebee moved to Mirabella from Fort Lauderdale, Florida in August. His son, British daughter-in-law, and two grandchildren live on Capitol Hill. His daughter and her French husband

WELCOME RICH, KAREN, AND PAT

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Rich Bebee
— photo, B. Porter

live in London and Ibiza. Rich, who has homes in Florida and Ohio, is likely to spend some time away—maybe Fort Lauderdale during part of the winter and Europe in the summer.

Rich grew up on Maryland's Eastern Shore. He has bachelor's, master's, and doctoral degrees in Business

Administration. When he was just five years old, Rich started his first business. Using dixie cups as vases, he dug up "pretty weeds" from the back yard and sold them from his front porch. His sales pitch was that he needed to earn money so his parents could have a nice summer vacation.

Rich held academic positions at universities in Virginia, Maryland, and Ohio. He has also been a consultant with several companies and academic accreditation associations and is just completing a five-year term on the University of Washington Eye Institute Community Advisement Board.

Rich enjoys sailing with his family and is pleased that our neighborhood is so suited for walking. Since moving to Mirabella Seattle he has joined the Tai Chi group and the bridge players.

Tina Moss

Karen Covington

If you haven't any idea who Karen Covington is, you may not have been paying attention. Karen has clearly arrived in a burst of effervescence. She is a woman who loves the theater, good reading, glider

flying, scuba diving, and everything in between. Karen has been a flight attendant, a model, an actress, and a movie extra.

Married for forty-three years, Karen and her husband, Richard Mills, enjoyed myriad travel adventures due to his career as an ophthalmologist and much sought-after speaker on glaucoma. Some of their adventures were quite exciting and challenging.

On her own now, we can only wonder what new career or exciting adventure she may be contemplating here at Mirabella. Please welcome her.

Barbara Porter

Pat Harris

Already a South Lake Union resident for a year before moving to Mirabella, Pat moved here from an apartment on Westlake Avenue. Pat was a university professor in elementary education and taught most recently in West Virginia. Born in Alexandria, Virginia, Pat has lived in many places and describes herself as a wanderer.

She attended the University of Virginia for her undergraduate degree and earned her PhD in Urban Education from the University of Wisconsin. She has written multiple books on computer education



Karen Covington



Pat Harris

BOOKS § BRAIN WORK § BRAVO § BYE, BYE

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for middle schoolers including manuals for learning several computer languages.

Her son, daughter-in-law, and granddaughter live in her home near Rochester, New York. Her daughter lives in Seattle. Pat enjoys gardening, reading, writing, horseback riding, and kayaking among other things. Please welcome Pat Harris.

Carolyn Blount

BOOK CLUB

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



November 28: In *Being Mortal*, Atul Gawande presents problems and potential solutions to the question of how we can best address our mortality. We will not meet in December.

January 23: Isabel Wilkerson's social history, *Caste*, explores how America has been shaped throughout its history by a hidden caste system, comparable to those of India and Nazi Germany. Everyone is welcome to join us.

Tina Moss

MEDIC ONE PARAMEDICS MEET AND GREET

Tuesday, November 29; 10–11:30 am, Emerald Hall
Thank You, Mirabella Seattle!

Thanks to the generosity of the Mirabella community, Zach Cordova and Alex Collins-Gauweiler are now working in the field saving lives as exceptionally well-trained Seattle Fire Department Paramedics. Visit with representatives of Seattle Medic One,



Zach and Alex, Paramedics

Alex, and other recent graduates. They will tell you about their journeys to become Seattle Fire Department Paramedics and some of the exciting calls they have been on since their graduation. They are eager to share their stories and meet with the community that supported them in their training.

Please enjoy light breakfast fare as you get to know more about the paramedics' lifesaving work and the importance of continuing our support of Medic One scholarships.

Glenda Maledy

SAYING SAYONARA



*Sandy and Don Bialos and Estelle Budne
– photos, D. Webber*

We said farewell to three old and dear friends in October. Sandy, Don, and Estelle were feted at a Courtyard Happy Hour and wished well on their new adventures.

– Jared Curtis

DRUID PASSION

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OPERA CLUB NEWS

Norma by Vincenzo Bellini

Monday, November 14; 2 pm, Emerald Hall

In Bellini's opera *Norma*, the title character is a Druid high priestess with a dark secret. She is in love with her father's archenemy, the Roman general Pollione. Despite her vows of chastity, Norma has two children with the general. Things get more complicated when Norma's best friend and fellow priestess Adalgisa also falls for Pollione. The unfaithful general—cad that he is—rejects Norma and asks Adalgisa to elope with him, if the Druids don't kill him first. As if Norma doesn't have

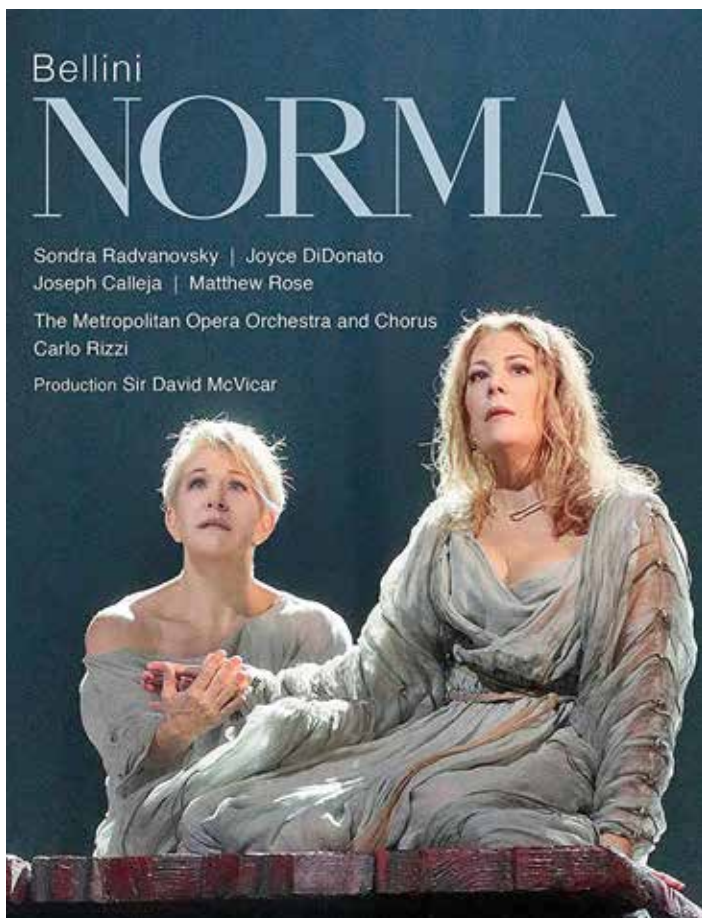
enough problems, Bellini wrote some of the most challenging bel canto music in all of opera for her. Our showing of *Norma* is from a 2017 Metropolitan Opera production with a dream cast. Soprano Sondra Radvanovsky sings Norma. An *OperaWire* reviewer reported that she "soars through the treacherously difficult role, bringing pathos and beauty to every moment she is onstage." The showcase aria *Casta Diva*, the centerpiece of Act I, convinces us immediately that Radvanovsky is in total command. The renowned mezzo soprano Joyce DiDonato is Adalgisa, creating a perfect pairing for their emotional duets. Pollione is sung by Joseph Calleja, and Norma's father Oroveso is sung by Matthew Rose.

Norma takes place in Roman Gaul, circa 50 BCE, and is staged here with eerie, natural forest sets (designed by Robert Jones) that capture the mysteries of the Druids and their religion. The production is by Sir David McVicar. Carlo Rizzi is the conductor.

Bellini composed *Norma* in 1831 for the opera house La Scala in Milan. Today it is regarded as a masterpiece of the bel canto repertoire, but Bellini deemed its premiere "a fiasco" due to the influence of enemies arrayed against him. Some in the opera world resented his rapid rise from obscurity to the heights of musical fame in the Romantic Era. He was something of a dandy, with a reputation for many love affairs and many harsh demands on librettists and singers. He died at age thirty-three in 1835.

Upcoming from the Metropolitan Opera Live in HD broadcasts: Verdi's *La Traviata* on November 5 and Kevin Puts's *The Hours* (a world premiere with an all-star cast) on December 10. Sign up at x 1419 for the Mirabella bus to Thornton Place Cinema Northgate.

Andrea Lewis



Sondra Radvanovsky as Norma,
Joyce DiDonato as Adalgisa

BIRTHDAYS § POETRY CORNER § REMEMBERING

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HAPPY BIRTHDAY! NOVEMBER 2022

1 – Colleen Zamberlin	13 – Millie Johnson (102!)	23 – Lois North (101!)
1 – Jackie Hill	14 – Arnie Gaillard	26 – Lenore Pearlman
4 – Susan Dillon	14 – Ed Speer	26 – Myrna Loy-Zolyomi
4 – John Pehrson	15 – Terry Cochrane	28 – John Price
6 – Janet Hollister	16 – John Owens	28 – Karen Covington
7 – Lynne Iglitzin	17 – Connie Chaplin	29 – Ruth Benfield
9 – Dorothy Peterson	18 – Jo Roberts	29 – Pauli Diafos
10 – Barrett Worthington	20 – Nickie Askov	29 – Matt Jamin
11 – David Ridgway	20 – Mary Rogers	29 – Susan Webber
12 – Darrell Guder	20 – Bill Hecht	30 – Jim Holland
12 – George Heiser	20 – Ginger Ridgway	30 – Nan Morris
12 – Nelia Yurcisin	21 – Jim Lane	30 – Jerry Smedes
	22 – Margaret Herb	

CHRISTMAS WISHES

BY MILDRED THORKELSON JOHNSON

A child in the Great Depression
 taught to expect no more of life than living,
 blue-eyed and plain of face,
 I would have yearned at Christmas
 for a bag of candy, new warm mittens
 and a comb of my own.
 At twelve, neither child nor woman,
 I craved for a doll with hair like mine,
 thick, shiny, and hopefully – flaxen,
 a pink lipstick, and a grown-up bra
 (with something to fill its tiny cups).
 Then at twenty, midst rationing and war,
 I wished for a charm for my shoulder-length hair,
 a beau with an easy smile and gentle heart
 and scented paper to write him.
 But at thirty, the beau was mine,
 the doll became babies to hold and love,
 and the want for necessities was gone.
 At forty, flashes of gray poked out of my sombrous
 hair,

wrinkles vied for attention from my eyes,
 blotches erupted on my fair face,
 and I wanted a thesaurus for Christmas.
 Now, decades later, my eyes fitted with glasses,
 my hair, neither blonde, nor brown, nor white,
 I ache at Christmas for the yearnings of childhood –
 simple, innocent, and demanding of nothing but life.

About the poet: Millie Johnson, a proud Minnesotan who moved into Mirabella in 2010, will turn 102 this month. Her Christmas poem, written some years ago for her family, is printed here to celebrate her life. We thank her for her kindness in sharing her poem with us. Happy Holidays, everyone!

Jared Curtis

Remembering

Marilyn Dennehy 10/15/2022

Dick Maider 10/20/2022

SHOW TIME

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OH, MOVIES!

BY CONNIE CHAPLIN



Cast of "Downton Abbey: A New Era"

MORE DOWNTON ABBEY! More! Right here in Emerald Hall! *Downton Abbey: A New Era* moves on in time (past the TV serial and past 2019's Downton Abbey movie) and so do the Crawleys. Further into the Twentieth Century to pre-WWII! And it's better than the first movie, when King George V and Queen Mary come to visit. This time a movie crew comes to visit Downton—the Crawleys need to fix the stately roof and Lady Mary needs money to do it—while Lord and Lady Grantham leave for the south of France to find out about that villa that's been willed to Countess Violet (Maggie Smith) by a former lover. There are even rumors about Lord Grantham's all-English parentage! Gracious! OK, so it's not Oscar fare, but it is great soap opera with people you care about, costumes and interiors to die for ("a visual feast"), and guaranteed escapism.

The Duke, also set in England, is a true story about a sixty-year-old out-of-work taxi driver (Jim Broadbent) who in 1961 "borrows" a priceless Goya

portrait of the Duke of Wellington from the National Gallery in London. He's not a thief, exactly; he's a principled activist who "holds it for ransom" because he thinks the money used to purchase the art could have been put to better use providing free TV for old-age pensioners. Above all, he doesn't want his wife (Helen Mirren) to find out. He sends ransom notes with a promise to return the painting when the government ponies up the bucks for senior citizens. An uplifting comedy-drama with top actors; it was specially developed for Broadbent.

Two seasonal choices, *12 Mighty Orphans* and *American Underdog* are about football and inspirational football players. *American Underdog* is the story of Super Bowl champ and Hall of Famer Kurt Warner who overcame years of challenges (a story "sanitized to the point of sterility" in the view of one critic). The other, *12 Mighty Orphans*, is a true story that took place during the Depression at an orphanage in Texas and became an inspiration to the entire nation. Lucky timing! Luke Wilson plays Rusty Russell, devoted coach of the Masonic Home Mighty Mites, who takes a scraggly bunch of ill-equipped kids and leads them to the state championship. With Robert Duvall and Martin Sheen. You don't have to like football to like this one.

C'mon C'mon ("a great big bear hug wrapped in celluloid") stars Joaquin Phoenix as Johnny, an "emotionally stunted" radio journalist whose job involves traveling the country and interviewing kids about their thoughts and concerns regarding the future. Then his sister asks him to look after his young nephew Jesse (nine-year-old British actor Woody Norman) for a while. The kid himself and traveling with the kid in Los Angeles, New Orleans, and New York change Johnny's whole perspective. The caring uncle becomes transformed. Drama in black and white; bring tissues.



The Mirabella Monthly

WINNER OF APEX AWARDS IN 2017, 2018, 2019, 2020, 2021, AND 2022

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Guide to Mirabella Publications

The Mirabella Monthly

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Keown, Tina Moss, Janet and

Jim Ohta, Judy Owens, Rhonda

Plawner, Carolyn Roe, Judy

Rourke, Cathy Short, Jade and

Chris Simonson, Louis Swart,

Mary Jo Taylor

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 Loni Smith ([Lsmith@](mailto:Lsmith@retirement.org)

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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