

# The Mirabella Monthly

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



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## FIND YOUR CULTURAL GROOVE

BY TRICIA BRINK AND BARBARA PORTER

FEELING frustrated with nearly three years of COVID restrictions, limitations, and mask wearing, with forgetting why you walked from your study to your living room, with all things related to aging? Well, singing familiar songs loud and clear with your friends and neighbors might help. How about beating on a drum...not on your breakfast table but on a real drum? That should make you feel better. Perhaps you prefer quieter activities to express yourself. Drawing lessons fit that description. The **Active Arts Committee** has these three offerings, one or more of which may be perfect for you. And be sure to pay special attention to the final paragraph below, "Getting Connected," where you'll learn how to sign up for any one or all of our upcoming courses.

### Singing Along

*Wednesday, December 14; 3:30 pm, Northwest Dining Room*  
Our next offering, happily, requires no registration. Our first



*Uke Players serenading residents at the Halloween Party  
– photo, M. Alexander*

# DRUM, DRAW, OR DIG

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of a projected monthly singalong is in response to requests to return to group singing. It will include favorite folksongs, accompanied by Mirabella's Ukulele Choir, as well as holiday songs that will feature Janet Matson at the keyboard. Mulled wine will be served to help celebrate the season. Coordinator: Barbara Porter.

## Presenting West African Drumming, Dance, and Storytelling

*Wednesdays, January 25, February 1, 8, 15, and 22;  
11:30 am–1 pm, West Dining Room; registration  
required*



*Afua Kouyate*

Meet Afua Kouyate, native of Guinea, who has been teaching seniors in Seattle the arts of her culture for many years. Her energy and creativity will be hard to resist. Starting with drumming and expanding into movement and storytelling, these classes will open our eyes to the beauty of her culture. The first four classes will

focus on the percussion arts but will involve a wide range of other active experiences. The final class, on February 22, will welcome all residents to join in the activities to honor what we have learned as we celebrate February's National Black History Month. Coordinator: Barbara Porter.

## Drawing Explorations

*Thursdays, January 5, 12, 19, and February 2;  
1–2:30 pm, Unit 507; registration required*

Our adventures with drawing continue from the fall

quarter. In this four-class series with Maja Sereda, you will use graphite and be introduced to the pen. It is part of a plan to let you explore different media and ultimately find what suits you. Maja holds a BA in graphic design from the University of Pretoria, South Africa and is an artist, teacher, and award-winning book illustrator. She teaches students at all levels and helps them find their creative strengths, improve their skills, and boost their confidence. Maja is passionate about animals, nature, conservation, and photography. The \$12 fee for materials, purchased through resident services, will be charged to your account. Coordinator: Tricia Brink.

## Getting Connected

Size limits for some Active Arts classes are necessary. To make registration as smooth and easy as possible, we offer these instructions. First, read the descriptions of all class offerings in *The Mirabella Monthly*, in notices sent via Mirabella Google Group mail, and on the bulletin board in the resident business office. Second, if you have an email account, you can receive up-to-date notices by registering for Mirabella Google Group mail with Jim Holland, [jim@jholland.com](mailto:jim@jholland.com). Third, if you use email, please register for courses via email to *both* cochairs, [pwbrink@comcast.net](mailto:pwbrink@comcast.net) and [3316music@gmail.com](mailto:3316music@gmail.com). Those without email can, however, register by following the instructions on the resident bulletin board. And that's it, simple as 1, 2, 3!

## BULBS TO BLOOMS

BY MARY JO TAYLOR

Two hundred daffodil bulbs were planted Thursday morning, October 27, on Mirabella's perimeter and in the courtyard by members of the Green Thumb Committee. Facilities provided the bulbs and delivered them to the courtyard ready for planting as directed, "six inches deep and four inches apart." The weather

# EARNEST ART

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*Betty Heycke happily digging in the dirt to make room for daffodil bulbs – photo, M. J. Taylor*

cooperated beautifully by raining the morning before, soaking the soil, with the sun peeking through occasionally while we worked. Besides Betty Heycke, participants included Nickie Askov,

Barbara Porter, Tom Roe, Al and Mary Jo Taylor. All agreed spring cannot arrive soon enough!

## ARTS NOTEBOOK

BY JARED CURTIS

### Current Storefront Artists: South Lake Union

THE art display windows of South Lake Union change each quarter. The artists' spirited ways of addressing and filling these otherwise idle blank spaces tempt me at each turnover to meander around the district to examine them. Artists' work exhibited at present strikes me as both earnest and artful, employing imagination, skill, and talent in a worthy cause. Shunpike, the Seattle arts organization that oversees this quarterly event, has chosen eight artists to mount their work in eight of the show windows in the area. On *Thursday, December 1, at 6 pm*, Shunpike will host a Storefronts Art Walk. This walking tour, led by a Shunpike docent, will begin on John Street at Boren Avenue North, take you through South Lake Union

to explore the works of Storefronts artists on display throughout the neighborhood. It is free to join. At dusk, the lighted window displays will offer the best views of the art.

You can take your own tour in daylight, a safer time for most of us to walk, by following these directions that I've arranged for viewing these mini exhibitions.

The downside is that the art will be less dramatically lit. I walked it on an overcast day, which was good enough to see the art well. Your self-led tour starts on John Street at Boren Avenue North. Cross Boren to view the first window, just beyond

Thai Thani restaurant; then return to Boren and descend to Thomas Street's two display windows just around the corner. Climb back to Boren to walk north to Harrison Street's two window displays. Next, from Boren once more, proceed to Republican's single display window at mid-block. Carry on west on Republican to Terry Avenue North, turn right (north), walk to Mercer Street, and cross Terry Avenue North to view the two displays on Mercer, one large, one a single pane. Here we go, starting on John Street at Boren.



*Tomiko Suzuki, "Muddy Pond of Earthly Desire" – photo, J. Curtis*

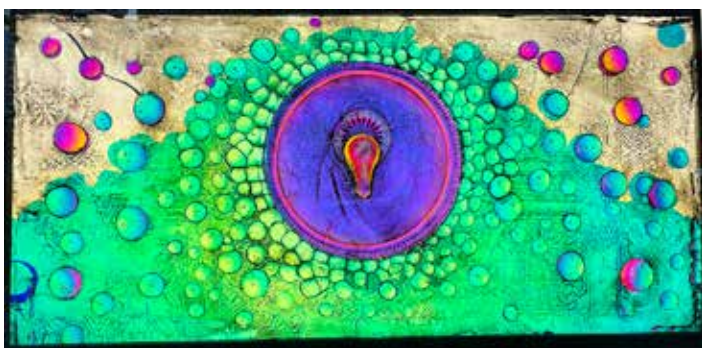
# WINDOWS ON AN INNER WORLD

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**Tomoko Suzuki** says of her *Muddy Pond of Earthly Desire*, “Lotus flower blooms out of a muddy pond. A muddy pond represents human sufferings. Even though life can seem to be filled with struggles, it is possible to transform our harsh realities into something that can be described as beautiful flowers blooming. The power to do so lies within.” Hers is the single installation on John. The “pond” seems more yellow-green than muddy; the lotus flowers are lovely (see image on previous page).

**Sean Hennessey** works in glass, paint, and lighting. Of his *Fable of Reinvention* he says, “My work is cast glass that is painted and backlit to create illuminated relief sculptures depicting suggestions of narratives. By utilizing common and slightly nostalgic imagery, my work appeals to senses of longing, memory, and remnants of the past.” His installation is on Thomas Street; this piece in three panels is brightly lit from behind and seems to jump out at you.



Sean Hennessey, from “Fable of Reinvention”  
– photo, J. Curtis

**Lynda Swenson’s** *Petaluma Landscapes* arose out of her residency in Petaluma, California, in 2020. She writes of “walking through Petaluma, during the surreal fire season of 2020,” when “the landscape emerged through the smoky air as simple, rounded forms with ethereal, transparent colors.

These suggested both figures and an interconnected community.” She is a print maker and art educator based in Seattle; her installation is also on Thomas.

**Lisa Turner** is a Bellingham printmaker. She says of her work *Plastic Bodies* that “consumer objects are juxtaposed with medical illustrations to foster multiple interpretations, while drawing attention to the inherent conflicts and confluence between the natural and the synthetic.” She is Associate Professor at Western Washington University; her mural panel is on Harrison. Hidden within it I found images of bottles, surgical gloves, and the like, amid organic but not quite recognizable forms.

**Allyce Wood** is a fabric artist who defines herself as a “collector of technologies and threads.” She uses a variety of algorithmic and “computer-driven looms and punch-card knitting machines to produce tapestries.” Her tools “allow her to create soft narrative images, flexible within their coded systems.” Despite the mechanized approach to weaving, the detail and intricacy of the weave in these joined panels of cloth are fascinating. Find her tapestry *Daylights* on Harrison.

**Melana Bontrager** is a painter. She says of her process that she uses “landscape as a metaphor for the human condition.

The physical structure of a landscape is sculpted by weather, time, and climate. In a similar way, culture, community,



Melana Bontrager, from “Being and Process” – photo, J. Curtis

## TREES AND TALES



## CHANUKAH

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environment, and belief shape each individual's experience of being human." Her *Being and Process* is the single installation on Republican. This is the only "painterly" exhibit among the eight installations, displaying large organic/geologic forms against a deep blue background (see image on following page).

**Suze Woolf** describes herself as a "life-long outdoor person who has watched glaciers shrink and burned-over forests increase." Shifting her attention from painting "intact landscapes," she turned to documenting "ecological disturbances," when "portraits of individual burned trees became her metaphor for the climate crisis." Though difficult to see whole because of the work's extreme breadth and height, this sectioned painting of a felled burnt tree of great size carries her theme well. *The Magnitude of the Problem* is displayed in the larger window on Mercer.

**Nikki Jabbora-Barber** works with ink on paper. *Shahrazad*, the piece on display, is part of her series *Wait...what are you?* She says of this series, "I re-examine characters from childhood stories I passively internalized. These women's individual voices and feelings were not included in those stories—only the actions of people/gods in positions of power over them. I undertake giving these unheard perspectives authority." Her *Shahrazad* is displayed in the single-paned window on Mercer. This work is best seen after dark to appreciate the fine pen strokes used to create the powerful image. Having come this far, you are only a short block from Lake Union's lakefront park and boardwalk. Before returning home, why not extend your stroll to include a stop at the MOHAI Café for scup of coffee or tea or to walk east on the boardwalk to inspect Vulcan's renovation project still under way on the lakefront?

## HANUKKAH, OH HANUKKAH, COME LIGHT THE MENORAH

BY LINDA BERKMAN

**H**ANUKKAH (or Chanukah, spelled both ways) is the Jewish Festival of Lights commemorating the re-dedication of the Temple after a victory over the Syrian army in the year 165 B.C.E. Judah Maccabee and his people were the first to fight a war for religious freedom. Legend tells that when Judah and his men were cleaning out the destroyed Temple, they could not find any pure oil with which to light the holy Menorah. A small jug was found but it contained only enough oil for one day. Yet it lasted for the eight days it took to obtain more. This legend is why the Jewish people, to this day, celebrate Hanukkah for eight days. Traditional foods such as potato latkes and donuts, fried in oil, are symbolic of the oil in the Holy Lamp.

Celebrants light a candle every night, adding one more each day, helped by the ninth candle, until the entire Menorah is aglow. As candles are kindled, we offer prayers of thanks for the freedom won by Judah's victory.



Menorah – photo, L. Berkman

Everyone is welcome to join in the festive lighting of the Menorah in the Northwest Dining Room at 4:30 each evening December 18 to 25.

# WHO DOES WHAT AT MIRABELLA

**RESIDENT COUNCIL, 2022–2023**



Laura Bailey,  
President, 2022–2023,  
Box 432, x 1813,  
[ljb8@me.com](mailto:ljb8@me.com)



Mike Waring,  
Vice President, 2022–2023,  
Box 527, x 1585,  
[urbandoc@hotmail.com](mailto:urbandoc@hotmail.com)



Mary Jossem,  
Secretary, 2022–2023,  
Box 835, x 1584,  
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Alice Arrington,  
Treasurer, 2022–2024,  
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Louise Lowry, Member-at-Large, 2022–2024,  
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Sue Herring,  
Past President, 2022–2023,  
Box 709, x 1556,  
[herringsus@gmail.com](mailto: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



# COMMUNITY EVENTS § CLINICS FOR ALL

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## RESIDENT SERVICES

Loni Smith, Resident Services Director

### People with Parkinson's

*Tuesday, December 20; 11:30 am, Conference Room A*

Starting December 20, Dr. Marci Nemhauser, Social Services Manager from the Northwest Parkinson's Foundation, will be on site to facilitate this Parkinson's group designed for people with Parkinson's. The group will be a resource for residents diagnosed with Parkinson's to connect with others who have been diagnosed. The meetings will be held on the third Tuesday of each month at 11:30 am in Conference Room A.

### Holiday Guide

Please refer to the annual Holiday Guide for holiday events and tree ordering. The Guide can be found on MIRANET.

### 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, December 13; 9:30 am, Suite 301*

Dr. Patricia Munson offers hearing assessments. For appointments, contact Sydney, Patient Care

Coordinator/Office Manager, Seattle Hearing Services at [sydney@seattlehearingservices.com](mailto:sydney@seattlehearingservices.com) or at (206) 937-8700.

### Foot Care Clinic

*Mondays, December 19 and 26; Tuesdays, December 20 and 27; 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. Foot Care Clinic is held on the third and fourth Monday and Tuesday in suite 301. Call or text Bonnie Ackles RN, CFCS for appointment and rates. 206-940-0748.

### Podiatrist

*Wednesday, December 21; 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 [janellejensentherapy@gmail.com](mailto:janellejensentherapy@gmail.com).

# RESPITE FOR CAREGIVERS § NEW ART SHOW

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## 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

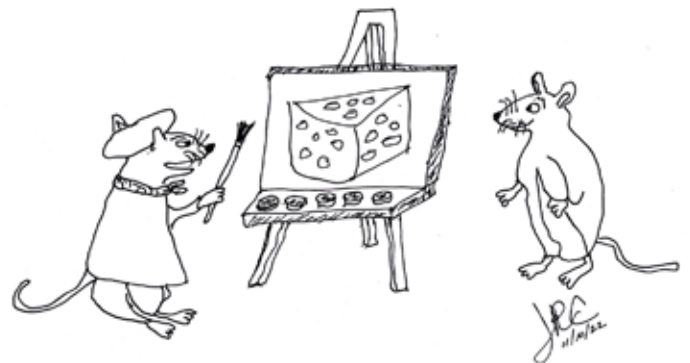
Mirabella offers respite stays in the health center when a caretaker/spouse needs a rest or needs to be away from home and his or her partner/spouse requires care. Room and board are covered under the temporary stay program for a maximum of ten days in a calendar year, although respite stays can certainly 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 Quynh Trong, 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



## ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs  
**Residents' Art Brightens Our Halls**



*They said any resident could enter!*

Colorful art works and ink drawings created by our residents will chase away the winter gray starting December 6. Mirabella's Mixed Media Art Show features an artistic variety: oils, acrylics, pen and ink, watercolor, fiber art, wood, and sculpture. Just as varied are the subject matter and the media. Look for abstracts, landscapes, portraits, masks, hand-turned wooden bowls, Japanese calligraphy scrolls, and some quirky cartoons.

"The Art Committee chose December for the resident-produced art show to display Mirabella residents' talent when families and friends visit during the holiday season," explained Linda Berkman, cochair of the Art Committee. "What better time than winter holidays to spend time enjoying and celebrating the artistic creations of our own residents."

Nineteen residents contributed to the show. You can imagine them busy with brushes, ink, pens, and needles, creating with looms and carving tools. What an imaginative group! Where and when did they create these pieces? Well, just about everywhere: in their own studios here and elsewhere, in universities, in the Mirabella art and crafts room,



# GIFTS FOR EMPLOYEES

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and even in Europe and Japan.

Our exhibitors are Linda Berkman, Michael Brunberg, Carolyn Burton, Jared Curtis, Makiko Doi, Carolyn Ferrell, Shirley Fike, Jim Holland, Pat Kushmerick, Artis Leabo, Judy Owens, David Ridgway, Judy Rourke, Jean Ross, Dorothy Rowlett, Natalie Siegel, Charles Sleicher, Gail Temple, and Mandy Wertz.



*David Ridgway, "Shed House"*  
– photo, D. Ridgway

When you, your friends, and family walk the main hall, take time to marvel at the energy and creativity of our community.

Ginny Sharp

## *EMPLOYEE APPRECIATION COMMITTEE*

Louis Swart and Helen Roberts, Cochairs

### **Employee Appreciation Gifts to be Awarded**

On behalf of the Mirabella Seattle Employees, we wish to thank the residents who contributed so generously to the 2022 Employee Appreciation Fund (EAF) Drive. The EAF bonuses will be

distributed on December 9 among the 238 full- and part-time employees on a pro-rata basis determined by the number of hours worked during the year. The per hour amount is the same for all employees, independent of position or title. Employees receive their bonus as a separate payroll deposit along with a letter expressing gratitude from the Mirabella residents.

Managing directors do not receive monetary awards from the EAF. They receive expressions of thanks from the residents.

New events highlighted the EAF campaign this year. Jared Curtis led a haiku writing class where residents wrote messages of appreciation to our staff. These haiku poems are currently on display in employee staff lounges and on staff departmental bulletin boards. A workshop was held in the Art Room to create painted blue stones with musical notes and signage for display around the building. Elston and Jackie Hill made beautiful books of photos of the many "behind the scenes" employees who are not often encountered by Mirabella residents.

Contributions to the Employee Appreciation Fund are welcome at any time. A growing number of residents have elected the monthly contribution method, having EAF donations added to their monthly Mirabella bill. This spreads the donation throughout the year and keeps the reminder of gratitude present each month. All residents will

# HOUSE MATTERS § LIBRARY

receive a copy of the “Monthly Contribution Form” in mailboxes. You can begin, discontinue, or change the amount withdrawn monthly from your account by completing the form and dropping it in the EAF donation box in the mailroom by December 16.

Thank you for contributing to the 2022 Employee Appreciation Fund and for your expressions of gratitude to our magnificent Mirabella employees!

Sally Hahn and Judy Owens

## ENVIRONMENT & FACILITIES COMMITTEE

Nickie Askov and Sally Hahn, Cochairs

### New Environmental Services Manager

At the November meeting of the Environment & Facilities Committee, we met Ysa (Alyssa) Maravillo who is the new Environmental Services manager. She is replacing Miles Mitrush, who left Mirabella for another position in senior living. She will be overseeing housekeeping, custodial, and laundry services. Her email is [amaravillo@retirement.org](mailto:amaravillo@retirement.org), and her phone is x 1412.



Ysa Maravillo, Mirabella Environmental Services Manager – photo, N. Askov

Born and raised in the Philippines, Ysa is trilingual (English, Tagalog, and Spanish). Her linguistic skills will be useful in communicating with our multi-lingual staff. After receiving a Bachelor of Science degree in Hotel and Restaurant Management, she had nine years of experience in major

metropolitan areas (Manila, Dallas, and Seattle). Her background is in residential, five-star hotels, and resort property management (Marriott, Hilton, and similar properties). Although she has not yet worked in a retirement community, her background in training, coaching, and employee development with highly experienced hospitality professionals has provided her with a global perspective on best practices and trends.

On a personal note, she enjoys the arts, including pottery and painting. She takes singing lessons and would love to join a Mirabella choir if that were to become available. Please welcome Ysa when you see her.

Nickie Askov

## LIBRARY COMMITTEE

Linda Morrison and Martha Oman, Cochairs

### Library News

The Seattle Public Library Bookmobile will be delivering books in the Mirabella Library each month on the first Thursday from 9 to 10 am.



The Bookmobile came to the Mirabella Library in November for the first time. The increased visibility in our central location worked out very well. Although it is a bit crowded, SPL staff were able to display their books and issue new library cards to several people. The Mirabella Library setup replaces SPL’s monthly visit to the Mirabella Lobby. Mirabella staff and mobile Assisted Living and Skilled Nursing residents are welcome to take advantage of these visits.

You can browse the SPL’s selected collections to

# LIFELONG LEARNING

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choose books or order books online or by phone to be picked up when the Bookmobile next comes to Mirabella. Please be sure to return all SPL books to the Concierge desk in the Lobby where a bag is available for collecting and holding SPL books until the Bookmobile's next visit. Please, do not return SPL books to the Mirabella Library! Why? Because books charged out to you and for which you are responsible, may be picked up by other readers who assume they are Mirabella Library books.

Many people have asked what organizations accept book donations. The Friends of the Seattle Public Library (FoSPL) does accept donations at many of the SPL locations. Their information is at [www.friendsofspl.org](http://www.friendsofspl.org). Collins Books will accept donations of scholarly and estate or special collections and credit them to the Seattle Public Library. Contact information for Collins Books is [www.collinsbooks.com](http://www.collinsbooks.com) or phone 206-323-3999. This information will also be posted on the bulletin board on the left, just inside the Library door.

Come to our Mirabella Library and enjoy our new connection with SPL on Thursday, December 1, between 9 and 10 am. Happy reading!

Martha Oman

## LIFELONG LEARNING COMMITTEE

Leslie Klein, Chair

### OLLI-UW DECEMBER ZOOM LECTURES—

#### PREREGISTRATION REQUIRED

### Climate Change in the Pacific Northwest and Its Implications for Human Health

Speaker: Nick Bond

*Thursday, December 1; 12–1 pm, Zoom*

#### Preregistration link:

[https://washington.zoom.us/meeting/register/tJ0tc-GuqTsoHdBWHMV07aYqjNP\\_LRND88xE](https://washington.zoom.us/meeting/register/tJ0tc-GuqTsoHdBWHMV07aYqjNP_LRND88xE)

This presentation will cover the past, present, and

future climate of the Pacific Northwest. The focus will be on elements related to human health and some of the actions that can be and are being taken to minimize adverse impacts.

Nick Bond is a principal research scientist with the Cooperative Institute for Climate, Ocean, and Ecosystem Studies (CICOES) of the University of Washington. He is the climatologist for the state of Washington. Family and friends feel that his interests in the weather and climate of the Pacific Northwest are borderline obsessive.

#### What is Mindfulness?

Speaker: Dominika Breedlove

*Wednesday, December 14; 12–1 pm, Zoom*

#### Preregistration link:

<https://washington.zoom.us/meeting/register/tJMqceCurDMoHNyfggLOx708SLwpskTjdMjK>

Are you curious about mindfulness but are not sure where to start? If so, this session is for you. Please join us for an hour of introduction to mindfulness that includes a brief talk, guided meditation practice, and class discussion in a warm and welcoming environment.



Dr. Dominika Breedlove is a licensed clinical psychologist with over ten years of experience practicing, teaching, and developing programs with integrated behavioral health and team-based care. Dr. Breedlove is the Director of Integrated Behavioral Health and Associate Clinical Professor in the Family Medicine Department at the University of Washington. Dr. Breedlove is passionate about integration and team-based care, especially with the

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underserved and marginalized populations. Team members are graduates of the Mindfulness Teacher Program with Mindfulness Northwest, where they are also training in the Mindfulness-Based Stress Reduction (MBSR) Teacher Training program. She believes that optimal healthcare attends to the whole person and involves care for physical, emotional, social, and spiritual needs.

## **Elena Campbell: Russia's War in Ukraine from the Russian Perspective**

*Monday, December 5; 11 am–12 pm, Emerald Hall, on Zoom, and recorded*

Dr. Elena Campbell kicks off a three or four-part series during 2022–2023 about the Ukrainian War, told from many different perspectives. Dr. Campbell



*Elena Campbell*

provides Russia's perspective on the invasion of Ukraine. She focuses on the problems of empire, national identity, and the politics of Russia's past. A historian of imperial Russia, Dr. Campbell has a special interest in issues of empire, nationalism, and

social memory. This background is important for understanding the ongoing war.

Elena Campbell is a University of Washington Associate Professor and Walker Family Endowed Professor in History at the Department of History, Interim Director of the Ellison Center for Russian, East European, and Central Asian Studies, and Chair of the REECAS MA Program at the Henry M. Jackson School of International Studies. She is author of *The Muslim Question and Russian*

*Imperial Governance* (Indiana University Press, 2015). Her current book project explores the “northern turn” in late imperial Russia. She has a PhD (equivalent) from Russian Academy of Sciences, Institute of Russian History, St. Petersburg, Russia, 1999. Coordinator: Leslie Klein.

## **The God of the Philosophers with Paul Kidder**

*Wednesdays, December 7, 14, and 21; 10 am, Emerald Hall and Zoom*

How should we understand the notion of God? Religious traditions provide the most powerful means of seeking God, and yet the many traditions disagree as to

how we should go about it. Is there a philosophical way of understanding the divine that could be common to many religions? Could such a philosophy of God provide a way of reducing the persistent conflicts

among world religions? Philosophers since ancient times have believed that it could. This three-lecture series will explore some of the ways that philosophers have used reason to think about the nature of God, while also considering some of the resistance that they have encountered in their efforts. Coordinator: Natalie Siegel.

## **Fred Hutch: 2022 and Beyond with a COVID Focus**

*Monday, December 12; 11 am–12 pm, Emerald Hall and Zoom*

Are you ready for a COVID-19 scientific update? Dr. Amitabha “Guppy” Gupta from the Fred Hutch will revisit Mirabella to present the most



*Paul Kidder*

# GUPPY ON COVID § INGRID ON WAR

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*Dr. Amitabha Gupta*

recent information on COVID-19. He will also discuss a second topic chosen by the audience, e.g., new patient support services or immunotherapy or the promise of precision oncology. Dr. Denise Buenrostro, a colleague of Dr. Gupta, will also participate in

the presentation.

The Seattle Cancer Care Alliance and the Fred Hutchinson Cancer Research Center have formally joined to create a single, independent, nonprofit, adult cancer care and research center. The newly named Fred Hutchinson Cancer Center is the recent recipient of \$710.5 million from the Bezos Family Trust and \$78 million from the Sloan Family Foundation. It will continue to serve as the cancer program for UW Medicine and is fully integrated with UW Medicine clinical care teams.

Dr. Gupta received his PhD in Cellular, Molecular,



*Dr. Denise Buenrostro*

and Biophysical Sciences from Columbia University. While completing his post-doctoral research at Fred Hutch, his skills in communication matched his scientific acumen. He was recruited to translate the

Hutch's scientific research program findings for donors and for the public. He is the Scientific Strategist for the Philanthropy Department.

Dr. Denise Buenrostro received a PhD in the Cancer Biology Program at Vanderbilt University and was a post-doctoral fellow at Fred Hutch. She transitioned into a role with the Philanthropy Department to engage external partners and underserved communities. Coordinator: Mike Hahn.

## **Resident Revelations: Ingrid Steppic – The War and its Aftermath, The Liberation**

*Tuesday, December 13; 3:30–4:30 pm, Emerald Hall*

Ingrid Steppic was born during World War II. Her father was imprisoned in Dachau and liberated after the war. She has told her family story many times through the Speakers Bureau of the Holocaust for Humanity Center, in schools, and in community centers.

This presentation will focus on a later period, in the late sixties, when she helped her father connect with members of the U.S. forces who liberated Dachau. This effort brought her in contact with victims, soldiers, and families and led to her continued involvement with Holocaust education. Coordinator: Carolyn Blount.



*Ingrid Steppic*  
– photo, C. Blount



# OUT AND ABOUT

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## 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. Please request confirmation for 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. If your plans change and you are unable to make the trip, please call x 1419 to cancel and allow someone who is wait-listed to use the space. You may 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.

### GROCERY TRIPS

**Ballard Market**, Fridays, December 2, 16, 30; 10–11:45 am

**Costco**, Wednesdays, December 14, 28; 9:45–11:30 am

**Fred Meyer**, Mondays, December 5, 19; 10–11:45 am

**Metro Market**, Fridays, December 9, 23; 10–11:45 am



**QFC/University Village**, Mondays, December 12, 26; 10–11:45 am

**Safeway**, Fridays, December 9, 23; 1:30–3:15 pm

**Trader Joe's/PCC**, Wednesdays, December 14, 28; 1:30–3:15 pm

**Uwajimaya**, Monday, December 5; 1:30–3:15 pm

### WALKS

*Saturdays, 9:30–11:15 am pickup (note exception on December 17)*

December 3 Fremont Cut

December 10 Green Lake

December 17 Edmonds (includes Holiday Market), *pickup at 12 pm*

December 24 No walk on Christmas Eve

December 31 Myrtle Edwards

Coordinator: Charlotte Bushue, x 1723.

### SUNDAY CHURCH

*Sundays, December 4, 11, 18, 25; 8:30–9:45 am*

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

### 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 board both sets of event goers at the same time and go to both events in one trip. Please sign up for each event to ensure a seat on the bus and ask for confirmation.

# HOLIDAY OUTINGS

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**Emerald City, *The Telegraph Quartet***

Friday, December 9; 7:30 pm

**Fifth Avenue Theatre, *The Wiz***

Thursday, December 8; 1 pm

**Met Live in HD Opera, *The Hours***

Saturday, December 10; 8:45 am

**Seattle Repertory Theatre, *Mr. Dickens and His Carol***

Sunday, December 11; 1 pm

Wednesday, December 14; 1 pm

Sunday, December 18; 1 pm

**Seattle Symphony Pops, *Holiday Pops***

Sunday, December 11; 1 pm

**Seattle Symphony Series 8G, *Handel Messiah***

Sunday, December 18; 1 pm

**SPECIAL ACTIVITIES AND EXCURSIONS****Bellevue Square***Wednesday, December 7; leaving at 10 am with pickup at 2 pm*

This trip is timed for holiday shopping. Bellevue Square features a large selection of shops anchored by Nordstrom's and Macy's. Browse through Crate & Barrel, Pottery Barn, Williams-Sonoma, The Container Store, and many smaller, well-known shops such as Anthropologie, Coach, and J. Crew for their holiday goods. Shoppers will also find many places to choose from for lunch and enjoyment of the festivities. Coordinator: Jade Simonson, x 1688.

**Bellevue Garden D'Lights***Monday, December 12; leaving at 4 pm with pickup at 6 pm*

Tickets at \$8 per person must be purchased online before the event. Bellevue Botanical Garden members will receive their tickets in the mail. The online purchased tickets are time and date specific, and no tickets are available at the venue. For our trip, please purchase tickets for Monday, December 12, timed for entry at 4:30 pm. Go to this link:

<https://bellevuebotanical.org/garden-dlights/>.

You can either print your ticket to take with you or show your ticket barcode on your phone. The display is outdoors on a well-lit path and is less than a mile in length. The display is spectacular and quite a treat for the holiday season. Coordinator: Jade Simonson, x 1688.

*Garden D'Lights***Luncheonaires: Pizzeria la Rocca in Greenwood***Thursday December 15; leaving at 11:30 am with pickup at 2 pm, 8404 Greenwood Ave N, Seattle*

The cozy Pizzeria la Rocca was started by two Romanian friends who love cooking and baking. Mariana and Claudia have a passion for pizza made with fresh ingredients and baked with the mastery they developed while they apprenticed in Italian pizzerias. The menu includes small plates, salads, and pastas. It also features Romanian and Italian wines. Chocolati Café, an artisan chocolate shop, is catacorner across the street and well worth a visit after lunch. Coordinator: Nickie Askov, x 1858.

**PROGRAM COMMITTEE**

Sally Hayman and Stafford Miller, Cochairs

**Candace Robb on Historical Fiction***Thursday, December 1; 3:30–4:30 pm, Emerald Hall*  
Enter the fascinating world of fourteenth century

# WHAT'S ON IN EMERALD HALL

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](http://candacerobbbooks.com). Coordinator: Andrea Lewis, x 1767.

## Northwest Firelight Chorale

Saturday, December 10; 2 pm, Emerald Hall



Celebrate the joy of the holidays with the Northwest Firelight Chorale as they present “Spirit of the Season.” Their festive program of seasonal favorites and contemporary holiday gems reflects the

magic made by celebrating time-honored traditions and creating new ones with friends and family. They say, “We can’t wait to share the spirit of the season with you as we present songs bursting with emotion, gorgeous melodies, and the signature Firelighter choralography you know and love!”

Come early to get a good seat. Families are welcome. Coordinator: Stafford Miller.

## Update on YouthCare

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

Degale Cooper, recently appointed CEO and President of YouthCare, will speak to us about the organization and her professional experience for thirty years working at the executive level on many issues in the nonprofit sector. Learn about present concerns and goals. Coordinator: Rosa Lea Taylor.



Degale Cooper

## Ladies Musical Club Concert

Saturday, December 17; 2 pm, Emerald Hall

### Woodwind Quartets and Songs by Poulenc, Mozart, and More

If you are getting a little weary of *Jingle Bells*, *White Christmas*, and other old favorites, I suggest you come to hear some beautiful woodwind quartets by nineteenth century composers, Adam Lesnick and Karl Goepfert. Soloists will be Madeline Beery,



Sidney Belden



## MUSIC NOW



## NEW YEAR NEWS

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flute; Rosemary Bell, oboe; Jane Buckner, clarinet; and Peter Klein, bassoon.

In the second half of the program, soprano Sydney Belden, with Karen McCullough at the piano, will perform French songs by Poulenc and Faure. Her program will also include an aria by Mozart and will finish with a salute to the season.

A lovely break from shopping and wrapping! I'll see you there. Coordinator: Carolyn Burton.

**A Bassoon Extravaganza**

*Thursday, December 22; 3:30 pm, Emerald Hall*



*Fredrik Holm*

Fredrik Holm, an internationally renowned bassoonist and composer, offers a fun and varied program containing several truly beautiful pieces, silly bassoon facts, classical and seasonal masterpieces, and original works in varying styles. Fredrik

is a Swedish musician living in the UK and is coming to Mirabella to visit resident Judith Peterick. Coordinator: Rich Atwood.

**LOOKING AHEAD****Pluto and the Great Demotion with Jeff Hall**

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

Jeff Hall is the Director of the Lowell Observatory in Flagstaff, Arizona. He is Chief of the American Astronomical Society's Committee on Light Pollution, Radio Interference, and Space Debris.

He has played an active role in dark-sky preservation in Arizona. He is Chair of the Solar Observatory Council for the Association of Universities for Research in Astronomy.



*Pluto*

Percival Lowell, the founder of Lowell Observatory, speculated that there was a ninth planet within the Solar System. That speculation led to the discovery of Pluto by Clyde Tombaugh in 1930, fourteen years after Lowell's death. In 2006 Pluto was reclassified as a dwarf planet by the International Astronomical Union. Coordinator: Chris Simonson, x 1688.

**BOOK CLUB**

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

We will not meet in December.

**January 23:** *Caste* by Isabel Wilkerson explores how America has been shaped by a hidden caste system comparable to those of India and Nazi Germany.

**February 27:** In *West with Giraffes*, Lynda Rutledge tells how two African giraffes were delivered to the San Diego Zoo in 1938. After surviving a hurricane *en route* to New York, they were trucked across the United States. Rutledge's novel is a fictionalized account of the trip.

Everyone is welcome to join us.

Tina Moss

# ORIGINS OF OPERA

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## OPERA CLUB NEWS

### Monteverdi's *Orfeo* with Stephen Stubbs

Monday, December 12; 2 pm, Emerald Hall

The Opera Club is proud to host Stephen Stubbs, internationally renowned director of early music and early opera, in a program about composer Claudio Monteverdi and Monteverdi's most famous opera, *Orfeo*, from 1607. Mr. Stubbs will show (on DVD) a performance of the opera that he directed. It was recorded in 1997 with the Netherlands Opera of Amsterdam. He will offer commentary about the significance of this opera in music history. Many music historians believe that *Orfeo* was the first-ever opera, but not all agree. Mr. Stubbs will stay for a brief Q & A session at the end of his presentation.

Claudio Monteverdi (1567–1643) was an Italian



Claudio Monteverdi by Bernardo Strozzi (c. 1630)

composer, string player, choirmaster, and Catholic priest. A composer of both secular and sacred music, he is considered a crucial transition figure between the Renaissance and Baroque periods of music history. Born in

Cremona, Monteverdi first developed his career at the court of Mantua and later in Venice, where he was *maestro di cappella* at the Basilica of San Marco, a highly prestigious position, until his

death there in 1643.

Much of Monteverdi's compositional output has been lost. His surviving music includes nine books of madrigals, large-scale religious works such as his *Vespers for the Blessed Virgin* (1610), and three complete operas. His opera *Orfeo* (1607) is the earliest of this genre still widely performed. Towards the end of his life, he wrote operas for the Republic of Venice, including *Il Ritorno d'Ulisse in Patria* (*The Return of Ulysses to his Homeland*) and *L'incoronazione di Poppea* (*The Coronation of Poppea*). While he worked extensively, as evidenced in his madrigals, within the tradition of earlier Renaissance polyphony he undertook great developments in form and melody and began to employ the *basso continuo* technique, distinctive to the Baroque period. Largely forgotten during the eighteenth and much of the nineteenth centuries, his works enjoyed a rediscovery at the beginning of the twentieth century. He is now established both as a significant influence in European musical history and as a composer whose works are regularly performed and recorded.

Stephen Stubbs, a Seattle-born musician, has had a thirty-year career in Europe directing and playing in productions of Baroque opera. Stubbs moved back home to Seattle in 2006 and founded Pacific MusicWorks for performing baroque opera, oratorio, and chamber music in Seattle and on the U.S. West Coast. The works of Monteverdi have been central to Stubbs's career throughout his professional life. In Seattle, he has conducted a series of performances of Monteverdi's *1610 Vespers* at St. James Cathedral. The 2022–2023 season of Pacific MusicWorks will culminate with April performances, a CD recording of Monteverdi's *Orfeo* in Seattle, and a performance at San Francisco's famed Grace Cathedral.

Donna McCampbell

# A TREAT FOR STAFF

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## YEARS-OF-SERVICE STAFF LUNCHEON IS RESTORED

BY MARIA FIORE AND HELEN ROBERTS

**D**ID you know that many Mirabella Seattle employees have been here as long as or longer than many of us have? A total of fifty-nine employees have worked at Mirabella for



*Marie Salomon, Ositadimma Onyemma, Anita Rylander, and Griselda Guerrero dining with Darren Mowry (back to camera) – photo, E. Hill*

more than five years, and of that number, sixteen have served here for more than ten years.

The Mirabella Administration and Human Resources Department recently restored the catered “Years-of-Service” luncheon in Emerald Hall to honor the five- and ten-year employees, a Mirabella tradition that had to be paused during the pandemic. These long-



*Maia Alexander, Gelilla Solomon, and Britney Means, urged on by Carlo Lugo – photo, E. Hill*



*Cooks Santos Garcia Carrillo, Kim Rossow, and Jeffrey Kasnick tucking in – photo, E. Hill*

serving employees represented every department and included fourteen in Dining Services, another fourteen in Facility Services, twenty-eight in Health Services, and three in Resident Services.



*Stefanie Robles, Wilson Panoy, and Dana Emmatrice eating well – photo, E. Hill*

A delegation of invited residents led by the Resident Council and the Employee Appreciation Committee helped serve the meals and at the end gathered to give a cheer of congratulations to the employees.

The luncheon was arranged in gratitude to the Mirabella staff who have been at their tasks through thick and thin, through pandemic, blizzards, heat waves, and all of it for residents’ safety and comfort. We are fortunate to live in a community with so many loyal, kind, and caring employees!

# SPOOKS OF MIRABELLA



*Mary Ann Knowles (on left), one of the resident winners for best costume, with Mary Jo Taylor, one of the judges – photo, M. Alexander*



*Staff winners for best costume, Stephanie Williams, Home Care Manager; Quynh Truong, Ward Clerk; Tina Tran, Human Resources; and David Martin, Social Services Director – photo, M. Alexander*



*Ed Speer as Charlie Chaplin – photo, R. Benfield*



*Cheeky Creatures ready to Trick or Treat on Sally Hahn's shelf – photo, S. Hahn*

# FLIGHTLESS BIRDS OF MIRABELLA

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*Black Egret looking for fish at #812*



*Pheasant standing guard at #804*



*Shorebird on a rock in a dark place at #916*



*Toucan talking his talk at #917  
– photos on this page, J. Curtis*

# BIRTHDAYS § POETRY CORNER § REMEMBERING

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## HAPPY BIRTHDAY! DECEMBER 2022

2 – Judith Peterick	10 – Rene Bravmann	17 – Cathy Short
3 – Beatrice Tung	11 – Russ Sorensen	18 – Pat Kushmerick
5 – Lisa Putney	11 – Bob Hayman	18 – Chris Sievers
6 – Christy Timberlake	11 – Janet Matson	19 – Vernon Slippy
6 – Evelyn Klebanoff	13 – Rose Berman	20 – Linda Kabakjian
6 – Pete Toomey	13 – Ingrid Steppic	22 – Dee Groth
7 – Jerry Johnson	13 – Louis Swart	22 – Patty Berg
8 – Anna Moe	17 – Carolee Danz	22 – Susan Coleman
9 – Jane Beer	17 – Charlotte Lindsey	27 – Barbara Rueger
9 – Rosa Lea Taylor		28 – Louise Miller

### GIVE ME THIS

BY ADA LIMÓN (1976– )

I thought it was the neighbor's cat back  
to clean the clock of the fledgling robins low  
in their nest stuck in the dense hedge by the house  
but what came was much stranger, a liquidity  
moving all muscle and bristle. A groundhog  
slippery and waddle thieving my tomatoes still  
green in the morning's shade. I watched her  
munch and stand on her haunches taking such  
pleasure in the watery bites. Why am I not allowed  
delight? A stranger writes to request my thoughts  
on suffering. Barbed wire pulled out of the mouth,  
as if demanding that I kneel to the trap of coiled  
spikes used in warfare and fencing. Instead,  
I watch the groundhog closer and a sound escapes  
me, a small spasm of joy I did not imagine  
when I woke. She is a funny creature and earnest,  
and she is doing what she can to survive.

**About this poem:** “This poem was an attempt at a minor rebellion. There is so much grief and agony and tumult that surrounds us and yet we must live too. I found myself watching the groundhog steal my tomatoes and I was almost envious. She looked so safe and satisfied. I want to be that groundhog; I want to be allowed pleasure again.”

– Ada Limón

**About the poet:** Ada Limón grew up in Sonoma, California, and now lives in Lexington, Kentucky. She is the 24<sup>th</sup> Poet Laureate of The United States. Listen to the poet reading her poem at

<https://dcs.megaphone.fm/POETS2127208178.mp3?key=49eaa2769aef56e765b2c6d5b6c9d0fc&source=3>

### Remembering . . . .

Ted Daniels . . . . 09/07/2022  
(former resident)

Kit Tate . . . . 11/09/2022

# SHOW TIME

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## *THE REAL THING...ON FILM*

BY CONNIE CHAPLIN



Scene from "The Last Full Measure"

**T**HE *Last Full Measure* is based on the true story of Airman William H. Pitsenbarger, who was killed in Vietnam in 1966 and who was recommended for the Medal of Honor based on his battlefield actions. Then his award was downgraded to the Air Force Cross. For years his comrades and friends lobbied to restore the MOH. Finally, after thirty-four years, a disinterested Department of Defense staffer gets the job of investigating the case. So, what really happened here? Not a favorite of the critics, but several top actors signed on. During the credits, you can see interviews with real airmen and soldiers who knew Pitsenbarger.

If you are experiencing some degree of hearing loss, you will have some degree of empathy for Ruben Stone (played by Riz Ahmed), the heavy metal drummer in *Sound of Metal*. Although his music might not be your listening choice, this 2019 double-Oscar winner (for Best Sound and for Film Editing) was clearly the critics' viewing choice. Sound for Ruben is slipping away, and with it his livelihood, and perhaps even his health. Can one learn how to be deaf? Ahmed learned American Sign Language for the film and spent six months learning drums. Many cast members were hired from the deaf community.

*Lunana: Yak in the Classroom*, based on real stories of a trainee teacher in Bhutan, was filmed on location with mainly local residents and was nominated for an Oscar. He lives with his grandmother but has a dream of getting a visa, escaping to Australia, and becoming a singer. Then the dreams begin to intrude on his day job, and his boss ships him off to the glacial Himalayan village of Lunana, where his classroom has no electricity, no textbooks, no blackboard. It's an eight-day trek just to get there. So much for Westernized comforts and aspirations. There is a yak, but still....



Scene from "Lunana: A Yak in the Classroom"

You've probably seen a movie with Nicholas Cage in it. I have. Maybe more, but I don't remember their titles and I don't think they had anything in common. Then recently I began reading that Nicholas Cage was this vastly underrated talent. Hmm. Then here comes this film, *The Unbearable Weight of Massive Talent*, and I'm thinking it's all just PR. But this guy has made a *lot* of movies. And either the pictures *are* all different or he does have a wide acting range. He *is* a Coppola, after all. This film may cast some light; in it he plays "Nick Cage" who agrees, for \$1 million, to attend the birthday of a dangerous super-fan. Soon after, a CIA agent recruits him, and he must live up to his own screen characters (that motley crew). Or else! This may be silly, or revealing, or a real waste of time. But I don't want to miss it.



# *The Mirabella Monthly*

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

VOLUME 14 | ISSUE 12

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## *Guide to Mirabella Publications*

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

*Publisher, Editor-in-Chief, and*

*Designer:* Jared Curtis

*Associate Editor:* Mary Rogers

*Lead Editors, December:* Louise

Lowry and Maria Fiore

*Copy Editors/Writers/Proofreaders:*

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Hayman, Mary Jossem, Louise

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Charles Sleicher, Louis Swart

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King; Jane Beer, Nancy Eliason,

Michael Hahn, Chris Jamin, Paul

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](mailto:Lsmith@retirement.org)) no later than noon

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

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

Before submitting copy, please proof it carefully for typos, spelling errors, accuracy of dates and times, and possible cuts or changes. Only original writing will be accepted.

While some Mirabella staff members contribute articles, *The Monthly* is intended to showcase writing and images from residents. We do not reprint internet captures, widely distributed emails, or previously published writing.

The deadline for all submissions is the fifteenth of each month prior to the month of publication. Any piece submitted after this date will risk being held over. The length of your submission is negotiable, but the editorial team must work within the *MM* format and style. Guidelines are available on request. All written submissions will be edited, formatted, and proofed by *Mirabella Monthly* staff.

Please email your submission to Mary Rogers at [mkr3824@gmail.com](mailto:mkr3824@gmail.com).

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

Tips for a successful submission:

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

### **How to Submit Photos**

Adjust the camera or scanner to make photographs or scans of the highest quality (or the highest resolution). JPEG is the most convenient format. Focus the image on the part of the scene that is most important. Submit each image at full size. When attaching an image to an email, choose the option for “original” or “full size.” Send digital images to [jaredcurtis@icloud.com](mailto:jaredcurtis@icloud.com). Put any paper illustrations and sketches in mailbox #801.

**The Mirabella Monthly**  
*Mirabella Seattle*