



# The Mirabella Monthly

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



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MAY | 2023

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## A TALE OF TWO PHONES

INTRODUCED BY JARED CURTIS

NO ONE who owns a mobile phone has avoided wandering around the apartment at least once a month, at a loss as to when and where it was last used and then casually put down. Sometimes talking to it helps, sometimes not, sometimes with embarrassing results. I admit to asking, after a frustrating search, "Siri, Where *are* you?" only to get the immediate answer, "I'm right here!" from my shirt pocket—it seemed to me the ever polite Siri spoke with an understood, "You dope!"

But it's not always that easy. Read on and weep...or laugh.

### CAN YOU HEAR IT NOW?

BY MARY JOSSEM

CELL PHONES have become another appendage, one we can barely think about not having close at hand. So, if this "phone" appendage goes missing, we go into full panic mode. Take the case of Diane Holmes.

Diane attended a meeting in my apartment and later found she had misplaced her phone. No reason to panic, as the Find My Phone app on her iPad clearly showed that the phone was in the building.

Diane called the next day and asked me to make a thorough search of my apartment. She even called the phone to see if I could hear it ring, but the ring went straight to her hearing aids. No luck.

Another day went by. By this time Diane was losing sleep over worry...or was she going through "loss of limb" withdrawal? It was time to get more help.

Diane concluded that the phone must be in her own apartment,

# YOU CALLED...?



*Diane King and Mary Jossem on their knees inspecting the innards of Diane Holmes's recliner – photo, D. Holmes*

phone! A quick snatch and removal rescued both the missing appendage from the jaws of the recliner and Diane Holmes from her dilemma.

## *OUT OF SIGHT, OUT OF MIND* BY MARY ROGERS

Another gray Sunday morning in March. I was still in my jammies reading the paper and sipping tea when the phone rang. It was Jane Beer saying that my buddy, Connie Chaplin, yelling in pain, needed my help. I jumped into a pair of jeans, grabbed my cell phone, put on a mask, and headed down the stairs to her apartment one floor below me.



despite having done a thorough search at least a hundred times. She had also tried calling the phone, but since the “ring” went straight to the hearing aids, Diane couldn’t hear the tiny, soft sound the phone might make when it was called. Calling upon Diane King and me again, the worried phone owner spread us out throughout her two-bedroom apartment. Then, while she used her landline, we detected a tiny “beeping” sound. We quietly crept toward the “beep” hoping the sound wouldn’t stop. As we got close together, we realized the sound was emanating from a recliner chair. And the chair was vibrating! Success!

It wasn’t easy though. We pulled the seat cushion off, stuffed our hands down the sides of the chair, peered under the chair, looked on the table next to the chair; there was not a trace of the phone other than that taunting, annoying beep...and the vibration. Back down to the floor we went, Diane King on the front side of the chair and I on the backside, faces to the floor. Ah ha! On the very right-inside edge of the chair almost to the floor, next to the scary looking black metal machinery that makes a recliner recline, I spied the prodigal

“Never mind, I found it!”

# PARKINSON'S WALK

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*Parkinson's Walk, 2022 – photo, Ruth Benfield's daughter Ashley*

## ***WALK FOR PARKINSON'S***

CATHY SHORT

Guy McIlhenny from Security was there, and Medic One was on the way. Connie was in the bathroom sitting awkwardly on her walker, half dressed, in excruciating pain, wedged in between the corner of the shower and the sink cabinet. Knowing some of Connie's medical history, and being the old orthopedic nurse that I am, I knew she had dislocated her new artificial hip. There was nothing I could do for her while the Medics and ambulance crew were deciding how to approach the situation. She would soon be on her way to the ER and would need her ID and cell phone.

Connie said the phone was in the bathroom with her, but I couldn't see it. So, I called her phone. It was with her, all right—somewhere in the bathroom. Guy and I hunted on the counter, in the drawers, the floor, her bathrobe pockets, the side pocket of her walker where Connie said it should be. Couldn't find the thing. So, while they were transferring her from walker to gurney, I found her purse, wallet, hearing aids, and a sweater. As soon as she was out of the walker, we opened the lid of the seat, and there was her phone. She had been sitting on it the whole time! Off she went to ER where her hip was put back into place. And that's another story!

*Saturday, May 13; 10 am, Mirabella Courtyard*

The Northwest Parkinson's Foundation Annual Walk for Parkinson's is scheduled for May 13. We will hold our own Mirabella event in the Courtyard on May 13 at 10 am. The walk is a fundraiser for Northwest Parkinson's Foundation (<https://nwpf.org>), which provides helpful services and information for those with Parkinson's disease and their care partners. Here at Mirabella, we will walk around the Courtyard with music. We'll take a group photo at 10:30. After the photo, those who want to go a little further will walk around the block of our neighbor, City Light.

To participate on May 13, please sign in at the registration table in the lobby outside Emerald Hall, where there will be handouts and donation envelopes for those who wish to contribute. Some T-shirts will be available for those who donate. You are welcome to participate in the walk whether you donate or not. Horizon House residents will join us in the Courtyard. To preregister as part of the Mirabella team, go to <https://nwpf.org>, click on "Register Here to Walk or Donate," and join Team Mirabella by clicking first on "Register" and finally on "Join a Team." Rain or shine, this is a fun event. We hope you will join us!

# WHO DOES WHAT AT MIRABELLA

## RESIDENT COUNCIL, 2022–2023



Laura Bailey,  
President, 2022–2023,  
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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	Box 902, x 1885
	Tricia Brink	Box 600, x 1677
Art	Linda Berkman	Box 513, x 1861
	Walter Bodle	Box 404, x 1739
Communication (inactive)		
Dining	Elston Hill	Box 604, x 1686
	Gail Temple	Box 1002, x 1820
Emergency Preparedness	Matt Jamin	Box 1028, x 1635
Employee Appreciation	Sally Hahn	Box 1120, x 1755
Environment & Facilities	Nickie Askov	Box 1116, x 1858
	Sally Hahn	Box 1120, x 1755
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Ken Hopkins	Box 511, x 1662
Library	Linda Morrison	Box 1114, x 1856
	Martha Oman	Box 501, x 1642
Lifelong Learning	Leslie Klein	Box 830, x 1779
	Pat Harris	Box 524, x 1600
Mirabella Seattle Foundation	Jim Holland	Box 1000, x 1819
Nominating	Sue Herring	Box 709, x 1556
Outside Activities Program	Jade Simonson	Box 417, x 1688
	Sally Hayman	Box 828, x 1640
	Stafford Miller	Box 348, x 1604
Welcome	Carolyn Blount	Box 503, x 1644

# ALL ACTS NEED A SAFETY NET

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## **MIRABELLA SEATTLE FOUNDATION**

Jim Holland, Chair

### **Under the Big Top**

*Monday, May 1; 3:30 pm, Emerald Hall*

*Tuesday, May 9; 10:30 am, Northwest Dining Room*



Step right up to see what's "under the Foundation's Big Top!" Today, May 1, the Mirabella Seattle Foundation kicks off its 2023 annual fund drive, *Under the Big Top*, with Mirabella's own circus talent and entertainment.

Come and be amazed as our ringmaster, David Martin, introduces ukulele players, line dancers, and surprise performances by our own Maia Alexander and Bella Jovan. While you enjoy circus entertainment and treats in the comfort of your

armchair in Emerald Hall, you will also learn about the wide safety net the Foundation has under its Big Top.

The Mirabella Seattle Foundation has a three-ring safety net: Resident Assistance, Employee Benefits, and the General Fund. Resident Assistance provides financial support for residents who, through no fault of their own, may need assistance for such things as medical supplies, clothing, or basic expenses.

The Employee Benefits fund has two components: Employee Scholarships and Employee Emergency Assistance. Scholarships are provided quarterly to employees who may study in the field of their choice at qualifying institutions. Employees who work at least twenty hours per week and have completed their ninety-day trial period are eligible to apply for up to \$2,500 per quarter. Since inception, 379 scholarships have been awarded, totaling over \$440,000.

Employee Emergency Assistance provides employees financial assistance of up to \$2,500 per event for those who may find themselves in unexpected adverse life situations.

The General Fund provides grants that support and enrich our residents and our local community. This fund sponsors the Osher Lifelong Learning Institute at the University of Washington and makes grants to community organizations such as the Recovery Café, Medic One Foundation, and YouthCare. It is also this fund that recently enabled the Foundation to support the South Lake Union Chamber of Commerce with \$18,000 for its Clean & Safe program. You will have an opportunity to hear all about the Clean & Safe program on May 9 at 10:30 am when the Chamber's Executive Director, Jonathan Kiehnau, joins us for a Coffee Chat in the Northwest Dining Room.

At 3:30 pm today in Emerald Hall, in the rich

# COFFEE CHAT § DERBY PARTY § CLINICS



tradition of the circus, you can step right up to *Under the Big Top* to find out how you can contribute to the Foundation’s three-ring safety net. The fund drive will end on June 9 and, with your continued support, the safety net will stay securely in place.

Mary Jossem, Chair, Fundraising Committee

## MIRABELLA SEATTLE FOUNDATION

Jim Holland, Chair

### Coffee Chat

*Tuesday, May 9; 10:30 am, Northwest Dining Room*

Last fall, the Mirabella Seattle Foundation made a grant of \$18,000 to the South Lake Union Chamber of Commerce to support its very successful Clean and Safe program. In this Coffee Chat, the Chamber’s new executive director, Jonathan Kiehnau, will relate to us the significant outcomes and benefits the Clean and Safe program is having as well as the role the South Lake Union Chamber plays in our community. Coffee, tea, and pastries will be served.

Mary Jossem, Chair, Fundraising Committee

## RESIDENT SERVICES

Loni Smith, Resident Services Director

### MIRANET

If your family would like to have access to MIRANET please reach out to Loni Smith, x 1418.

### Buddy Program

The Buddy Program was designed to give Mirabella permission to release information to a resident’s friend, or “buddy,” of choice. Due to the rules of HIPAA, the Buddy Program form needs to be signed and submitted to Resident Services. The form can be requested through Resident Services or found on MIRANET under Documents > Resident Services.

### Fitness Center/Studio X Orientation

If you would like to have a one-on-one orientation in the Fitness Center or Studio X, please call Chris Wilson, Wellness Coordinator, x 1415. This is a complimentary service for all Mirabella residents.

### Community Happy Hour

In celebration of the Kentucky Derby, the next Community Happy Hour is scheduled for Friday, May 5. Please join us for some mint juleps in the Northwest Dining Room from 3:30–5 pm. Wear your best Kentucky Derby hat for the resident parade and

maybe win a prize for best hat!

### 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.



# CAREGIVER RESPITE

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## **Audiologist: Seattle Hearing Services**

*Tuesday, May 9; 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.

## **Podiatrist**

*Wednesday, May 10; 8:30 am–3 pm, Suite 301*

Dr. Mak Abulhosn, DPM, 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. You will need to bring Medicare and insurance cards and fill out all necessary paperwork at your first appointment.

## **Foot Care Clinic**

*Mondays, May 15 and 22, Tuesdays, May 16 and May 23; 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. For appointments and rates call or text Bonnie Ackles, RN, CFCS, at (206) 940-0748.

## **Counseling Service**

*Wednesdays, weekly by appointment only*

Janelle Jensen, MS, LMF, works as a marriage and family therapist in the Seattle area and will act as a resource for therapy or family consultations or support. She has work experience in adult mental health, aging, memory loss, and family caregiver support. She works with residents experiencing grief, loss, changes in health, anxiety, and depression. She can consult with families working to understand dementia and other age-related changes, care options, navigating healthcare systems, caregiving roles, long-term planning, and

similar issues residents may be experiencing. She is available Wednesdays for in-person visits and can also be reached via telehealth and email. She offers private-pay family consultation or therapy (\$150 for 30 minutes, \$170 for 45–50 minutes). For information or to schedule an appointment, email Ms. Jensen at [janellejensentherapy@gmail.com](mailto:janellejensentherapy@gmail.com).

## **Massage Appointments**

*Wednesday and Thursday; 8 am–5 pm; Saturday and Sunday; 10:30 am–4 pm, Suite 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 Truong, Health Center Admissions, at (206) 254-1455. If a resident



# SHIFTING ART § MAY DAY FLOWERS

prefers to have in-home care provided during a spouse's time away, that 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.

Max Kuhlman, Health Services Administrator

## **ART COMMITTEE**

Linda Berkman and Walter Bodle, Cochairs

### **Art Committee Sleuthing**

It has come to the attention of the Art Committee that art on our walls has been mysteriously moved around on some resident hallways. This is not being done by the designated art placement member of the Art Committee or by Facilities. And this is a problem.

A great deal of thought goes into the placement of our art for size, color, vista site, and for the enjoyment of all residents. Now, all of us have personal preferences in art, but, since we live in a communal situation, we must accept other's taste. Furthermore, Mirabella art has been meticulously inventoried, and part of that information is its location. The history of the art, its acquisition, and its value are also part of the story; these facts are important for insurance purposes as well as for returning pieces that are on loan from residents. *Please do not second guess the committee's careful assessment and placement of each individual piece of art by moving it to a new location yourself.*

The Art Committee asks everyone to please review the rules about placing art at your doorway and on the communal hallways; the rules can be found on MIRANET under Art Committee. Our Committee works very hard to make our home pleasant for everyone, so please contact Cochairs

Linda Berkman or Walter Bodle or Placement Chair Joanne Mearls if you have questions or suggestions. *Better yet, join the Art Committee and become involved.*

Linda Berkman

## **ACTIVE ARTS COMMITTEE**

Tricia Brink and Barbara Porter, Cochairs

### **Singalong**

*Wednesday, May 10; 3:30 pm, Second Floor Activity Room*

All residents are invited to attend the monthly singalong. Mirabella ukulele players look forward to playing and singing with you. Masks are still required. Coordinator: Barbara Porter.

### **May Day Flower Arranging**

*Monday, May 1; 10 am, Memory Care*

After a long hiatus due to COVID-19, we are reinstating the monthly flower arranging sessions led by Mary Jo Taylor and supported by a group of volunteers who take turns from month to month.

Flowers will be arranged and then distributed to patients in skilled nursing. Of course, the Memory Care residents will also have flowers. It is

Patricia Wagner's plan to have a daylong May Day celebration this year.

### **Future Plans**

The Active Arts Committee is planning more single "popup" sessions. Information about these will be posted on Google Groups and on our bulletin board in the Resident Business Office. The single sessions for collage pages for the Memory Care book will continue. Other popups, led by talented residents, will be sessions that explore other aspects of the





# GO GREEN § GO READ § GO LEARN

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arts to whet your appetite. We always urge you to suggest other classes you would like to try. All ideas are welcome.

Barbara Porter

## **GREEN SUBCOMMITTEE**

Carolyn Roe, Chair

### **Hazardous Waste Collection**

*Monday, May 1 through Friday, May 5*

If you have noticed some items in your closet or under the kitchen or bathroom sink that are out-of-date or no longer needed, Facilities is ready to help you dispose of them safely. Check out any aerosol cans (hair spray, deodorant, bathroom cleaner, etc.), nail polish and remover, cleaning products and furniture polish, pesticides, automotive products, paint thinners and turpentine, and gardening products like insecticides and get them ready for Facilities to pick up any time between May 1 and 5.

These items should not be put into the trash chute or recycling bins. They are hazardous for the environment. Please call or email x 1413 to set up a time for them to be collected.

Carolyn Roe

## **LIBRARY COMMITTEE**

Martha Oman and Linda Morrison, Cochairs

### **Books for Bridge Players...and the Rest of Us**

The game of Bridge requires skill in communication between two partners. As such, the methods of communication used—the bids made during the auction and the cards played in defense—constitute a language. Partners learn how to describe their hands in the bidding phase of the game. The Mirabella Library has recently received several guides for novices. Study with your partner and you will discover new ways to get to that 7NT bid.

New Bridge book donations include *Bidding in the*

*21<sup>st</sup> Century* by Audrey Grant and Betty Starzec; *Bridge for Dummies* by Eddie Kantar; *Bridge for Beginners* by Martin H. Jackson; and *The Impact of Opening Leads Against NoTrump Contracts* by Audrey Grant. Books on Bridge are placed in the bookcase in the northwest corner above the LARGE Print books.

Recent Nonfiction donations include: *Factfulness: Ten Reasons We're Wrong About The World—and Why Things Are Better Than You Think* by Hans Rosling; *Homewaters: A Human and Natural History of Puget Sound* by David B. Williams; and *The Man in the Glass House: Philip Johnson, Architect of the Modern Century* by Mark Lamster. A list of new nonfiction books and their Dewey Decimal classification numbers can be found on the bulletin board on the left as you enter the Library.

Linda Morrison

## **LIFELONG LEARNING COMMITTEE**

Leslie Klein and Pat Harris, Cochairs

### **OLLI-UW May Zoom Lectures:**

#### **My Grandchild Told Me They're Transgender:**

**How to Be an Ally for Your Gender Diverse Family Members, with Amanda C. Potter**

*Wednesday, May 3; 12–1 pm, Zoom*

#### **Pre-registration Link:**

<https://washington.zoom.us/meeting/register/tJMtce6tqjgoEtSDdlfifyNzj7pgGzmhJohx>

Join OLLI-UW as we learn more about what it means to be transgender. People ask: “Why and how do I use pronouns?”; “What is the terminology?”; “What if I make a mistake?” Education helps us understand the topic and the perspective of those who might be personally affected. This lecture will offer an opportunity to learn and ask questions to better understand this topic as a means to becoming an ally.

Amanda C. Potter (she/her) has worked at Harborview Medical Center for twenty-five years.

# TALKS ON ZOOM AND IN EMERALD HALL

For the past fifteen years, she's worked in the Quality Improvement department managing and building metrics within the Access to Excellence Dashboard (A to E). She's proud that A to E was one of the first dashboard locations within University of Washington Medicine to add equity demographics into its clinical data to look for disparities in care. She has recently become a certified EDI Peer Trainer with the Office of Healthcare Equity for a class on Gender Diversity and Sexual Orientation (GSD). Her life was forever changed for the good when her stepdaughter Colleen moved to Seattle looking for gender-affirming care. UW Medicine has provided excellent care to her family and Amanda is eager to share that experience and insight with others.

**Ikat: A World of Compelling Cloth with Rebecca Albiani**

*Friday, May 19; 12–1 pm, Zoom*

**Pre-registration Link:**

<https://washington.zoom.us/meeting/register/tJAvd-qqrjsrGNGMDVv56Jl5LM6WdbNdPXId>

Rebecca Albiani will introduce SAM's major spring exhibition, *Ikat: A World of Compelling Cloth*, which highlights the time-honored process of dyeing threads before weaving them to create complex and beautiful patterns. We will look at ceremonial cloths from Indonesia, Japanese kimonos, precious silks from central Asia, Andean textiles, and other global expressions of the ikat technique.

Albiani has been an arts lecturer at the Frye Art Museum since 1997. She was a Graduate Lecturing Fellow at the National Gallery in Washington, D.C., and a Fulbright Scholar in Venice, Italy. She received an MA from Stanford University and a BA from the University of California, Berkeley. As an art historian, she lectures in art centers throughout the Puget Sound area.



**Dr. David E. Smith on Social and Criminal Justice**

*Wednesday, May 3; 10:30 am–12 pm, Emerald Hall*

David Smith, a lecturer for the Osher Lifelong Learning Institute at the University of Washington, completes this four-session course. What is justice, and what does it look like in the real world? What should it look like? In this series, Dr. Smith will examine the many interpretations of both social and criminal justice that have been suggested throughout history and will evaluate proposals for change within American society. He lectures widely on social and religious topics; his mission is to empower people to think for themselves about things that matter. Coordinator: Barbara Daniels.

**Rebecca Albiani presents Peggy Guggenheim!**

*Monday, May 8; 10:30 am–12 pm, Emerald Hall*

Join us for a magical reception at Palazzo Venier dei Leoni on the Grand Canal, the Venetian home of Peggy Guggenheim, where we will hear some family stories and see a lot of wonderful modern art. Peggy will take us on a tour, sharing tales of how she built her collection, first as a gallery owner in London, then during the early stages of World War II in Paris, and finally in New York City, where her exhilarating new space, Art of This Century, showcased her existing works and championed the emerging artists of the New York School.

At the opening of Art of This Century, Peggy wore one earring made by Alexander Calder and one by Yves Tanguy to show that she supported both



*Peggy Guggenheim at her palazzo in Venice*

# WAR NEXT DOOR § OUT AND ABOUT

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abstraction and surrealism. Because of her discovery of Jackson Pollock and his peers, she has been called the midwife of Abstract Expressionism. Coordinator: Sylvia Fisher.



## Resident Revelation by Cathy Short

Tuesday, May 9; 3:30–4:30 pm, Emerald Hall

### We Lived Next Door to War: 1965–1970 in Vang Vieng, Laos

From age eighteen, Cathy lived for five years in Vang Vieng, Laos, where her husband at the time worked for USAID, the Agency for International Development. She worked for USAID as well, since the life was all-absorbing, conducted almost all in Lao, and involved constant interaction with Lao and tribal people. Their two small sons spoke nothing but Lao.



Cathy Short

With aid being provided to schools, dams, roads, and refugees, their mission was to “win the hearts and minds” of the people. The Vietnam War and its incursions into Laos were part of everyday life. Vang Vieng was bigger than a village but not quite a town, steep mountains to one side and wide rice paddies to the other. Cathy will describe their six months of training, daily life in Vang Vieng, living at the edge of a war, and the seasonal cycles that dominated all their activities. Coordinator: Carolyn Blount.

### Mount Rainier: Through the Years, in Geology, History, and Art

Wednesday, May 24; 3:30–4:30 pm, Emerald Hall

Dan Kerlee, a local historian and member of the Pacific Northwest Historians Guild, weaves music,

antique photography, and software engineering skills to tell intricate stories of Washington state’s most-loved landmark. In his program, styled as a National Park ranger presentation, he will discuss Mt. Rainier’s role in Native American tradition, its exploration by Euro-Americans, and its grandeur and beauty. Coordinator: Mike Hahn.



Dan Kerlee

## OUTSIDE ACTIVITIES COMMITTEE

Jade Simonson, Chair

Loni Smith, Resident Services Director

Marcus Cullen, Facilities Services Director

Clint Turner, Security & Transportation Manager

**Bus Schedule Notes:** *The Mirabella Monthly* lists both the departure time from Mirabella and the estimated pickup time from the destination. A grocery visit is an hour to an hour-and-a-half, subject to the needs of the shoppers. Times listed for other activities depend on the activity. For all trips, please be 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 on the Transportation Tab on MIRANET forty-eight hours before the trip. Request confirmation for your seat. The site also lists seats available for each trip, and the list is updated as needed. Non-grocery trips may be canceled if buses are not available or if fewer than four people sign up. If your plans change and you are unable to make the trip, please call x 1419 to cancel twenty-four hours ahead and allow someone who is wait-listed to use the space. You may also cancel your

# PLANNING WHERE TO GO

reservation by calling the Front Desk at x 1400 when last minute cancellations are unavoidable.

**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/Safeway/Target**, Friday, May 12;  
10 am–12 pm

**Costco**, Wednesdays, May 3, 17, 31; 9:45–11:45 am

**Fred Meyer**, Friday, May 19; 10–11:45 am

**Metro Market/Bartell**, Fridays, May 5, 26;  
10–11:45 am

**QFC/University Village**, Mondays, May 1;  
10 am–12 pm; May 15; 10–11:45 am

**Trader Joe's/PCC**, Mondays, May 8, 22;  
10–11:45 am

No shopping trip is scheduled for May 29, Memorial Day

## WALKS

*Saturdays, 9:30–11:30 am pickup*

May 6 Kubota Gardens

May 13 Parkinson's Walk at Mirabella

May 20 Golden Gardens

May 27 Arboretum

Coordinator: Charlotte Bushue, x 1723.

## GOLF

*Thursdays, 9:30 am–1:30 pm pickup*

May 4 West Seattle

May 11 Lynnwood

May 18 Nile

May 25 West Seattle

Coordinator: Dean Temple, x 1820.

## SUNDAY CHURCH

*Sundays, May 7, 14, 21, 28; 9:15–10:30 am*

The bus goes to Christ Our Hope. Other church trips are by reservation only.

## CULTURAL EVENTS

The following events have scheduled transportation. 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 and will leave fifteen minutes earlier than if there were just one event. The bus will go to both venues in one trip. Please sign up for each event and ask for confirmation to ensure a seat on the bus.

**ACT**, *Wolf Play*, Saturday, May 20; 1:15 pm

**Emerald City**, *Seven, Nathalie Joachim*, Friday, May 12; 7:30 pm

**Fifth Avenue Theatre**, *Sweeney Todd*, Thursday, May 11; 12:45 pm

**Fifth Avenue Theatre**, *Les Misérables*, Thursday, May 25; 12:45 pm

**Met Live in HD**, *Don Giovanni*, Saturday, May 20; 9 am

**Seattle Opera**, *La Traviata*, Sunday, May 7; 1 pm

**Seattle Repertory Theatre**, *How I Learned What I Learned*, Sunday, May 7; 1 pm

**Seattle Repertory Theatre**, *How I Learned What I Learned*, Wednesday, May 10; 1:15 pm

**Seattle Repertory Theatre**, *How I Learned What I Learned*, Sunday, May 14; 1:15 pm

**Seattle Repertory Theatre**, *Lydia and the Troll*, Sunday, May 21; 1:15 pm

**Seattle Repertory Theatre**, *Lydia and the Troll*, Wednesday, May 24; 1:15 pm

**Seattle Repertory Theatre**, *Lydia and the Troll*, Sunday, May 28; 1:15 pm

**Seattle Shakespeare Company**, *Twelfth Night*, Sunday, May 7; 1 pm

# SAM LIVE § OTHER BUS TRIPS

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## SPECIAL ACTIVITIES AND EXCURSIONS

### Seattle Art Museum

*Wednesday, May 3; 1:30–4 pm pickup*

At last, we will be going back to the Seattle Art Museum (SAM) Downtown for a private tour of the special exhibition currently on display, as we used to do prior to COVID. This time we will enter the woven world of ikat, a complex textile patterning that knows no borders. Sylvia Fisher, docent, will lead us through this eye-popping explosion of color in these beautiful fabrics that have been made for centuries all over most of the world. We'll see beautiful examples of clothes and wall hangings from Japan, Africa, India, Southeast Asia, Uzbekistan, South America, Europe, and the U.S. A radical departure from today's factory-made clothing, ikat serves as a reminder of the power of slow fashion and the sacredness of clothing as art. Coordinator: Gloria Hennings, x 1793.

### Swedish Pancake Breakfast

*Sunday, May 7; 10:45 am–12:15 pm pickup*

Do warm, tasty pancakes covered with lingonberries tempt you? Have you had a chance to visit the Swedish Club overlooking South Lake Union? Join us for their special Swedish Pancake Breakfast.

Coordinator: Jean Hall, x 1579.

### Swanson's Nursery

*Wednesday, May 10; 10 am–1:30 pm pickup*

This five-acre circa-1924 nursery features plants for sustainable gardening. It offers a large selection of indoor and outdoor plants, gardening tools, and supplies, and it is where you can also find great ideas for growing a balcony garden. There is a gift shop and a café for a light lunch. Coordinator: Jade Simonson, x 1688.

### Edmonds Center for the Arts, *Sleeping Beauty*

*Saturday, May 13; 1:15 am–4:45 pm pickup*

The Olympic Ballet Theater (Edmonds) is offering

*The Sleeping Beauty* for its spring show. We are scheduling transportation to the Saturday matinee from 2–4:30 pm. Senior tickets are \$38–43 and may be ordered online at <https://www.olympicballet.org/tickets/> or by calling their box office: (425) 774-7570. This regional company has been around for more than forty years and has been making serious artistic improvements since Mara Vinson and Oleg Gorboulev (former PNB dancers) took over as artistic directors in 2011. Coordinator: Míceál Vaughan, x 1639.

### Northwest African American Museum

*Friday, May 19; 1–3 pm pickup*

Some of us have been to Northwest African American Museum (NAAM) before, but for this visit we will have a docent-led tour to learn more about the highlights of the museum. After the tour, we can explore the museum on our own.

NAAM is housed in the historic 1909 Colman School building, which overlooks a beautiful, sprawling green park, named after rock legend, Jimi Hendrix, in the heart of Seattle's Central District. NAAM's



NAAM in 2020 – photo by Cedar777; own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=116503186>

# PROGRAMS IN EMERALD HALL

mission is to spread knowledge, understanding, and enjoyment of the histories, arts, and cultures of people of African descent for the enrichment of all. We will have the big bus for this trip. Admission is \$8 for seniors. Coordinator: Nickie Askov, x 1858.

## **Westfield Southcenter**

*Wednesday, May 24; 10:30 am–2 pm pickup*

Westfield Southcenter shopping mall is among the largest indoor malls in the Pacific Northwest. The two levels offer hundreds of retail shops, stores, eateries, and services to cater to every taste or budget. Lunch will be on your own at the mall. Coordinator: Jade Simonson, x 1688.

## **Olympic Sculpture Park (OSP)**

*Thursday, June 1; 2:45–4:15 pm pickup*

On May 25, Jon Shirley, a major visionary and benefactor of OSP, will give Mirabella residents a fascinating history in his talk on the park. On this personal visit, we can experience its wonder with a SAM docent expert as our personal guide. This park is a beautiful, serene setting and the largest green space in the core of Seattle. Coordinator: Diane Holmes, x 1810.

## ***PROGRAM COMMITTEE***

Sally Hayman and Stafford Miller, Cochairs

### **The Filipino Dancers**

*Sunday, May 7; 2–3 pm, Emerald Hall*

This group performed for us about a year ago and is returning with twice the number of dancers for an even more powerful program! Filipinas Performing Arts of Washington State is a nonprofit group whose goal is to collect, preserve, perform, and express in art forms the way of life and cultural traditions of the Filipino people. The show will feature various dances, attire, music, and songs growing out of those traditions in an authentic and contemporary performance. The dances include a



*Filipina Dancers – photo, E. Hill (2022)*

traditional women’s dance showing the many ways of wearing the malong, a tube-like wraparound skirt, an ensemble using fans, and another celebrating women wearing clay pots on their heads.

Come enjoy beautiful, authentic, traditional, and contemporary Filipino music and dance. Coordinator: Diane Holmes.

### **Tom Fay, Seattle Public Library Chief Librarian**

*Thursday, May 11; 3:30 pm, Emerald Hall*

Come meet Tom Fay, the Executive Director and Chief Librarian of Seattle Public Library. Tom’s thirty-nine-year library career began in his native Nevada, where he was Chief Operating Officer/Deputy Director of Las Vegas-Clark County Library. After moving to Seattle, he was hired as Director of Library Programs and Services in July 2015, directing the Library’s Public Services and Programs, Collections, Materials Handling, and Information Technology departments for Seattle’s downtown

# MUSIC IN THE HALL

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*Tom Fay, Chief Librarian, SPL*

Central Library and twenty-six neighborhood branches. When the previous Chief Librarian left in 2021 after almost ten years, Tom was appointed interim chief librarian. A national search was conducted, and Tom was selected SPL Chief Librarian by a unanimous vote of the five-member Library Board in March 2022.

At this presentation, learn answers to these and other questions: “What are the biggest challenges in running a major library system? How is the threat of book-banning handled here? Are printed books being replaced by iPads and other devices and what’s the cost comparison? How is SPL funded?”

Tom Fay will be joined by Jonna Ward, Executive Director of the Seattle Public Library Foundation. Fay and Ward will be invited to visit the Mirabella Library, giving residents an opportunity to thank them for monthly bookmobile service that SPL provides Mirabella. Coordinator: Judy Waring.

## High Class Brass

*Thursday, May 18; 3:30 pm, Emerald Hall*

The Program Committee will welcome back High Class Brass, a quintet of two trumpets, French horn, trombone, and tuba in a program of classical music featuring composers Fauré, Gabrielli, Stravinsky, Piazzola, Mauer, Elgar, Kabelevsky, and local composer Stafford Miller. It’s not often that we get to hear a brass group like this, so come and take advantage of the opportunity.

Mirabella residents have heard High Class Brass



*High Class Brass*

several times before in concerts in Emerald Hall and in the Courtyard. They have also provided music for our Veterans Day programs. The group will return on August 24, playing lighter music in the Courtyard. Coordinator: Stafford Miller.

## Ladies Musical Club

*Saturday, May 20; 2 pm, Emerald Hall*

The Ladies Musical Club will present *For the Love of Spain* and *An Afternoon of Fantasies*.

The artists will be soprano, Diane Althaus, with Joan Lundquist, piano, who will perform songs by Spanish composers including Granados and de Falla. They will then move on to works by Minkov, Berlioz, Brahms, and Chabrier that were inspired by Spain.

In the second half of the program, we are thrilled to welcome back pianist Valentina Rodov who will play the *Fantaisie in F Minor opus 49* by Chopin and *Morceaux de Fantaisie* by Rachmaninoff. Coordinator: Carolyn Burton



*Valentina Rodov*

# JAZZ § SCULPTURE PARK § WELCOME

## Sunday Jazz

*Sunday, May 21; 2 pm, Emerald Hall*

Mirabella residents will watch a DVD of Buddy Rich and The Buddy Rich Big Band as they



*Buddy Rich*

performed at the 1982 Montreal Jazz Festival, when Rich and the band were at the height of their popularity and influence. Featured are seven arrangements that display not only Buddy Rich's virtuosity but his unsurpassed musicianship, according to the liner notes. The Festival International de Jazz, an annual jazz festival held in Montreal, Quebec, Canada, holds the 2004 Guinness World Record as the world's largest jazz festival. Every year it features roughly 3,000 artists from thirty-odd countries, more than 650 concerts, including 450 free outdoor performances, and welcomes over two million visitors. Brighten up your Sunday afternoon listening to and watching this great band. Coordinator: Stafford Miller.

## The History of the Olympic Sculpture Park

*Thursday, May 25; 3:30–4:30 pm, Emerald Hall*

After twenty-five years at the Tandy Corporation, Jon Shirley was hired as President, CEO, and Director of Microsoft. In 1990 he retired from

Microsoft but remained on its board of directors until 2008.

Jon and his late wife Mary spearheaded the creation of the Olympic Sculpture Park, providing the lead gift to facilitate the Park's construction and funding for an endowment that finances ongoing operations. The nine-acre public park consists of an outdoor sculpture museum, an indoor pavilion, and a beach on Puget Sound.



*Jon Shirley and Emmo*

Quoting Jon, "In 1995, Mary and I were walking in our garden, which by then held a lot of sculpture. We were wondering what would happen to it one day when we were gone. We then came to the idea that Seattle needed a sculpture park. And twelve years later the Olympic Sculpture Park opened. I will tell the story of those twelve years."

It's a fascinating story about the transformation of a contaminated brownfield into the largest green space in downtown Seattle. Coordinator: Diane Holmes.

## WELCOME COMMITTEE

Carolyn Blount, Chair

### Cal and Lois Crow

After fifty years on Queen Anne Hill, Cal and Lois Crow are enjoying their new Mirabella home in Unit 518. They appreciate the many residents who have welcomed them, and they have enjoyed the dinner invitations, movies in Emerald Hall, happy hours, and the variety of activities. Lois is now a volunteer at the Re-Store and Cal is becoming an inveterate water volleyball player.

Both are Seattle University alumni. Cal taught math for a year, spent two years in the Army, and returned



# CLUBS AND GROUPS

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*Cal and Lois Crow – photos, L. Smith*

to Seattle to help open a new school; Lois began work with a consulting actuary. Shortly after they decided to marry, Cal received a National Science Foundation grant for summer study at College of the Holy Cross in Worcester, Massachusetts, and the day after their wedding they drove to Massachusetts for a summer of learning, sightseeing, and honeymooning.

Four years and two toddlers later (while expecting a third) they loaded a U-Haul trailer and headed for Tempe, where Cal became a full-time student and acquired a PhD in counselor education at Arizona State University. He later became Seattle School District’s first Career Education Coordinator and began a twenty-seven-year hitch as an adjunct professor in Seattle University’s counselor education program.

After twenty-five years with the School District, he took an early retirement and co-founded the Center for Learning Connections, which became a leader in linking education reform to a changing economy and workplace.

Since the late 1990s the Crows have celebrated three weddings and welcomed nine grandchildren. And everyone lives in the area or visits regularly.

Don Drury

## **BOOK CLUB**

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

May 22: We have selected *Guernica* (2008) by Seattle journalist Dave Boling for the May discussion. When the author spoke at Mirabella, he told us of his in-laws’ experiences during the 1937 firebombing of the Basque town of Guernica. Their accounts of what they endured inspired him to write this novel.



June 26: Kim Michele Richardson’s historical novel *The Book Woman of Troublesome Creek* (2019) is our choice for the June meeting. The central character works as a Pack Horse Librarian in a WPA project created to deliver reading material to rural people in Kentucky. The heroine, because she is one of the historical, blue-skinned people of Kentucky, also deals with issues of racial intolerance.

Everyone is welcome to join us.

Tina Moss

## **FRIENDS OF MEDIC ONE**

### **AT MIRABELLA**

**Calling 911: What to Expect When Calling for Help**

*Tuesday, May 23; 3:30–4:30 pm, Emerald Hall*

Many people know the number to call when encountering a serious emergency, but some people do not know what to expect when you call 911. Please join Seattle Fire Department/Medic One Paramedics and officials from the Fire Alarm/Dispatch Center to get answers to frequently asked

# FEISTY MINNIE § DAPPER DAFFS

questions about how 911 works and why. Mirabella Facilities and Administration staff will be present to answer Mirabella-specific emergency response questions.

We will have more information in your mailbox by May 16. Please plan to attend our 911 informational program on Tuesday, May 23 at 3:30.

Glenda Maledy

## OPERA CLUB NEWS

***La Fanciulla del West* by Giacomo Puccini**

*Monday, May 8; 2 pm, Emerald Hall*

When *La Fanciulla del West* debuted in 1910, no one had ever seen an Italian opera set in America's Wild West. *The Girl of the Golden West*, as it is often called, was the product of Puccini's fascination with Wild Bill Cody's Cowboy-and-Indian show (which he saw in Milan in 1890) and his love for the 1907 David Belasco play also titled *The Girl of the Golden West*. After all, Belasco had also written the play *Madame Butterfly*, which had given Puccini one of his greatest hits.

The opera turns a familiar Wild-West storyline on its head: instead of a he-man cowboy rescuing a helpless girl, the heroine Minnie—a gun-toting, card-sharping, independent woman—saves a vulnerable and helpless bandit from a murderous posse.

Our showing on May 8 is a performance recorded live in 1991 at Teatro alla Scala in Milan, from the La Scala DVD collection donated to Mirabella by the late Julie Lutz. Plácido Domingo sings the part of Dick Johnson, alias Ramerrez, the hunted desperado Minnie loves. Mara Zampieri sings Minnie; Juan Pons is Sheriff Jack Rance. Loren Maazel conducts. The production has a realistic, cinematic scope to it, with brilliant singing from every character. Zampieri and Domingo (Minnie



*Mara Zampieri as Minnie*

and Ramerrez) have wonderful chemistry together. In 1910, the Metropolitan Opera made *Fanciulla's* premier the cultural and social event of the year. Enrico Caruso was tapped for the male lead, and Toscanini conducted. Tickets sold for three times the usual cost, and the first performance received fifty-five curtain calls. With this opera, Puccini was moving away from his "tragic heroines" and toward a more naturalistic—or *verismo*—style. Thanks to his brilliant scoring and to an unusual—and welcome—female lead, *The Girl of the Golden West* is still a favorite the world over. To quote a beloved phrase from the opera: "Whiskey per tutti!"

The next Metropolitan Opera Live in HD broadcast is *Don Giovanni* on May 20, starring baritone Peter Mattei. You can take the Mirabella bus to the theater at Thornton Place Cinema. Call x 1419 to sign up.

Andrea Lewis



*Lake Union Park daffodil beds in full bloom  
– photo, R. Benfield*

# BOXES WITHIN BOXES

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## **MIRABELLA GOVERNANCE...**

### **WHO DOES WHAT?**

BY RUTH BENFIELD

**What is PRS?** That would be our parent organization, Pacific Retirement Services, the organization that developed the property and designed and built Mirabella Seattle. It is the sole member of the nonprofit supporting organization of our Continuing Care Retirement Community (CCRC). (I understand sole membership of a nonprofit organization as being like an owner without the right to take revenue, though it may charge a fee.) PRS is governed by a Board of Directors that includes a representative from each of the CCRCs for which it is the parent organization. Mirabella's representative director is the chair of the Mirabella Board, currently Tiff Wood. The PRS Board has the authority to select and terminate members of our Board. The Chief Executive Officer of PRS is Eric Sholty, who reports to the PRS Board.

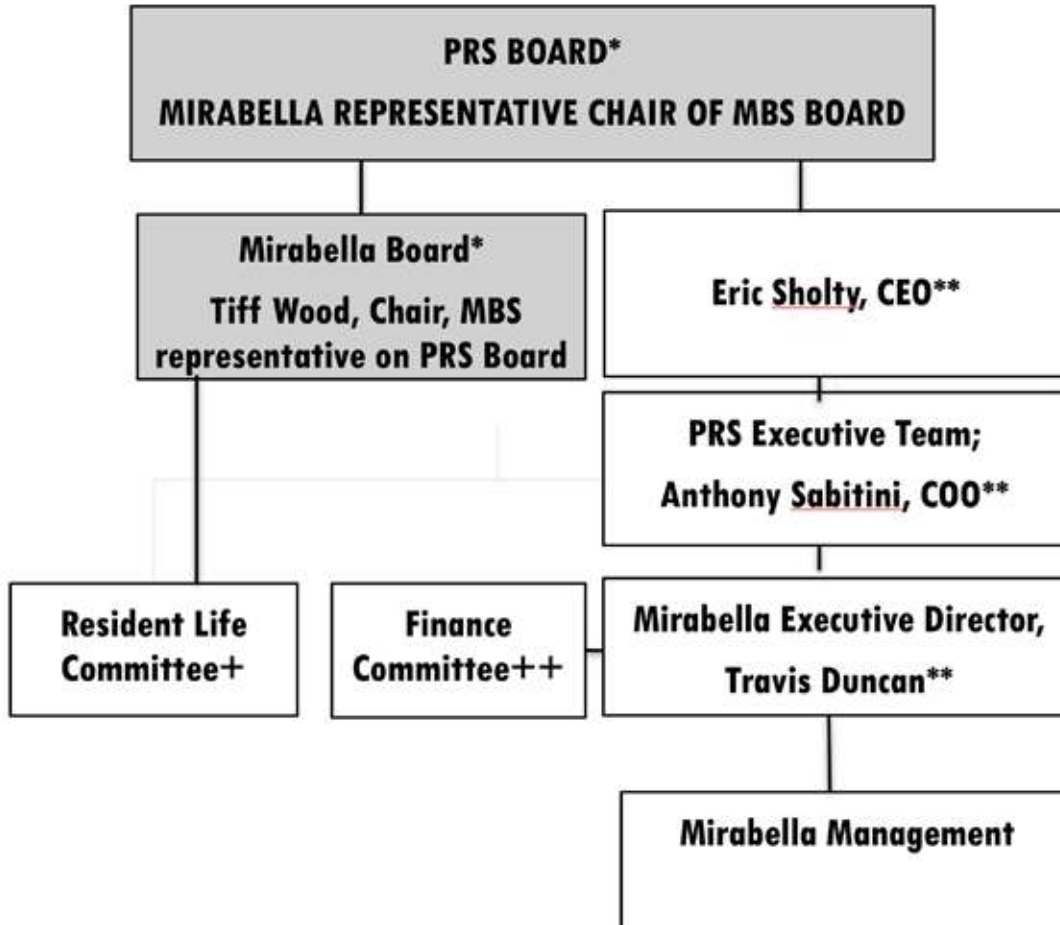
**Who/What is the Mirabella Board?** Mirabella's board is made up of four directors. Current Board of Directors are Tiff Wood, Chair; Lee Burnside, Vice Chair; Oleg Zaslavsky, Secretary; and Ruth Benfield, Resident Director and Chair of the Resident Life Committee. This Mirabella Board is our governing body and has fiduciary responsibility for Mirabella. Its directors have the duty of due care (to pay attention, ask questions), duty of loyalty (to act in the best interest of the organization as a whole), and duty of obedience (to follow the law). Directors are involved in the selection and evaluation of the executive director. In addition to board members, PRS executives, Mirabella Executive Director Travis Duncan, Resident Association leadership, and the Chair of the Mirabella Foundation attend board meetings, but cannot vote on any actions requiring a vote. The Board also oversees the Mirabella Seattle

Foundation as specified by the Mirabella Seattle Foundation Bylaws.

**What is the Resident Life Committee?** This committee is the only board-resident committee. It is made up of two board members, one of whom is the chair, and three residents selected by the Resident Council and the Resident Services Director. Current members are Ruth Benfield, Chair, Oleg Zaslavsky, Charlotte Bushue, Barbara Porter, Paul Keown, and Loni Smith. The executive leadership of the Resident Association is invited to each meeting of the Committee, which has the mission of enhancing two-way communication of relevant issues between the Mirabella Board of Directors and the residents of Mirabella. The Committee advocates for the needs and concerns of Mirabella residents and communicates with and advises the Board on related critical issues. This year the Committee set the goal of increasing interaction between board members and residents by requesting each board member to (1) speak at a Resident Association meeting and respond to resident questions, then participate in a small group lunch for more intimate interaction and (2) agree to attend two social events during the year such as management-sponsored happy hours and summer barbecues. In addition, it was agreed that it would be helpful to publish an article in *The Mirabella Monthly* that outlines some of the Board's responsibilities and to follow that article up with interviews of our Board of Directors.

**How about the Finance Committee...what does it do?** The Finance Committee is the responsibility of Travis Duncan, Executive Director. It is cochaired by a resident selected by Travis and the Resident Association President. Travis and the resident cochair select the resident members, who preferably have significant financial backgrounds. Current members of the Finance Committee are Travis Duncan and David Webber, Cochairs, Tina Moss, Dieter Heycke,

# CHARTING OUR WATERS



*What does the “line of command” look like?* (See the chart.) PRS CEO Eric Sholty leads the executive team, all of whom are employed by PRS. Mirabella is overseen by Anthony Sabitini, Chief Operating Officer to whom Travis Duncan, our Executive Director, reports. All of the staff at Mirabella report to Travis. There are executives within PRS who support Mirabella directors such as in Dining, Information Technology, Facilities, Marketing, and Human Resources. PRS wants to standardize where feasible, but the line of authority rests with the Executive Director of the facility.

**So what?** Each of us knows to use the leadership staff of each area when we have ideas

*\*Required by 501(c) 3 and 509(a) 2 Laws. Grey shading indicates governing body. \*\*PRS Employees. +Chair/Board Representative appointed by MBS Board; Resident members appointed by Resident Council. ++Cochaired by Executive Director and an Appointed Resident; members selected by Cochairs; MBS Board members may be invited. – chart, R. Benfield*

John Wertz, Mort Berman, and the current Resident Association President, Vice President, and Treasurer. It is a closed committee except that members of the Mirabella Board of Directors are invited so that they also may hear the details of financial operations. Mirabella’s financial status is shared with residents via reports at Resident Association meetings, postings on MIRANET, and presentations by the Executive Director in the monthly Directors Forum.

or concerns to share. Can you contact the Resident Life Committee if you have suggestions for better interactions with our Board members? Yes... please contact any of the members of the Resident Life Committee. What if you are worried about Mirabella’s financial status, given our occupancy level? Yes again: contact any member of the Finance Committee, Resident Director Ruth Benfield, or Executive Director Travis Duncan.

# WRITING FROM LONG LIFE

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## ***ELDER POETS THREE***

BY JARED CURTIS

In the April issue of *The Mirabella Monthly* we featured poems by Anne Stevenson, Ted Kooser, and Wisława Szymborska—respectively, an English-born American who was raised in the United States and returned to England as an adult, an Iowan now living in Nebraska, and a Pole who endured two world wars while living in and near Kraków. All were tempered by the times and places of their birth and habitation. They also share the experience of having written their best poetry after reaching the age of sixty. Here are three more examples of their work.

### **INNOCENCE AND EXPERIENCE**

BY ANNE STEVENSON

I laid myself down as a woman  
And woke as a child.  
Sleep buried me up to my chin,  
But my brain cut wild.

Sudden summer lay sticky as tar  
Under bare white feet.  
Stale, soot-spotted heapings of winter  
Shrank in the street.

Black headlines, infolded like napkins,  
Crashed like grenades  
As war beat its way porch by porch  
Up New Haven's façades.

Europe: a brown hive of noises,  
Hitler inside.

On the sunny shelf by the stairs  
My tadpoles died.

Singing sticks and stones  
May break my bones  
(but names hurt more).

Singing step on a crack  
Break your mother's back

(her platinum-ringed finger).

Singing who got up your mother  
When your daddy wasn't there?  
Singing allee allee in free!

You're dead, you're dead, wherever you are!

Anne Stevenson, "Innocence and Experience" from *Poems 1955–2005*. Copyright © 2005 by Anne Stevenson. Reprinted with the permission of Bloodaxe Books Ltd.

### **DADDY LONGLEGS**

BY TED KOOSER

Here, on fine long legs springy as steel,  
a life rides, sealed in a small brown pill  
that skims along over the basement floor  
wrapped up in a simple obsession.  
Eight legs reach out like the master ribs  
of a web in which some thought is caught  
dead center in its own small world,  
a thought so far from the touch of things  
that we can only guess at it. If mine,  
it would be the secret dream  
of walking alone across the floor of my life  
with an easy grace, and with love enough  
to live on at the center of myself.

"Daddy Long Legs" from *Flying at Night: Poems 1965–1985*, by Ted Kooser, © 2005. All rights are controlled by the University of Pittsburgh Press, Pittsburgh, PA 15260. Used by permission of the University of Pittsburgh Press.

The poem on page 22 is by Wisława Szymborska, "The End and the Beginning" from *Miracle Fair*, translated by Joanna Trzeciak. Copyright © 2001 by Joanna Trzeciak. Used by permission of the author and W. W. Norton & Company, Inc. *Miracle Fair: Selected Poems of Wisława Szymborska* (W. W. Norton and Company Inc., 2001)

# BIRTHDAYS § POETRY CORNER § REMEMBERING

## HAPPY BIRTHDAY! MAY 2023

4 – Shirley Fike  
 7 – Mike Waring  
 7 – Janet Seery  
 8 – Margot Hill  
 8 – Barbara Rottler  
 9 – Mandy Wertz

13 – Allen Suver  
 13 – Janice Kaplan-Klein  
 14 – Bill Wall  
 14 – Mary Ann Knowles  
 14 – Jean Rolfe

18 – Linda Berkman  
 19 – Barbara Anthony  
 19 – Carol Pugh  
 21 – Paul Hurn  
 24 – Janet Stanton  
 28 – Pauline Saxon

### THE END AND THE BEGINNING

BY WISŁAWA SZYMBORSKA  
 TRANSLATED BY JOANNA TRZECIAK

After every war  
 someone has to clean up.  
 Things won't  
 straighten themselves up, after all.  
 Someone has to push the rubble  
 to the side of the road,  
 so the corpse-filled wagons  
 can pass.  
 Someone has to get mired  
 in scum and ashes,  
 sofa springs,  
 splintered glass,  
 and bloody rags.  
 Someone has to drag in a girder  
 to prop up a wall.  
 Someone has to glaze a window,  
 rehang a door.  
 Photogenic it's not,  
 and takes years.  
 All the cameras have left  
 for another war.  
 We'll need the bridges back,  
 and new railway stations.  
 Sleeves will go ragged  
 from rolling them up.

Someone, broom in hand,  
 still recalls the way it was.  
 Someone else listens  
 and nods with unsevered head.  
 But already there are those nearby  
 starting to mill about  
 who will find it dull.  
 From out of the bushes  
 sometimes someone still unearths  
 rusted-out arguments  
 and carries them to the garbage pile.  
 Those who knew  
 what was going on here  
 must make way for  
 those who know little.  
 And less than little.  
 And finally as little as nothing.  
 In the grass that has overgrown  
 causes and effects,  
 someone must be stretched out  
 blade of grass in his mouth  
 gazing at the clouds.

### Remembering . . . .

*Jerry Johnson . . . . 4/23/2023*  
*Mary "Carolyn" Glover . . . . 4/24/2023*

# MOVIE CLUB SHOW TIME

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## *WOMEN OF POWER AND PASSION*

BY CONNIE CHAPLIN



*Tilda Swinton and Idris Elba in “Three Thousand Years of Longing”*

*Three Thousand Years of Longing* stars Tilda Swinton as a lonely British narratologist. That’s someone who studies how humans use stories to make sense of things. Sort of. She’s at a professional conference in Istanbul when she comes upon an odd hand-blown crystal bottle. She’s curious, and guess what? There’s a Djinn (Genie) in the bottle! Idris Elba is the Djinn and he wants out. Of course he does. He offers the skeptical scholar three wishes in exchange for his freedom and eventually she agrees. Why not? Who believes there’s a Genie in the bottle? However, she also knows that Genies are traditional tricksters. Did I mention that this is billed as drama-fantasy-romance?

Cate Blanchett stars as composer-conductor Lydia Tar in *Tar*, a film about the insidious nature of power in the modern world and in the Western classical music world particularly. Tar is considered one of the greatest living composer-conductors and the first female heading a German orchestra. She’s also an ego-driven manipulator up against forces she can’t control at a critical point in her career. Then

her secrets start unraveling. This film is about music with a heavy dose of drama. Blanchett can handle that. It was nominated for six Oscars.

Another strong woman character is handled nicely by Viola Davis in the action-drama-history picture *The Woman King*. This story was inspired by true events that happened in The Kingdom of Dahomey in eighteenth and nineteenth century Africa. Davis plays a general in the all-female unit of warriors who protect the kingdom of King Ghezo (John Boyega) with unique skill and fierceness. She’s involved in training the next generation of recruits for the sisterhood. But Ghezo becomes involved in the slave trade and Dahomey’s way of life is threatened.

Not quite an autobiography, *The Fabelmans* is a drama/coming-of-age story based on the life of Steven Spielberg, who cowrote and directs. Sammy Fabelman (Gabriel LaBelle) wants to become a filmmaker and is encouraged by his mother Mitzi (Michelle Williams), while father Burt (Paul Dano) considers filmmaking a hobby. Burt’s friend “Uncle” Benny (Seth Rogan), involved in a family secret that Sammy eventually discovers, completes the household. The film covers Sammy’s life from seven to eighteen. With Judd Hirsch. Insight into the life of one of filmdom’s greats.

Ready for a comedy? How about *On the Rocks* with Rashida Jones and Bill Murray? She’s a young mother becoming a little suspicious of her career-driven, fast-moving husband (Marlon Wayans). He’s gone a lot. Could he be cheating on her? She needs advice and reassurance, so she goes to Dad, a suave, mischievous, but oh-so-charming philanderer father, a semi-retired art dealer. Oh, and impeccably dressed. Bill Murray??? Bon vivant papa is totally up for running around New York spying on his son-in-law. What could go wrong?



# *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***

*Publisher, Editor-in-Chief, and*

*Designer:* Jared Curtis

*Associate Editor:* Mary Rogers

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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@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 as attachments

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

any paper illustrations and sketches

in mailbox #801.

**The Mirabella Monthly**  
*Mirabella Seattle*