



UNDER THE BIG TOP!

The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 15 | ISSUE 6 **KEEP OUR SAFETY NET STRONG! FUND DRIVE DEADLINE, JUNE 9** JUNE | 2023

WHAT'S ON TAP

- 1 *Father's Day Musings* by Jared Curtis
- 2 *What's a "Diversity Dinner"?* by Sheryl Feldman
- 3 *Bring in the Clowns!* – Photos by Cathy Short, Story by Jared Curtis
- 4 *Lunch is Served* by Louise Lowry
- 5 *Mirabella Monthly News* by Jared Curtis
- 6 Who Does What at Mirabella
- 7 Resident Services
- 9 Active Arts Committee ◇ *A Journey All Its Own* by Tricia Brink
- 10 Environment & Facilities Committee
- 11 Health & Wellness Committee
◇ Lifelong Learning Committee
- 12 Resident Revelations: Fred Short
- 14 Outside Activities Committee
- 16 Program Committee
- 18 Welcome Committee
- 20 Book Club ◇ Opera Club News
- 21 Parkinson's Walk
- 22 *Mirabella Foundation Song* by Barbara Porter ◇ *Boat Parade Adventure* by Martha Oman
- 23 WACCRA News ◇ Friends of Medic One
- 24 *Tech Survey Progress* by David Webber
- 25 *Flight Paths* by Jared Curtis
- 26 Birthdays ◇ Poetry Corner: *Nothing Twice* by Wisława Szymborska ◇ Remembering
- 27 *Movie Magic* by Connie Chaplin
- 28 Guide to Mirabella Publications

FATHER'S DAY MUSINGS

BY JARED CURTIS

MY FATHER liked to fix things. While I was growing up in a small town in Connecticut, he had established an all-purpose workshop in the basement of our house, with tools neatly displayed on pegboards above the eight-foot bench, and other tools and supplies lined up on shelves beneath. Bench, shelves, and tool display were all constructed by him. My older brother and I wanted a ping pong table, but the available space in the basement would not accommodate a regulation table. So, he built one that would fit, constructed of particle board and two-by-fours for the playing surface and plumbing pipe for legs. It was considerably smaller than regulation, yet perfect for the space. The low ceilinged basement was a challenge. Ron and I modified the rules a little to allow ricochet shots that hit the floor joists above and fell onto the table surface on the opponent's side. We became rather adept at that tricky maneuver.

Dad, too, was adept at solving problems others would give up on or call in the experts to solve. When he'd enclosed the ample back stoop with roof and screens, squirrels leaped to the porch roof on their airborne way from the backyard trees to the tree at the front door by scurrying over the house roof. The racket the squirrels made when they hit the porch roof was intolerable. So, he built a squirrel bridge that gave them a risk-free path from tree direct to the house roof, bypassing the porch.

When I asked if I could build a small sailing dinghy in the



GLORIOUS GADGETS § EXPLORING CULTURES

2

JUNE | 2023



Rube Goldberg, "Professor Butts and the Self-Operating Napkin" – Originally published in Collier's, September 26, 1931

basement, assuring him it would fit through the door at the top of the cellar stairs, he gave me the go-ahead. When my friend and I finished the boat and tried to get it through the doorway, we failed. Dad said, "Take it back downstairs and give me a minute." The right tools in hand, he carefully removed the doorstop pieces on the top and side of the door frame and called, "Try her again." The boat went through the door, just, and the doorstops were reinstalled.

After my brothers and I had left home and started families, Dad built a decked swimming pool that occupied most of the backyard—for himself, of course, as he loved to swim, but also to entertain the growing number of visiting grandchildren, who spent most of their daylight hours in and around the pool. Always fascinated with how things were done, he would study any new construction site that he passed by on his walks. He loved gadgets and specialized tools, accumulating an impressive array of such things over the years. He was a dedicated fan of Rube Goldberg's cartoons of complicated inventions that appeared occasionally in the Sunday

papers and in magazines.

For the topping on a pumpkin pie, a special dessert for company, my mother bought one of those new-fangled pressurized cans of whipped cream to try out. She couldn't get it to work, never having used one before. She handed Dad the can and said, "You're the clever one. See if you can make it work." He inspected the nozzle, removed the plastic locking piece, and, tipping the can this way and that, pushed the nozzle. The spray of whipped cream landed on my mother's surprised face, thoroughly coating her glasses. Unfazed, she washed her face and glasses at the kitchen sink, took the can from my Dad's hand, and expertly coated the pie with whipped cream. On eating the first bite, he assured her, "Good pie, Honey!"

WHAT'S A "DIVERSITY DINNER"?

BY SHERYL FELDMAN

YOU may have heard that some of us have been talking about diversity at Mirabella. These conversations started with the dinner I organized after my Resident Revelations "Learning My Color." Over a meal, we shared experiences living with and working with Blacks in the United States, the Caribbean, and Africa. Eventually, high on our memories, we got round to calling "more, more." Of course, more would mean something different to everyone. To find out what residents of Mirabella Seattle are imagining, a few of us pulled together two Diversity Dinners, "bottom-up" events designed to discover what we think "more" diversity would look like here. I say "more" because, at our April dinner, we identified some of the ways that we're already diverse: education, race, culture, income, language, country of origin, political view, religion, age, marital status, gender, work lives, ability, disability, and interests.

RAISING SPIRITS

JUNE | 2023

3

BRING IN THE CLOWNS!

PHOTOS BY CATHY SHORT, STORY BY JARED CURTIS



Mary Jossem and Diane King

We asked ourselves whether we were imagining a more diverse community of people or more diversity in our common cultural life: in food, art, lectures, programs, and excursions. The result was what you probably expected: all over the spectrum.

What came out of our small group discussions was more revealing. There were lots of ideas for exploring other local cultures (Native American culture was a clear favorite) by attending lectures, performances, going on outings, and connecting informally with individuals from those cultures. Most groups explored questions they had around the challenges of multicultural communication.

In a few words, this is a conversation about diversity. It is an exploration stemming from a curiosity about the ways of people different from most of us, from an appreciation of the changing culture in the world around us, and from the wish that we all live well together.

We'd love to have you join us. Watch for an announcement of our next event. If you have suggestions or comments, please email me at sheryl.s.feldman@gmail.com.

THE Emerald Hall fundraiser event, choreographed by Mary Jossem, Chair of the Fundraising Committee for the Mirabella Seattle Foundation, was a wildly entertaining show for residents on May Day, 2023. Emceed by Ringmaster David Martin, the show offered music, dance, circus videos, delightful antics by Margie the Clown (Maia Alexander), drinks, and snacks.



Loni Smith



Charlotte Lindsey

SLEEVES ROLLED & READY TO GO

LUNCH IS SERVED

BY LOUISE LOWRY

ONCE a month I join Mirabella residents' crack team of cooks, bakers, and dishwashers and head to our neighborhood YouthCare Orion Center. We prepare, serve, and clean up after a hearty, nutritious lunch for the young clients. The team, led by Charlotte Lindsey, includes Julie Holland, Sandy Rensvold, Paul Keown, Fred Short, and me.



Paul Keown & Fred Short prepared for cleanup duty – photo, S. Rensvold

We enter the kitchen at 11 am, serve lunch at noon, and leave everything cleaned up, spick and span by 1:30 pm. We work in a restaurant-grade, commercially certified kitchen. We prepare food from floor-to-ceiling freezers and refrigerators and a fully stocked pantry. We work on long stainless steel prep counters and cook on an enormous gas range with a giant grill, four burners, and two ovens.

Before leaving, we feed dishes and cookware into the steam-spewing monster dishwasher mounted on the counter near the sinks.

The whole project is presided over by Unique Hutson, the YouthCare staff member who oversees the kitchen and the production of three meals a day for the young drop-ins. She plans the menus, orders the food, and supervises the volunteers. She is at home in this kitchen and in charge.

Unique greets us with today's menu while we don aprons, wash hands (thoroughly) and squeeze into plastic gloves. Today's menu features cheeseburgers with tomatoes, onions, and fresh spinach leaves; curly French fries; green salad; and a fruit salad. There is also a dessert bowl with choices of fresh apples, oranges, and various granola bars. We plan to serve about 30 clients.

Unique has already laid out the ingredients for the



Unique and her Mirabella Lunch team – photo, S. Rensvold

SIZZLING SERVICE § MONTHLY MEMO

JUNE | 2023

5

fruit and vegetable salads. Sandy and Julie plan how they will slice, dice, and chop. A whole, ripe pineapple is a new challenge.

Meanwhile, Charlotte heats up hot oil for the curly fries. Although frozen and fully cooked, they must be browned and crisped. Unique has turned on the grill so I can flip the burgers, already formed in frozen patties. She has buns and slices of cheese ready.

The cooking begins. Hamburger patties sizzle. Curly fries bubble in the hot oil. Salads are tossed. Unique seasons all with handfuls of spices and giant pours of oils, dressings, and flavorings. Measuring spoons and cups are not needed in her culinary toolbox.

It's noon. We go to the steam table with our freshly prepared meal. The clients enter from the street, wash hands at the start of the line, and grab a tray. Sandy and Charlotte offer salads and snacks, Fred and I serve the cheeseburgers, Julie has the curly fries and condiments for the burgers. Drinks are on a table nearby. "Seconds" will be announced if there are leftovers.

Paul is at the dishwasher. Fred joins him. They load dishes, cookware, and utensils on trays to feed the machine. After a few minutes of ear-splitting, explosive convulsions, the trays emerge, dishes sparkling, steaming, and sterilized.

We wipe the counters with disinfectant, re-shelve the dishes, take off our aprons, and return to Mirabella for a nap.

In addition to three meals each day, this YouthCare facility offers a warm, comfortable place to hang out, with TV, washer-dryers, showers, and when needed, a new toothbrush. It also offers a weekly free health clinic, classes to prepare for the GED exam, job training, counseling, and other services relevant to its clientele. It no longer provides overnight shelter but refers clients to nearby shelters.

MIRABELLA MONTHLY NEWS

BY JARED CURTIS, PUBLISHER

No August Issue

For the fourth year in a row, we will reward the team of resident volunteers helping to publish our community newsletter eleven months of the

year with a well-deserved break by dropping the August issue. As this may create a problem for committees and planners of other programs

and events that will occur in August or in the first week of September, we will expand the July issue to include these items.

To give notice of August plans in the July-August issue of *The Mirabella Monthly*, you will need to make your submission to Mary Rogers (mkr3824@gmail.com) in time to appear in the July issue. Send all images at full or original size directly to Jared Curtis (jaredcurtis@icloud.com). The normal deadline for submissions to an issue is the fifteenth of the previous month. For events, programs, and all other submissions for **July 2023**, June 15 remains the deadline. But for submissions announcing events and programs occurring in **August**, the deadline is extended to June 20 to allow extra time for August arrangements to be confirmed, written up, and submitted. For all other rules governing submissions, please see the guidelines for submissions printed on the back page of this issue of *The Mirabella Monthly*.



WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2022–2023



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



Mike Waring,
Vice President, 2022–2023,
Box 527, x 1585,
urbandoc@hotmail.com



Mary Jossem,
Secretary, 2022–2023,
Box 835, x 1584,
mfjossem@gmail.com



Alice Arrington,
Treasurer, 2022–2024,
Box 800, x 1749,
alicebelle6@gmail.com



Nancy Eliason, Member-at-
Large, 2022–2024,
Box 715, x 1842,
nleliason@gmail.com



Jane Beer, Member-at-
Large, 2021–2023,
Box 734, x 1747,
lil_jane@hotmail.com



Betty Heycke, Member-at-
Large, 2021–2023,
Box 414, x 1619,
bettyheycke@yahoo.com



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



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

COUNCIL & RESIDENTS' ASSOCIATION MEETINGS

Residents' Association Meetings are held on the first Tuesday of the month at 11 am in Emerald Hall. Resident Council meets on the second and fourth Tuesday of the month at 9 am in Conference Room A. Residents are welcome at all Council meetings.

RESIDENTS' ASSOCIATION

COMMITTEES & CHAIRS, 2022–2023

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

Committee or Group	Chair/Cochairs	Contacts
Active Arts	Barbara Porter	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
	Míceál Vaughn	Box 424, x 1639
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

HAPPY HOUR § HEALTH CLINICS

JUNE | 2023

7

RESIDENT SERVICES

Loni Smith, Resident Services Director

Community Happy Hour—Summer Solstice and Tribute to John Pehrson

Wednesday, June 21; 3:30–5 pm, NW Dining Room

Please join us on Wednesday, June 21, for the Community Happy Hour. The event will be held in the Northwest Dining Room from 3:30–5 pm to celebrate the Summer Solstice and pay tribute to resident **John Pehrson**, who served on the board of the South Lake Union Community Council (SLUCC) for six years and continues to be an active member of the Policy and Planning Committee.

Resident **Julie Holland**, who is Board President of the SLUCC, informs us that SLUCC unanimously selected John for this year's Good Neighbor nomination. May 6 was City of Seattle's 2023 Neighbor Day recognition kickoff, and this year, John was designated a Good Neighbor by the Seattle Department of Neighborhoods (DON) based upon his tireless community contributions

and leadership in South Lake Union for the past fifteen years. He recently gave public testimony in support of a Sound Transit Link station on Terry Avenue and Denny Way. Neighborhood projects he spearheaded were the development of Urban Design Guidelines, the walking trail Market-to-MOHAI, and the planting of 10,000 Daffodils along this trail, including the flower beds at Lake Union Park.

Each year, DON sponsors Neighbor Day to honor those in Seattle who have gone the extra mile to support the community. In John's case, it is a remarkable story. We can join Julie Holland in giving a shout out of thanks to John Pehrson.

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. 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.



Daffodils at Lake Union Park, part of the 10,000 Daffodils project spearheaded by John Pehrson

CAREGIVER RESPITE

Audiologist: Seattle Hearing Services

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

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

Podiatrist

Wednesday, June 7; 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, June 19 and 26, Tuesdays, June 20 and June 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. 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.

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.

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 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



ARRANGING FLOWERS § PAINTING SEASCAPES

JUNE | 2023

9

covered under the temporary free stay program and therefore is a private pay cost.

Max Kuhlman, Health Services Administrator

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

Singalong

*Wednesday, June 14; 3:30 pm, Second Floor
Activity Room*

Come and enjoy the monthly singalong. All residents are welcome to attend this event and sing with the Mirabella ukulele players. If you have a song you would like to add, please let Barbara Porter know and your request will be honored, if possible. The Ukes love a challenge. Coordinator: Barbara Porter

Flower Arranging

Monday, June 5; 10 am, Memory Care

The May Day flower arranging was a huge success for Memory Care residents and volunteers alike.



*Mary Jo Taylor, Maria Fiore, and Susan Coleman
— photo, B. Porter*

Patients in skilled nursing received bouquets, and there were flowers for the Memory Care residents as well. This activity is led by Mary Jo Taylor and supported by a group of volunteers, which included her daughter Laura Lendon. The program will continue on the first Monday of each month.

Tricia Brink

A JOURNEY ALL ITS OWN

BY TRICIA BRINK

The artist Helen Frankenthaler once said that “Every canvas is a journey all its own,” and the group attending this Active Arts Event on a Wednesday afternoon last month were in that moment and on that journey. Gennie Thompson was one of many residents who attended the painting event sponsored by Active Arts and put on by a company called Corks and Canvas. She summed up the experience by saying, “My first Sip & Paint was so satisfying....Life is too busy and demanding—so this made me just stop... and paint a landscape again.” Jean Hall also enjoyed the session: “I thought it was a lot of fun. Nice to work with the colorful acrylic paint colors.”

Milari Hare, our Corks and Canvas hostess, turned the Northwest Dining room into a large studio with easel, canvas, brushes, and a palette of acrylic paints for each resident. She then gave us step-by-step instructions on how to paint a seascape with a meadow of wildflowers beside the cresting waves. There were also some who chose to follow their own muse with very creative results.

The painters’ concentration shown in the accompanying photographs requires nourishment, and we were well taken care of with wonderful *hors*



*Nancy Finley, Nancy Eliason, and Mary Jossem
— photo, E. Hill*

HOW THINGS WORK



*Bertie Perry, painter
– photo, E. Hill*

d’oeuvres by chef Sean Eveland and wine from Tim Shea. You just had to be careful not to put the paintbrush in the wineglass.

To set up to paint with acrylics is costly and can be messy for one person but a breeze for Milari. And yes, she also cleaned it all up. An event like this allows many to have the experience without the expense and effort

of finding and gathering the materials before even getting started. Nancy Finley said it well afterwards: “I’ve had almost no experience creating art, as my focus has always been on the sciences. It’s fun to experiment with something so challenging!” Gennie, delighted with the result, added: “We even got to take our treasures home!”

ENVIRONMENT & FACILITIES COMMITTEE

Nickie Askov and Míceál Vaughan, Cochairs Mirabella Seattle’s Heating and Cooling Systems

Most of us remember prior “dog days of summer” when Facilities Services staff were on the roof in the blazing sun monitoring the cooling towers. Betty Heycke’s story for *The Mirabella Monthly* featured these efforts during dangerously high temperatures on our roof (Volume 13, Issue 9, September 2021). To help us understand the process of controlling temperatures at Mirabella, Marcus Cullen, Facility Services Director, explained how the closed loop



Cooling Towers on the roof – photo, M. Cullen

heating and cooling systems work.

In each apartment residents have a water source heat pump that receives water from the condenser water loop system, which uses water to heat and cool according to the thermostat setting in each apartment. When the temperature in the unit rises or falls more than two degrees, the air conditioning or heat turns on to maintain the desired setting. The water source heat pump activates a fan that distributes the cooled or heated air throughout the apartment. Residents who plan to be away for a lengthy period should put in a work order (x 1413 or on MIRANET) to request that their thermostat be adjusted to save energy.

Mirabella has three boilers and four cooling towers located on the roof. This redundancy is built into the system in case one fails and needs repair. Boilers and cooling towers are both kept running at this time of year when cool weather can suddenly turn warm, and vice versa. Otherwise, the boilers operate only in the winter and the cooling towers in the summer. Every morning Maintenance staff inspect each element to be sure they are all working properly. They listen for any malfunctions and make a visual inspection. In

LEARN ABOUT MEDS...AND MORE

JUNE | 2023

11



Rooftop boilers – photo, M. Cullen

very hot weather they ensure that water is flowing in the cooling towers and not evaporating too rapidly due to the considerably higher temperatures on the roof. If necessary, they will increase the water flow to maintain proper temperature of the condenser water loop system.

In early April, to make it easier to monitor the system from Facilities offices in the basement, a computer system was installed that feeds the temperatures of all the boilers and cooling towers to a digital display already showing the temperatures of all hallways and common spaces. In extremely hot summer weather, our apartments are given priority. As a result, our hallways may not be optimally cooled. Unoccupied common spaces are also not cooled optimally at night to preserve cooler temperatures in our units. High praise is due to our talented and dedicated staff who keep the system working for our comfort.

Nickie Askov

HEALTH & WELLNESS COMMITTEE

Ken Hopkins, Chair

Ask a Pharmacist with Suzanne Lee, MD

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

Be prepared to learn what pharmacists know

about medicines and how they can make life easier. Suzanne Lee, MD, earned her doctorate in Pharmacy at the University of Washington. She is a clinical professor at the University of Washington and Northwest Hospital, Critical Care Unit.



Suzanne Lee

She serves as a guest lecturer in the School of Pharmacy at Keio University, Japan, and a delegate to the US-Thailand Consortium (<http://usthai.pharmacy.psu.ac.th/>).

At Northwest Hospital she reviews doctors' pharmacy orders, supervises pharmacy staff, and is a preceptor of students, constructively analyzing students' performance in the classroom or on the job. Throughout her career Dr. Lee has received many awards and honors and offered her knowledge and skills in services to a wide variety of organizations. We may never have a more qualified person to tell us about the drugs we take and their contents. So don't miss it. Coordinator: Ken Hopkins, x 1662.

LIFELONG LEARNING COMMITTEE

Leslie Klein and Pat Harris, Cochairs

OLLI-UW June Zoom Lectures

Membership in OLLI-UW is not necessary to enjoy these lectures. They are free to Mirabella Seattle residents, but preregistration is required. OLLI-UW Coordinator: Julia Wan.

How the Sun Keeps Us Awake with Horatio de la Iglesia

Wednesday, June 7; 12–1 pm, Zoom

TALKS ON ZOOM § RESIDENT REVELATIONS

Zoom Preregistration link:

https://washington.zoom.us/meeting/register/tJIsfuy_oqT8qG9Pv5s_2C4g8pfOqS3z8NY45

Dr. Horatio de la Iglesia will speak about the importance of daylight for healthy sleep and general health. He will also explain the tremendous negative



Horacio de la Iglesia

impact that permanent Daylight Saving Time would have on people living in Seattle. Dr. de la Iglesia finished his undergraduate studies in Biology at the University of Buenos Aires, Argentina. He earned his PhD in Neuroscience and Behavior at the University of

Massachusetts, Amherst. While working with Eric Bittman there, he studied the neuroanatomical interactions between the master circadian clock of mammals and the brain centers that control reproduction. He then continued his research on the neural control of circadian rhythms as a Post-doctoral Fellow and as an Instructor in the laboratory of William Schwartz at the University of Massachusetts Medical School. Dr. de la Iglesia joined the University of Washington Department of Biology in 2003.

Nucleic Acid Vaccines, a Revolution in Modern Medicine with Deborah Fuller

Friday, June 23; 12–1 pm, Zoom

Zoom Preregistration link:

<https://washington.zoom.us/meeting/register/tJUkfumtrjwpHNF3tgDso33SRMoSY6iFftX>

This lecture will review the history of how nucleic acid vaccines got their start, what we know to date about how they work, how they differ from

traditional vaccines, and what future strategies could make these vaccines a game changer in modern medicine to protect against infectious diseases and to treat chronic diseases and cancer.

Deborah Fuller is a Professor in the Department of Microbiology at the University of Washington, and Associate Director of Research at Washington National Primate Research Center. Her research on DNA and RNA-based vaccines has led to the first DNA vaccine to induce protective levels of immunity in humans and the first self-amplifying RNA vaccine licensed for human use. She’s authored over 100 manuscripts, is a coinventor on over a dozen patents and is cofounder of Orlance, Inc. (www.orlance.com), a biotechnology company developing a needle-free nucleic acid vaccine delivery platform. Recent honors include the Hope College Distinguished Alumni Award in 2021 and the Latinx Faculty Excellence in Research Award in 2022.

Resident Revelations

Fred Short: Pursuing Seagrass in the Shallow Oceans of the World

Tuesday, June 13; 3:30 pm, Emerald Hall

Perhaps you have seen Fred Short’s *World Atlas of Seagrasses* in the Mirabella library. Seagrasses, flowering underwater plants, grow along coastlines worldwide, including Puget Sound. Fred will talk about his research in coastal ecology, seagrass restoration, and his work with the International Union for the Conservation of Nature (IUCN). Fred received his PhD in oceanography from the University of Alaska in 1981. He founded



Fred Short in China

MAKING WAR § MAKING A DIFFERENCE

JUNE | 2023

13

SeagrassNet in 2000, with 138 monitoring sites in thirty-five countries. Now based at the Smithsonian, SeagrassNet is used to document coastal ocean health. Fred is interested in the application of science to resource management and protection. Come to see his underwater photography of coastal oceans around the world! Coordinator: Carolyn Blount.

The War on Ukraine: The World Responds...or Looks Away

Monday June 12; 10:30 am–12 pm, Emerald Hall and Hybrid Zoom

David Fenner returns to present Part 3 of the Ukrainian War Series. In earlier talks he explored the Russian and Ukrainian perspectives on this “war of choice” and how it impacts life across Eastern Europe. This session will focus on other nations’ responses as



David Fenner

of June 2023, including the US, the EU, China, India, Turkey, and the Gulf States. Each of these parties has vested interests in the conflict, but some are more publicly involved than others. What are the over-arching historical, geopolitical, economic, and security issues, and the costs in human suffering the Russian

war has caused? Bring your questions and comments in this effort to make some sense of this senseless war. David Fenner is an affiliate faculty member at the University of Washington’s Jackson School of International Studies. His MA is in Russian Literature and his first of many visits to the Soviet Union (and later Russia) was in 1973. In the late 1970s he studied at Leningrad State University. Fenner later served as the UW’s Assistant Vice Provost for International

Education. Coordinator: Leslie Klein.

Kimberlee Yolanda Williams: Engaging Across Differences

Wednesday, June 14; 4–5 pm, Emerald Hall

Kimberlee Yolanda Williams will present Engaging Across Differences from her point of view growing up in communities filled with diversity, and in



Kimberly Yolanda Williams

which she found that people often held back from crossing social divisions. As an educator, consultant, workshop leader, speaker, and certified life and health coach, Kimberlee has

sought to help people across the racial spectrum step closer to each other. Her mix of authenticity and truth from her life experiences gives permission for those around her to choose progress over perfection in engaging across differences. Kimberlee received a BA in Foreign Language Education from the University of Maryland and an MS in education from Dominican University. She is author of *Dear White Woman, Please Come Home* (Elephant Room Press, 2022). Coordinator: Pat Harris.

Rabbi Daniel Weiner, Jewish Topics of Interest to Educated Seniors

Wednesdays, June 21 and June 28; 11 am–12 pm, live in Emerald Hall and on Zoom with recordings

Part 1: Shakespeare and the Jews: Does a Jew Not Bleed? Particularly in light of current increases in antisemitism, Shakespeare’s delving into the humanizing of the hated in *The Merchant of Venice* resounds down to our current moment. Join us for an exploration of two key scenes in the play and their impact on the modern Western view of Jews and Judaism.

PLANNING WHERE TO GO

Part 2: Music and Midrash: So many contemporary songs reflect the transcendent themes of human



Rabbi Daniel Weiner

existence that have informed and inspired us through sacred scripture and its interpretation. Join us for a chance to learn how the work of modern singer-songwriters reflects these timeless themes, rooted in Jewish scripture and commentary. Rabbi Weiner, who leads a rock band, will sing some of the songs he talks about during his presentation.

Senior Rabbi Daniel Weiner at Temple De Hirsch Sinai believes passionately in building Judaism for the twenty-first century and in healing the world through social justice. Rabbi Weiner recently wrote an editorial, “Faith in a better future for Israel endures beyond fallibility of today,” for the *The Seattle Times* (April 24, 2023). He has served on numerous boards, including various committees of the Central Conference of American Rabbis, chaired local rabbinic boards, and served on multiple national boards of Jewish organizations. Coordinator: Leslie Klein.

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 unless otherwise stated in the writeup. Request a 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 waitlisted to use the space. You may also cancel your reservation by calling the Front Desk at x 1400 when last minute cancellations are unavoidable.

COVID Restrictions: COVID restrictions are rapidly changing; however, some indoor venues may still require a mask. To be safe, make sure you have one before boarding the bus.

GROCERY TRIPS

Ballard Market/Safeway/Target, Fridays, June 2, 23; 10 am–12 pm

Costco, Wednesdays, June 14, 28; 9:45–11:45 am

Fred Meyer, Fridays, June 9, 30; 10–11:45 am

Metro Market/Bartell, Friday, June 16; 10–11:45 am

QFC/University Village, Mondays, June 5;

10 am–12 pm; June 26; 10–11:45 am

Trader Joe’s/PCC, Monday, June 12; 10–11:45 am

No shopping trip is scheduled on Juneteenth National Holiday, June 19.

MORE BUS TRIPS

JUNE | 2023

15

WALKS

Saturdays, 9:30–11:30 am pickup

- June 3 Fremont Cut
- June 10 Des Moines Creek Trail & Farmer's Market, *12 pm pickup*
- June 17 Green Lake
- June 24 Edmonds Waterfront & Farmer's Market, *12 pm pickup*

Coordinator: Charlotte Bushue, x 1723.

GOLF

Thursday, 9:30 am–1:30 pm pickup

- June 1 Foster
- June 8 Newcastle
- June 15 Nile
- June 22 Lynnwood
- June 29 Foster

Coordinator: Dean Temple, x 1820.

SUNDAY CHURCH

Sundays, June 4, 11, 18, 25; 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 a confirmation to ensure a seat on the bus.

Met Live in HD, *Die Zauberflöte*, Saturday, June 3; 9:30 am

Pacific Northwest Ballet, *Worlds to Come*, Saturday, June 3; 1:15 pm

Seattle Symphony Series 8G, *Saint-Saens Organ Symphony*, Sunday, June 4; 1:15 pm

Seattle Symphony Series 21A, 7A, *Saint-Saens Organ Symphony*, Thursday, June 1; 6:45 pm

Seattle Symphony Series 21A, 7E, *Bernstein Songfest*, Thursday, June 15; 6:45 pm

Seattle Symphony Series 21A, 7C, 13A, *Mahler Resurrection*, Thursday, June 22; 6:45 pm

Seattle Symphony POPS, *The Linda Ronstadt Songbook*, Sunday, June 11; 1:15 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Olympic Sculpture Park

Thursday, June 1; 2:45–4:15 pm pickup

The Olympic Sculpture Park transformed a nine-acre industrial site into an open and vibrant green space for art. It is an outdoor sculpture museum on a beautiful, serene setting along the Puget Sound in downtown Seattle. On this visit, we will experience its wonder with an expert docent from Seattle Art Museum as our personal guide. Coordinator: Diane Holmes, x 1810.

Garfield Golden Grads

Saturday, June 3; 10:30 am–2 pm pickup

Garfield High School Golden Grads Reunion. Mirabella has a number of residents who attended Garfield. This is a chance to see old friends and enjoy lunch. Coordinator: Charlotte Bushue, x 1723.

Emerald Downs

Saturday, June 10; leaving at 12:30 pm, pickup at 4:30 pm

Imagine: triple crown winners, the dash to the finish line, photo finishes. We can enjoy it all with a trip to Emerald Downs. General admission tickets are \$10 and will be purchased by Administration and charged to your unit. For an afternoon of fun or just to get out, sign up now on the Transportation tab or call x 1419. Just a reminder: If you sign up and find you can't go, call to remove your name from the bus list. If you don't, you may be charged for the admission ticket. Coordinator: Ken Hopkins, x 1662.

PROGRAMS IN EMERALD HALL

SIFF Surprise Movie

Sunday, June 11; leaving at 4:30 pm, will call for pickup

Seattle International Film Festival (SIFF) is well known for its international film festival, which is held annually in May. But SIFF also shows movies throughout the year on certain days in its designated theaters. Since the schedule of the movies is not revealed until about a week in advance, we are labeling this event a “Surprise” movie. Residents who sign up for the small bus (x 1419 or on the MIRANET Transportation tab) will be notified as soon as the name of the movie is known. At that point we will also know the starting and ending time of the movie. Residents are responsible for purchasing their own theater tickets. If attendance is good, we may schedule future trips. Coordinator: Nickie Askov, x 1858.

Luncheonaires

Friday, June 16; leaving at 11:45 am, pickup at 1:45 pm

Chinooks, long a popular seafood restaurant, waterside at Fisherman’s Terminal, offers the freshest of seafood with a closeup view of Seattle’s fishing fleet. This is a lively, spacious, and airy location all will enjoy. Coordinator: Jean Hall, x 1579.

Daybreak Star Indian Cultural Center

Wednesday, June 21; 10 am–11:45 am pickup

United Indians of All Tribes Foundation was founded in 1970 and in 1977 completed its headquarters, the Daybreak Star Indian Cultural Center. The Center has become the hub of activity for Native peoples and their supporters locally and nationally. Daybreak Star is also home to a permanent collection of Native art and the Sacred Circle Gallery, which hosts rotating exhibits of work by contemporary Native artists. Admission is free, but donations are welcome. Coordinator: Jade

Simonson, x 1688.

Ice Cream Cruise

Sunday, June 25; 1:15–3 pm pickup

Climb aboard the tourboat *Fremont Avenue* at Lake Union Park for a sweet Ice Cream Cruise. Come and enjoy the views and learn about Lake Union and its history and historic sites. Cost of the cruise is \$18 (pay as you board, cash or card accepted). Ice cream is optional. Coordinator: Nickie Askov, x 1858.

PROGRAM COMMITTEE

Sally Hayman and Stafford Miller

SeaChordsmen Chorus

Thursday, June 1; 7 pm, Emerald Hall; note the evening time

The Seattle SeaChordsmen Chorus presents a new Traveling Road Show! This year’s show is pirate-themed, and tells the story of pirate Barnacle Bill through songs, both old and new. Please join us for this hour of harmony and storytelling.



The SeaChordsmen

The SeaChordsmen Chorus is similar to a barber shop quartet, except this is a full chorus. The group specializes in close harmony. Some of you may remember last year’s concert in the courtyard. This time you will be able to hear and appreciate the sound much better, as the performance is indoors.

Ho! Ho! Me Hearties! I’ll see you there!

Coordinator: Carolyn Burton.

SAVING LANGUAGE § MAKING MUSIC

JUNE | 2023

17

Saving Lushootseed: A Talk by Janet Yoder

Thursday, June 8; 3:30 pm, Emerald Hall

In 1978, Seattle writer Janet Yoder took a Lushootseed class at the University of Washington with Skagit tribal elder Vi Hilbert. Janet was expecting to learn a little about this local Indigenous language, but what followed was a lifelong friendship with Vi Hilbert, who devoted her life to preserving a language on the brink of extinction. Along with saving the language, Vi worked to perpetuate the legends and traditions of the Skagit people. After thirty years of interviews, friendship,



Janet Yoder

ceremonies, and adventures with the legendary Vi Hilbert, Janet wrote a book about her, *Where the Language Lives* (2022). It is a collection of essays that touches on many aspects of Vi Hilbert’s life: telling Lushootseed stories, visiting the story places, commissioning

a symphony, witnessing canoe races at Lummi, a bone game, a naming ceremony, and the burning of her parents’ house to send to their spirits. Today, as we all become ever more conscious of our First Cultures and seek to honor those who have always lived here and still live here, Vi Hilbert’s story and Janet Yoder’s book are even more relevant. Join us for her presentation about the remarkable Vi Hilbert, who had a profound impact on the Northwest, on Skagit culture, Indigenous history, and the survival of a language.

Be prepared to hear the short, quirky story of Lady Louse, told in Lushootseed and English. Coordinator: Andrea Lewis.

Ibidunni Ojikutu

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

Soprano Ibidunni Ojikutu makes her Mirabella debut in a concert of opera, classical, spiritual, and Broadway music. She will be accompanied by Bellingham collaborative pianist Rebecca Manalac. Ms. Ojikutu is a teaching and freelance artist with Seattle Opera Outreach and Seattle Opera.

“Ibi,” as she’s known, graduated from Bellingham High School and Western Washington University in Bellingham. She made her Seattle Opera debut as Strawberry Woman in their 2011 production of *Porgy and Bess* and returned in that role in the 2018 production. Recently she sang the roles of Wife #2 and Market Woman #2 in the Seattle Opera World Premiere of *A Thousand Splendid Suns*.



Ibidunni Ojikutu

Her many other performances include those with the Seattle Art Song Society in their Black Voices and Womxn’s Voices Concerts. Her project, *Roar*, with pianist Rebecca Manalac, was a concert of songs of and about women. She’s featured in Lakewold Garden’s Music from Home film project with her performance of *In the Garden of Sonder*.

Come for an early celebration of Juneteenth, our newest federal holiday, which is Monday, June 19. Coordinator: Judy Waring.

Debbie Dimitre as Eleanor Roosevelt

Thursday, June 22; 3:30 pm, Emerald Hall

Debbie Dimitre, dramatist and storyteller, returns



DIMITRE & BIRCHELL ON STAGE § WELCOME



Debbie Dimitre

to Mirabella to chronicle the life of Eleanor Roosevelt. Since 1987, Debbie has been entertaining and educating audiences with stories of women who have influenced American life and culture. In her previous performance here, she gave a colorful portrayal of suffragette Alice Paul. Come to learn and enjoy! Coordinator: Judith Guder.

Justin Birchell Sings Schumann's Dichterliebe and Opera Arias

Thursday, June 29; 2:30–3:30 pm, Emerald Hall
(Note earlier time)

Baritone soloist Justin Birchell, accompanied by pianist Dominico Reyes, will sing a program featuring Schumann's famous song cycle *Dichterliebe*. The program also includes opera arias: *Onegin's Aria* from Tchaikovsky's *Eugene Onegin*, Ravel's *Don Quichotte a Dulcinée*, and *Silvio's Aria* from Leoncavallo's *Pagliacci*. The featured work by Robert Schumann is the song cycle *Dichterliebe* (*A Poet's Love*) that Schumann composed based on



Justin Birchell and Dominico Reyes
in performance

Heinrich Heine's set of poems, *Lyrisches Intermezzo*. Justin Birchell is the Assistant Conductor of the University of Washington Chorale and the Music Director at the Wallingford United Methodist Church. Dominico Reyes currently serves as a Professional Collaborative Artist for the University of Washington and works with a number of area chorales and choirs. Coordinator: Donna McCampbell.

WELCOME COMMITTEE

Carolyn Blount, Chair

Don Bastian

New resident Don Bastian, now living in apartment 629, is a delightful addition to our community. He will charm you on your first encounter with him. Though growing up in the Portland area, he is proud of his Scottish heritage.

Don intended to get a college degree, but concerned that he was eligible for the draft, he enlisted in the Navy, where he attended three years of flight training and then graduated to antisubmarine flight patrol. After his service in the Navy, Don worked in sales and marketing for Willamette Industries.



Don Bastian
– photo, J. Hill

Don and his wife had three children, two sons and a daughter. (He is now a widower of five years.) Don proudly proclaims his daughter a "saint." She is a primary school teacher dedicated to addressing the issues that the COVID epidemic has visited on her students.

One son lives in Sammamish where he works

WELCOME ALL NEWBIES!

JUNE | 2023

19

as a contractor. Don and his son recently played eighteen holes of golf. Exclaimed Don, “I scored my age: eighty-nine!” The second son, an attorney in Wenatchee, was nominated by President Obama to be a federal judge and was approved by the United States Senate with ninety-eight votes.

Jackie Hill

Stephen Sprenger

Stephen Sprenger arrived at Mirabella in April. He was born in Seattle and raised in Auburn by parents with a great appreciation for classical music, especially opera. Following in his mother’s footsteps, he served on the Seattle Opera board for nearly twenty years. Growing up, he played



Stephen Springer
– photo J. Kaplan-Klein

piano and bass fiddle. He graduated from the University of Washington with a degree in Urban Planning and then spent three years in Europe and England studying and traveling. Later in life he took classes to qualify as a tax and small business consultant.

Stephen finished his career owning several H&R Block franchises. Stephen is an avid bicyclist. He climbed to the top of Mt. Rainier with his brother in 1974. He has two young cats, Queenie and Prince. He has joined the Parkinson’s Support Group and looks forward to using the pool and fitness center, exploring activities, and meeting people at Mirabella.

Janice Kaplan-Klein

Bill Taylor

“Hurrah, another English professor,” said Sally

Hayman upon meeting Bill Taylor. Yes, but with an unusual twist.

Bill, a native of Tukwila, graduated from Seattle University with a BS in chemistry. So credentialed, he spent five years at Boeing before returning to Seattle University for a BA and then an MA in English at the University of Washington. Back to Seattle University, he completed a fifty-eight-year career, specializing in Shakespeare and the British Romantic poets.



William Taylor

In the midst of study and teaching, he discovered a second calling as an actor, taking part in many productions at both universities and the Cirque Playhouse located in the Seattle Central District. At Cirque in the 1950s and 60s, a time when producer Gene Keene was booking fading or rising stars, Bill was in three productions with John Carradine, three with Edward Everett Horton, and one in which he played the romantic lead opposite Mercedes McCambridge. “That was the best experience of my life on the stage—Mercedes was a wonderful actress and a terrific human being.” All this “life on the stage” while working as a chemist at Boeing!

Moving to Mirabella from an apartment on Lake Union, Bill finds at least two friends here at Mirabella, Joanne Mearls and Natalie Siegel.

He can be found at apartment 816.

Bob Hayman

Mary Taylor

Among our newer residents is Mary Taylor in apartment 733. Mary, born in Illinois and raised in

READING BLUES § LETTER PERFECT

20

JUNE | 2023

Salt Lake City, came to Seattle to attend college at Seattle University. As she puts it, “I never went back,” save for some family visits.

About half of her working career was spent in education, working as a high school teacher here. Armed with an MA in English, she also taught in Japan for about ten years. Changing careers in midstream, Mary worked in the insurance industry before returning to some teaching.

Most recently she lived in the Juanita area of Kirkland. Mirabella is not completely unknown to her as our fellow resident, Joanne Mearls, has travelled with her to exotic locations including Russia.

Bob Hayman

BOOK CLUB

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

June 26: Kim Michele Richardson’s historical novel *The Book Woman of Troublesome Creek* has been selected for our June meeting. The central character works as a Pack Horse Librarian, a WPA project to deliver reading material to the rural people of Kentucky. She also deals with issues of racial intolerance because of the blue color of her skin.

July 24: *The Only Woman in the Room* by Eileen Pollack will be discussed in July. The subtitle, “Why Science is Still a Boys’ Club” reveals the basic subject matter. The author tells her own story as a trained physicist confronted with isolation, stereotyping, and gender discrimination. She also reports on her research of the current issues facing women in STEM fields.

Everyone is welcome to join us.

Tina Moss



OPERA CLUB NEWS

Eugene Onegin by Pyotr Ilyich Tchaikovsky

Monday, June 12; 2 pm, Emerald Hall

The doomed love of an innocent girl for an aloof aristocrat inspired Tchaikovsky to compose some of his most melodic and dramatic music in the opera *Eugene Onegin*. The girl, Tatiana, pours out her heart to Onegin in a stunning soprano aria—the famous Letter Scene—only to be rebuffed by the cold-hearted Onegin, a man who cannot accept or give love. He does, however, wreak havoc on others’ lives: killing his best friend Lenski in a duel and learning too late that Tatiana was The One. Taken from Alexander Pushkin’s novel in verse, the opera is set in seven gorgeous scenes that dramatize the tragic course of the characters’ lives in nineteenth-century Russia.

Our showing of *Eugene Onegin* is the 2007 Metropolitan Opera production with an all-star cast: Renée Fleming as Tatiana, Dmitri Hvorostovsky as Onegin, and Ramón Vargas as Lenski. The leaf-strewn design for the vast Met stage beautifully evokes the romantic mood and Russian poetics of both the book and the opera. Hvorostovsky, handsome and arrogant with his silver hair and red jacket, is perfect as Onegin. And opera offers few



Renée Fleming as Tatiana

POWER WALK

JUNE | 2023

21



Mirabella Walk for Parkinsons, 2023 – photo, L. Smith

treats greater than Fleming singing the Letter Song. Tchaikovsky’s life was in turmoil during the composition of *Eugene Onegin*. Life imitated art when he received a letter from a young woman in 1877. Much like the letter in the opera, it professed undying love for him. In a misguided attempt to conceal his homosexuality, Tchaikovsky married her later that year. It was a disaster, but he wrote most of the opera’s stirring music while in the throes of despair over his mistake.

“Who are you? My guardian angel or a wily tempter?”
– Tatiana in The Letter Scene

Andrea Lewis

THE PARKINSON’S WALK

BY CATHY SHORT

The Parkinson’s Walk held at Mirabella on May 13 was a big success! Purposeful positive perambulation to promote Parkinson’s progress. More than eighty people turned out to walk, march, dance, roll, and, sometimes, sit a while, for Parkinson’s. Mirabella’s contributions totaled over \$10,000 to the Northwest Parkinson’s Foundation. We were among the most successful teams this year. It was an absolutely beautiful morning. Paul Keown

had some great music playing to provide motivation. Jerry Smedes, with help from Dining Services, organized snacks and cold water. Ruth Benfield, Laura Bailey, and Charlotte Bushue reached out to Horizon House; ten folks from Horizon House joined us, including Erika Campbell who worked for a time at Mirabella. Susan Webber, Janet Matson, and Gill Thompson were at the registration table, where this year’s Walk for Parkinson’s tee shirts were going like hotcakes.

Some walkers stayed within the courtyard. Others, led by Jade and Chris Simonson, ventured around the nearby Seattle City Light substation, one or several times. The block is a measured quarter mile and had been cleaned up by several Mirabella folks both the day before and the morning of the walk.

The Northwest Parkinson’s Foundation raises awareness of Parkinson’s disease and promotes tools and programs that improve the quality of life for people with Parkinson’s, their care-partners, and their families. All of its services are free. Here at Mirabella, the People With Parkinson’s group meets twice a month and every second meeting is facilitated by a therapist from the Foundation.

Thanks to all who participated and donated. A wonderful morning spent for a very good cause.

SINGING ALONG § OPENING DAY

MIRABELLA SEATTLE FOUNDATION SONG

BY BARBARA PORTER

(To the tune of *There Is a Tavern in the Town*)

This is the Mirabella song. It's our song.
 We sing it out, please sing along. Sing along.
 We're so proud to sing of the good things that we do,
 And hope that you'll sing proudly too.

Now we sing of our Foundation.
 Boy, it's really a sensation.
 Yes, they gather in the funds for things we need to do.
 There are scholarships, employee aid, and Medic One
 for you.
 Memory care, community, and YouthCare too.

Where does all the money come from?
 Boy, it comes from everywhere.
 But Re-Store takes the biggest bow, I'm telling you.
 The creators and their partners donate hours you'll
 never know of,
 And you volunteers, we need you. Yes, we do.

Well, that's part of the story, the Foundation and its
 glory.
 But there is so much more for you to understand.
 You may choose from all the options to direct your
 own donation.
 And your wishes will be honored. Yes, it's true.

This is the Mirabella song. It's our song.
 We sing it out, please sing along. Sing along.
 We're so proud to sing of the good things that we do,
 And hope that you'll sing proudly too.

BOAT PARADE ADVENTURE

BY MARTHA OMAN

In a serendipitous moment a week before the annual boat parade, I looked at the *Virginia V* website and discovered there were still tickets available to ride on the boat on Opening Day of Boating Season! I



Martha Oman with Annika and Nathan on board the Virginia V – photo, M. Oman

texted my grandchildren Nathan and Annika: “Are you interested in going?” It was a rare Saturday that they were actually available!

Over the thirteen years I have lived here, we have read the *Virginia V*'s history and viewed her from her wharf by MOHAI many times. We even happened to see her come through the locks one day, and Nathan told his Dad all about its history and that “V means 5”!



Fire Boats at the Parade – photo, M. Oman

WACCRA § MEDIC ONE

JUNE | 2023

23

At 10:30 in the morning—a very early start for teenagers on a Saturday—we gathered up our bag lunches and walked down to Lake Union Park. Once on board and under way, we sailed to the entrance of the Montlake Cut to line up for the parade. The cannon boomed, the Montlake bridge went up, and the crew boats that had participated in the Windemere Cup led the parade, followed by the Virginia V. Sailing through to Lake Washington, we were accompanied by much waving, booming boat whistles, and cheering from people lining the banks and on boats parked along the boom. We sailed the northwest coast of Lake Washington to Magnuson Park and then back. The fire boats came through the cut at the end of the parade spraying huge plumes of water as they sailed.

Once through the cut, the *Virginia V*, the last operational example of a Puget Sound Mosquito Fleet steamer, sailed to her berth at Historic Ships Wharf in Lake Union Park, and we disembarked at 3 pm. One added feature was seeing a floatplane, emblazoned with the new Kraken logo, land on Lake Union.

It was a grand adventure.

WACCRA NEWS

BY MÍCEÁL VAUGHAN

Continuing lobbying efforts over several years by the Washington Continuing Care Residents Association (WACCRA) led the Office of the Insurance Commissioner (OIC) to submit a report to the Legislature in December 2022. This report came too late to produce and pass a bill laying out a recommended “regulatory oversight plan” for CCRCs in the state. However, the 2023–25 operating budget adopted by the Legislature in April and signed by the Governor on May 16 allocates \$300,000 to the Department of Social and Health

Services (DSHS) to collaborate with the OIC and the Office of the Attorney General and consult with “relevant stakeholder groups” to submit a final plan that will focus “primarily on establishing and implementing consumer protections” for residents of CCRCs. This plan is to be sent to the Legislature’s health services committees by December 1.

The OIC’s report and the Legislature’s budget “proviso” indicate an interest at important levels of state government for ensuring greater transparency and public oversight with regard to the financial operations of CCRCs. Residents of Mirabella, many of whom are members of WACCRA, should have considerable personal interest in seeing that this proposed plan bears the imprint of their concerns and serves their best interests as residents and as citizens of the state of Washington.

If you are interested in knowing more about and joining WACCRA, contact our Mirabella liaison: Mandy Wertz (x 1672; mandysw@aol.com).

FRIENDS OF MEDIC ONE

The Fruit of Your Gift

If you were able to attend the Paramedic Training Trauma Rodeo sponsored by Medic One Foundation in Bellevue on April 27, you would have noticed



Jim and Janet Ohta with Amanda Righi and Sara Oshikawa-Clay

DEALING WITH DEVICES

a very familiar face. In the midst of all the activity there, Amanda Righi, one of our Mirabella Medic One Scholarship awardees of two years ago, was one of the coordinators of the various scenarios presented. It is very rewarding and heartening to see one of our twenty scholarship recipients actively involved in Medic One training. Shown with Amanda, third from left, are Mirabella residents Jim and Janet Ohta and Sara Oshikawa-Clay, Medic One Foundation Director of Philanthropy. Photo courtesy of Kathleen DeVega, Associate Director of Philanthropy.

Jim Ohta

TECH SURVEY PROGRESS

BY DAVID WEBBER

Are you sometimes frustrated with your smart phone, tablet, or computer? You are not alone! The Technology Advisory Group (“Group”) started a survey of residents to better identify how they are challenged by issues of software, apps, updates, security, junk mail, and pop-up ads, among others. Initial questions included what devices residents have and how they feel about using them.

As of May 15, about 125 Mirabella residents have responded to the survey, most of them using their devices to answer electronically. As the survey is still in progress, more complete results will be reported later. Residents in assisted living and skilled nursing are also urged to respond.

Early results: Almost everyone who responded has and uses a smart phone, and nearly all have a laptop or desktop computer. Fewer than three fourths of the respondents have and use a tablet device. Among tablet and smart phone users, Apple products are by far the most common (seventy-five percent). With laptop and desktop computers, Windows operating systems have a slight edge over Mac OS devices.

Responders strongly favor more training and



“How do I call someone on this damn thing?”

– cartoon, J. Curtis

instructional opportunities in technology use, and working out how best to meet that need is a key focus for the Group.

Nearly all responders reported that they use both MIRANET and the Resident Google Group email resource. Seventy percent indicate satisfaction with current technology support.

The Group conducted the survey to gain a better understanding of how Mirabella residents are accessing the Internet as well as our internal communications networks. We also wanted to learn more about what issues have come up and what kind of training and technical assistance might best meet the residents’ needs.

The results of the survey will be used to advise Mirabella Seattle Administration on residents’ use of technology systems and their training needs. Future surveys may delve into other technology platforms and devices, including assistive technologies such as Apple Home, Alexa, Siri, smart TVs, and streaming opportunities like Google Play and YouTube TV.

If you have any questions about the Technology Advisory Group, call David Webber, x 1864.



A POEM

JUNE | 2023

25

FLIGHT PATHS

BY JARED CURTIS

Between towers and trees,
along the path of least resistance,
sea gulls fly by my window
when the east wind is up.
On a straight line above the avenue,
from lake to hilltop, they will turn
and on a tailwind, sweep
to bay below where tide is out,
to search for food,
scrapping over what they find
among the rocks and in the mud.

Now wind gone still,
gulls busy at their meal,
a memory,
slowly growing more distinct,
is prompted by a photograph
of three brothers,
each at the time in his seventies,
each having followed his own trail
to a different bay,
a different life.

We are standing side-by-side
in a quiet square of the big city,
among Manhattan's avenues and towers,
almost exactly ten years since.
Having flown there from the left coast,
I've come to give a talk,
they've come to listen,
each traveling by train
from homes a hundred miles away
for a reunion all too rare.

We shared a meal,
a lively conversation,
and much laughter
but did not seem to notice
how wide apart our paths have been
since we were boys,

what challenges met,
what partings,
what gains, or losses,
what pains and joys
each journey brought upon us.

So it is with families,
drifting apart for a time,
then back, picking up
where we left off
without a beat missed.
Tales are told and retold,
no one calling out
the repetition,
and then away again
to carry on our separate lives
that time has granted us—
yet bonded still
by memory and love.

Flight Paths will appear in *Simon Says*,
Summer, 2023, Vancouver, B.C.



Brothers Ron, Jared, and Ed in 2013 and in 1939

BIRTHDAYS § POETRY CORNER § REMEMBERING

HAPPY BIRTHDAY! JUNE 2023

2 – Penny Bignold	8 – Carolyn Blount	22 – Ardelle Knudsen
3 – Jean Ross	8 – Neil Oldenburg	23 – Marie Popoff
4 – Clairann Schickler	9 – Cindy Hallgrimson	23 – Michael Leigh
4 – Rich Atwood	11 – Carl Luttinen	26 – Ben Wood
4 – Rosemary Cahill	11 – David Dail	26 – Diane King
5 – Peggy Lewis	15 – Rita Wiklund	27 – Paul Hill
5 – Betty Ferguson	16 – Alice Hingston	27 – Gill Thompson
6 – Anne Heymann	19 – Mary Wood	28 – Sue Draper
6 – Jeanne Smith	20 – Will Welton	29 – Barbara Daniels
8 – Patty Hall	22 – Ellin Larimer	29 – Sandy Rensvold
	22 – Andy Callegari	

NOTHING TWICE

BY WISŁAWA SZYMBORSKA (1923–2012)

Nothing can ever happen twice.
 In consequence, the sorry fact is
 that we arrive here improvised
 and leave without the chance to practice.
 Even if there is no one dumber,
 if you're the planet's biggest dunce,
 you can't repeat the class in summer:
 this course is only offered once.
 No day copies yesterday,
 no two nights will teach what bliss is
 in precisely the same way,
 with precisely the same kisses.
 One day, perhaps some idle tongue
 mentions your name by accident:
 I feel as if a rose were flung
 into the room, all hue and scent.
 The next day, though you're here with me,
 I can't help looking at the clock:
 A rose? A rose? What could that be?
 Is it a flower or a rock?
 Why do we treat the fleeting day
 with so much needless fear and sorrow?

It's in its nature not to stay:
 Today is always gone tomorrow.
 With smiles and kisses, we prefer
 to seek accord beneath our star,
 although we're different (we concur)
 just as two drops of water are.

Source: From *Poems New and Collected: 1957–1997* by Wisława Szymborska. Copyright © 1998 by Wisława Szymborska. Used by permission of Harcourt Brace & Company. All rights reserved.

Comment: Another Pole, Eva Hoffman, in her study of *Time* (Picador, 2009), wrote that as a child growing up in postwar Poland she “was conscious that with each step taken, a moment was receding behind me into the past, that the number of such moments a life had in it was finite and that the only way to preserve them in some way was to hold them in my mind,” in memory.

Jared Curtis



MOVIE CLUB SHOW TIME

JUNE | 2023

27

MOVIE MAGIC BY CONNIE CHAPLIN



Edward Norton, Daniel Craig, and Madelyn Cline in “Glass Onion” (2022)

YOU’RE INVITED! To the Glass Onion, the Greek island home of billionaire Miles Bron (Edward Norton), for a murder weekend game! What fun! Bron will play the game’s murder victim and five of his oldest friends (who owe him their careers, fame, and fortunes) are special guests. Oh, they may owe him their glossy lives, but they all also have reasons to kill him. And that’s the premise of *Glass Onion: A Knives Out Mystery*. Also present is Benoit Blanc (Daniel Craig), the world’s greatest detective. He will have something to detect. Guaranteed. Also listed in the cast are Ethan Hawke, Hugh Grant, Stephen Sondheim, Kareem Abdul Jabbar, Serena Williams, YoYo Ma, Angela Lansbury, and CNN’s Jake Tapper. They are there because...well, it’s a mystery.

Together again in *Ticket to Paradise*: George Clooney and Julia Roberts in a picture called “heartwarming, hilarious, and absurd.” They’re really not “together” here, they’re happily long-divorced and very much apart, thank you. But

a common interest suddenly unites them, oh so reluctantly: their daughter, vacationing in Bali to celebrate earning her law degree, has met a local seaweed farmer. And plans to marry him! In four days’ time! This situation reminds the parents of their own ill-starred romance and they race off to save their kid.

It’s London in the 1950s and Mr. Rodney Williams (Bill Nighy) is a senior bureaucrat working in the public works department of the London County Council. One glance at his desk’s high piles of paperwork assures you that Mr. Williams has more than enough work to fill his days. But this film is called *Living* and that word does not seem to apply to Williams’ work-life. Or to his non-work life. Then he receives a medical diagnosis: cancer. Six months to live. So what does this humorless, melancholic, workaholic, English gentleman do to find meaning in his uneventful existence? In *The Seattle Times*, Moira Macdonald gave the movie, which was based on Akira Kurosawa’s “Ikiru,” four stars (out of four).

Ferocious feline Puss in Boots first surfaced in *Shrek II* and spun off four more swashbuckling Spanish Tom-cattery works voiced by Antonio Banderas. Until he dies his eighth death. At that cataclysmic realization, he heads for retirement in the home of a crazy cat lady and hangs up his hat. And boots. But he cannot escape adventure, and in *Puss in Boots: The Last Wish*, he gets involved in the quest for a magical wish, which takes him through a whole catalog of nursery rhyme characters (Olivia Coleman voices Mama Bear). Puss’s old flame Kitty Softpaws (Salma Hayek) is there too, along with “fast, funny dialogue and therapy-style lessons delivered by an actual therapy dog.”





The Mirabella Monthly

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

VOLUME 15 | ISSUE 6

JUNE | 2023

Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and

Designer: Jared Curtis

Associate Editor: Mary Rogers

Lead Editor, June: Maria Fiore

Copy Editors/Writers/Proofreaders:

Connie Chaplin, Maria Fiore, Sally

Hayman, Mary Jossem, Louise

Lowry, Mary Rogers

Proofreaders: Nickie Askov,

Tricia Brink, Marilyn Campbell,

Jean Hall, Betty Heycke,

Diana Holland, Lynne Iglitzin,

Chris Jamin, Tina Moss, Betty

O'Donnell, Helen Roberts, Judy

Rourke, Louis Swart

Production: Coordinator: Diane

King; Jane Beer, Makiko Doi,

Nancy Eliason, Michael Hahn,

Gloria Hennings, Diana Holland,

Chris Jamin, Paul Keown, Tina

Moss, Janet and Jim Ohta, Judy

Owens, Bertie Perry, 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@retirement.org) no later

than noon on Friday of the prior

week. Room bookings must be

made in writing on the proper form

and turned in to the Front Desk.

How to Submit Your Article, Story,

News, or Event Report to ***The***

Mirabella Monthly

Before submitting copy, please

proof it carefully for typos, spelling

errors, accuracy of dates and times,

and possible cuts or changes. Only

original writing will be accepted.

While some Mirabella staff members

contribute articles, *The Monthly* is

intended to showcase writing and

images from residents. We do not

reprint internet captures, widely

distributed emails, or previously

published writing. The deadline for

all submissions is the fifteenth of

each month prior to the month of

publication. Any piece submitted

after this date will risk being held

over. The length of your submission

is negotiable, but the editorial team

must work within the *MM* format

and style. Guidelines are available

on request. All written submissions

will be edited, formatted, and

proofed by *Mirabella Monthly* staff.

Please email your submission to Mary

Rogers at mkr3824@gmail.com.

MS Word or RTF documents work

best. Pages documents should be

“exported” to Word format before

submission. Submit paper copy to

mailbox #824 as a last resort.

Tips for a successful submission:

» Use the Enter or Return key only
at the end of each paragraph.

» Use only one font in one size for
the entire article.

» Avoid elaborate text formatting,
like columns, boxes, or effects.

» Show emphasis by *italics*, never
ALL CAPS, even in titles.

How to Submit Photos

Adjust the camera or scanner to

make photographs or scans of the

highest quality (or the highest

resolution). JPEG is the most

convenient format. Focus the

image on the part of the scene that

is most important. Submit each

image at full size. When attaching

an image to an email, choose the

option for “original” or “full size.”

Send digital images as attachments

to jaredcurtis@icloud.com. Put

any paper illustrations and sketches

in mailbox #801.

The Mirabella Monthly
Mirabella Seattle