

The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 15 | ISSUE 7/8 **DON'T CAST ME OUT! I'M A DOUBLE ISSUE.** JULY/AUGUST | 2023

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HOME FOR CROWS

BY MARY ROGERS

Spring, 2019

I returned home from a Road Scholar trip to find a humongous electrical transmission tower/tree outside my living room windows. It's called Transforest and is Seattle City Light's "One Percent for Art" creation. I complained often and bitterly about its presence opposite my apartment. I jokingly suggested that maybe an osprey or bald eagle would choose it as a nesting site. No such luck; mostly starlings and American crows (*Corvus brachyrhynchos*) perched on the thing.



Transforest Nest, 2020 – photo, M. Rogers

Spring, 2020

A University of Washington graduate student started a study about bird activity in Seattle to see how the decrease in traffic in the early stages of COVID-19 affected the local bird

FOLLOWING FEATHERED FRIENDS

population. I volunteered to participate in the study and “birded” from my balcony for the next three months. Starlings, gulls, pigeons, crows—the usual suspects—passed by my binoculars daily.

Earlier I had spotted crows building a nest in the upper “limb” of Transforest. The nest was situated ten stories up, between a busy dog park and a major four-lane road. I sent a photo of the “tree” to the study coordinator and followed the progress of the crows until the fledglings departed. The first bird down to street level decided to cross Denny Way, in the crosswalk no less, and was promptly hit by a car. It struggled to the curb and disappeared into the construction site across the street with its parents squawking the whole time. The second fledgling waddled to the crosswalk but changed its mind and hid in the bushes instead of following its sibling.

Spring, 2021

I was too involved with my own romance to watch the mating and nesting activity of the crow couple.

Spring, 2022

The crows used the old nest but failed to produce young. They started to build a nest inside a different Transforest limb, but it was too late in the season for nesting success.

Spring, 2023

In early March the crow couple became active again in the original nest. Even with my good binoculars, I couldn’t see what was happening inside the nest, which was well hidden within the “tree limb.” In late April, I could see feeding had begun, and near the end of May, I could see a chick or two moving. On May 30, a parent fed a nestling and flew away for more food. All was quiet for about forty-five minutes. Then, the nestling became restless. It stuck a foot out of the nest searching for a place to step, then jumped out and proceeded to flap around, exercising its wings and preening its new feathers.

Well, I thought, there’s a story here and pictures are needed. I called Elston Hill and said I had a photo op. He and Jackie came with two very large lenses and took over a hundred photographs. After they left, I grabbed my iPhone and took some more photos and a couple of good videos

while watching feeding and fledgling behavior over the next few hours. Surprise—there was another nestling—three baby birds! After looking at the photo shots and doing his magic, Elston sent me his best photos. Another big surprise! Baby crows have blue eyes! And interesting feet.

Transforest was now in shade cast by Mirabella, a fledgling was resting on its perch, and there was no visible activity in the nest. Time for dinner with my sweetie, who was putting up with my birding excitement. On return to the apartment, all was quiet with fledgling number one apparently back in the nest.

On May 31 at 7:15 am, I observed activity in the nest. The sun was in my eyes, making it hard to see much. One fledgling was out of the nest, the other two flapped their wings inside. By 9 am, two birds were out of the nest, and then things began to get confusing



Fledgling Crow, 2023
— photo, E. Hill

DR. BURNSIDE ON THE BOARD

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for me. There was a lot of feeding, preening, and wing flapping during the day with episodes of quiet while I went about my daily business.

My first chance to observe the nest on June 1 was at 10:45 am. By 11:50 am, things got even more confusing. Parents were flying in and out feeding; fledglings were showing up two stories below (level with my apartment) on different perches at different times; parents were close by either offering encouragement (a little anthropomorphizing on my part) or standing guard duty. About 4:30 pm, the parents suddenly started cawing like crazy and dive-bombing people walking anywhere near Transforest. The fledglings had landed! By 5 pm, the show was over and all was quiet, the parents apparently having escorted their offspring to safety.

Fledglings are not able to fly for one to two weeks. They hop around on the ground exploring, exercising their wings, gaining stamina, and keeping the adults busy feeding hungry mouths. They will remain with their parents even after they learn to fly and form a family unit. Crows are territorial and stay in the neighborhood where the nest is located. So, keep an eye out for our new young neighbors. Perhaps next year there will be additions to the family. And perhaps I'll stop thinking of Transforest less as an eyesore and more as an ancestral home for a long line of South Lake Union crows!

DR. LEE BURNSIDE

BY CHARLOTTE BUSHUE

Profiles: Mirabella Seattle Board

Lee Burnside, MD, MBA, FACP, has been a member of the Mirabella Seattle Board for nine years. It is about time to get to know him. With his background in geriatrics and palliative care (as well as a business degree), it is no wonder that he was attracted to an alliance with Mirabella. Lee grew

up in Chicago, the son of an active Chicago artist, and received his medical degree from Rush University and an internship in internal medicine from Northwestern University. After moving to Seattle and practicing in internal medicine for several years, he saw his true calling in elder care and pursued a fellowship in geriatrics at the University of Washington. During his fellowship, he engaged in more and more palliative care work as well as hospice care.

Laura Bailey invited Lee to speak at our Residents' Association meeting in April. After the meeting, I had lunch with Lee, but our conversation was not about him. It was about the many creative endeavors within the Mirabella community and his enthusiasm and support for their expansion.

After a few emails, I got to know Lee a bit better. Lee has two sons. Ross is just finishing college and is interested in medicine, and Christopher is just starting college and wants nothing to do with medicine. Lee loves hanging out with his sons and figuring out how his two boys ended up over six feet tall.

On a vacation in Hawaii a few years ago, Lee "got the bug" to make ukuleles. As he stated, "Ukuleles are small. How hard could it be to make one?" After figuring out that small does not equal simple, and that his initial assumption could not have been more wrong, he is getting a little more skilled as a luthier. In addition to ukuleles, Lee loves all stringed instruments, especially the guitar. He says getting



Dr. Lee Burnside

LOUISE MILLER HONORED

together with a group of friends to make music is a constant joy.

Lee has always had a special interest in dementia and the arts. These interests grew out of the strong influence of his father as an artist as well as his father's eventual struggle with dementia. This led Lee to collaborate with the Frye Museum and several universities regarding arts and dementia.

Lee's current work is in palliative care and geriatrics, seeing ill, homebound Medicare/Medicaid patients for United Healthcare. Along with a team of clinicians, he works to help reduce hospitalizations and provide palliative care to homebound folks. He has also just finished compiling a Seattle Healthcare Guide for Seniors that will be available for all soon.

Lee said he is very thankful for the privilege of being involved in such a unique and vibrant community, adding that he is constantly learning from Mirabella residents and staff.

LOUISE MILLER: DEDICATED PUBLIC SERVANT

BY JARED CURTIS

King County Councilmember Jeanne Kohl-Welles recently awarded Louise Miller the Martin Luther King Medal of Distinguished Service, an award that recognizes individuals whose work has answered the question asked by Dr. Martin Luther King, Jr., "What are you doing for others?" Louise Miller has responded to Dr. King's question by dedicating her life's work to public service in King County and advocating for access to arts and culture for all County residents.

"With her entire career spent listening intently, leading compassionately, and advocating with tenacity, Louise Miller exemplifies the hallmark values of a diligent and dedicated public servant,"

Kohl-Welles said.

Louise was born in Redding, California, and moved to King County in August of 1966. Her degree in music, with a teaching credential from San Jose State University, allowed her to start teaching music at Seattle's Bagley Elementary in the fall of 1966.

After six years of teaching, she got the bug for political office. She was elected Commissioner for the Woodinville Water and Sewer District, where she served from 1978 to 1985, negotiating a thirty-year water supply contract, among other key works.

In 1983 she sought something more and was elected to the state House of Representatives serving the 45th Legislative District representing northeast King County. She went on to serve six terms in the House, holding a variety of leadership roles and working on a multitude of issues, including endangered species, gender bias, water policy, and the arts before leaving that office in 1994.

Like many great legislators, she then ran successfully for a seat on the King County Council, where she served for two terms representing District 3. At Council, she served as Chair for two years and Vice Chair for six years, as well as in other committee roles. She retired from office in 2002.

Louise has also served in many volunteer roles, including as Vice President of the 4Culture Board, the King County Parks Futures Task Force, the Puget Sound Regional Council Task Force, the



Louise Miller – photo, S. Miller

DOMES AND DISHES

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Washington Wildlife and Recreation Coalition, the King County Board of Ethics, and many more. She is still involved with the boards of the Seattle Opera and the Mainstream Republicans of Washington.

“It is a pleasure to recognize and celebrate Louise for her accomplishments and service,” Kohl-Wells said. “Her passion for leadership and stewardship of equitable initiatives not only answers Dr. King’s question but is a key facet of her character.”

Louise and her husband Stafford have two children and have lived at Mirabella for twelve years. Shortly after arriving and still not shy about volunteering, she served on Mirabella’s Resident Council as Member at Large, and as Vice President and President of the Residents’ Association.

ARTS NOTEBOOK

BY LOUISE LOWRY

MadArt Studio: Nate Clark “(In)Form”

June 27–July 29, 325 Westlake Avenue N, Seattle,
Closing Sound Performance, Saturday, July 29,
12 pm, no entrance fee

MadArt Studio, our neighborhood art gallery, invites passers-by to drop in while exhibitions are under construction. When I did that in early June, Vashon Island artist Nate Clark was on hands and knees in the middle of the large empty gallery. Surrounded by blocks of cedar lumber, he was pounding them together into an enormous shape. He looked like a happy kid building a fort. Where could this possibly lead?

He was pleased when I remarked on the cedar fragrance from the sawn blocks. That fragrance would be important because he intends to engage all the gallery-goer’s senses. He is aiming for “mindfulness and a sense of bodily awareness.” The over-all assemblage would include sculpture, texture, sound, light, and yes, the aroma of cedar.



*An early state of completion of
“(In) Form” by Nate Clark – © Nate Clark*

On a later visit, I found he had meticulously fitted more of the cedar blocks into several low, dome-like sculptures, each seven feet in diameter. These giant forms dominate the gallery entrance. Turned over, the domes become dishes. The play of dome and dish sculptures pervades the exhibit.

I marveled at a newly installed, floor-to-ceiling wall of wool insulation batting that bisected the entire gallery. On the other side of this fuzzy wool wall are giant, opposing, dish-shaped loudspeakers talking to each other in Clark’s original sound compositions. From the ceiling hang long, patterned wool tapestries, the wool from his Vashon Island neighbor’s sheep, carded, spun, woven, and dyed by the artist.

What I thought on the earlier visit might be a fort had become a domed passageway of cedar blocks, twelve feet long, leading through the woolly wall. The passage is designed so the exit cannot be seen from the entrance. “It represents the artist,” Clark explained, “who doesn’t know when he starts a work where it will end.”



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,
neliason@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

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RESIDENT SERVICES

Loni Smith, Resident Services Director

Community Happy Hour

Wednesday, July 26, and Tuesday, August 22;

3:30–5 pm, Courtyard

Please join us on Wednesday, July 26, and Tuesday, August 22, for the Community Happy Hour in the Courtyard.

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.

Audiologist: Seattle Hearing Services

Wednesdays, July 13, and August 8; 9:30 am, Suite 301

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

Podiatrist

Wednesday, July 19, and August TBD;

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

Third and fourth Monday and Tuesday, 9:30 am–4:30 pm, Suite 301; call for appointment and fee schedule

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

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

Max Kuhlman, Health Services Administrator

MIRABELLA SEATTLE FOUNDATION

Jim Holland, Chair

Mirabella Stepped Right Up

When was the last time you saw a circus live and in person? And not any circus, but one so memorable and fun that it continues to be a topic of conversation at Mirabella. A ukulele performance with the world premiere of a first-ever Mirabella Foundation song. A renowned belly dancer who inspired audience participation. A clown that caused laughter everywhere and saved the day when the sound system crashed. Line dancers who conned others

to the stage. Snacks and drinks served at your seat.

Under the Big Top launched the Mirabella Seattle Foundation’s 2023 Fundraiser on May 1. It was produced, staffed, and implemented entirely by Mirabella residents, employees, and contractors. All comers were asked to “Step Right Up,” and step right up they did with donations totaling \$170,041, \$20,041 more than the \$150,000 fund drive goal.

The success of this drive is a demonstration of the power of our collaborative Mirabella community as it came together Under the Big Top with generous donations of time, ideas, energy, and dollars. The Foundation sends a great big thank you and congratulations to residents, staff, and the wildly successful belly dancer for enthusiastically supporting our three-ring safety net for residents, staff, and community. It is reassuring to know that we will never have to run away to the circus, because we are already Under the Big Top with a strong safety net.



Julie Holland,
Fundraising Committee Member and Clown

TECHNOLOGY ADVISORY GROUP

David Webber, Chair

Navigating MIRANET: A “How To” Workshop
Thursday, July 27; 10:30 am–12 pm, Emerald Hall



In response to the recent survey of Mirabella residents, the Technology Advisory Group is

BEEFING UP BY-LAWS

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sponsoring a workshop about the “nuts and bolts” of MIRANET; how and where to find the information you are looking for; and how to make requests, such as for work orders, town car service, event planning, or activity sign-ups.

Many residents responding to the survey indicated they still have trouble finding their meal plan information on Volante (Me Only), managing their personal profile, and finding program information and Zoom links.

These topics and more will be covered in the “How To” Workshop conducted by Loni Smith, Director of Resident Services. Members of the Technology Advisory Group, as well as other knowledgeable residents and staff, will be on hand to provide one-on-one help to answer your questions. Everyone is welcome, even those who have never logged onto MIRANET. Both the browser-based MIRANET website and the MIRANET application for cell phones and tablets will be discussed. (As you may already know, the website and application are very different.)

This is a “hands-on” workshop, so please bring your device(s), passwords, and questions to Emerald Hall on Thursday, July 27 at 10:30 am, We will dig into the mysteries of MIRANET and help you find what you are looking for on Mirabella’s most important internal information resource.

For questions about the upcoming workshop, don’t hesitate to contact David Webber at x 1864 or any other member of the Technology Advisory Group: Pat Harris, Sue Herring, Ann LeVeque, Helen Roberts, or Dean Temple. We look forward to seeing you at the workshop!

David Webber



RESIDENTS’ ASSOCIATION

Laura Bailey, President

Important Work to be Done at the Resident Association Meetings

Tuesday, July 11; 11 am, Emerald Hall

It is important for residents to come to Emerald Hall on July 11 for two Residents’ Association meetings. First will be the regular Residents’ Association Meeting that keeps all of us updated on “what’s going on when” at Mirabella. Immediately following will be a Special Meeting to vote on the proposed amendments to our bylaws. There must be a quorum at the Special Meeting to approve the amended bylaws, so residents are strongly urged to attend!



Information about the amendments can be found on MIRANET > Groups > Resident Council > Folders > 2023 Draft Bylaw Amendments. If you would like a paper copy, contact Laura Bailey, x 1813 or LJB8@me.com.

The Council, committee chairs, and others have worked hard over several months to identify ways we can make our organization work more smoothly and efficiently. To make it a reality we need a positive vote from the Residents’ Association.

A number of bylaw changes are proposed, some trivial, just cleaning up language. More substantial changes are:

- » Eliminating the position of Past President.
- » Changing the Council composition from nine members to eight.
- » Removing the Finance Advisory Committee from the MIRANET Groups tab as it is not part of the Association, nor is it governed by the Association’s bylaws.
- » Rewriting the section on committees to allow more flexibility in committee size and leadership.

CREATING AND VIEWING ART

- » Renaming all Committees simply “Committees,” rather than the two kinds described in the current Bylaws
- » Allowing voting on the Residents’ Association Annual Budget before the next fiscal year.
- » Allowing absentee ballots for bylaw amendments.

Working together in our Residents’ Association enables us to enjoy a great diversity of activities, programs, and projects. The bylaws are tools that help us make our life together work even better, and sometimes our tools just need a little sharpening.

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

Creative Writing

Friday, July 7; 11 am, Conference Room A

The Active Arts Committee has been searching for a Creative Writing teacher for several months, and



we think we have found her in Janée J. Baugher. Our aim is to allow her to capture your attention. We find her to be a dynamic instructor, full of ideas. We urge you to come to Conference

Room A at 11am, Friday, July 7 to meet her, hear her, and envision the possibilities for your creative writing as she stimulates your ability to express your thoughts.

There is no charge. All are welcome. Coordinator: Barbara Porter.

Singalong

Wednesday, July 5; 3:30 pm, Second-floor Activities Room

All are welcome. Coordinator: Barbara Porter.

Barbara Porter

ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

History of the Northwest Art Project



Dee Dickinson – photo, L. Berkman

In the early 1960s, the Junior League Community Arts Committee was concerned about the lack of arts education in public schools and created the Northwest Art Project to restore some of what was being lost. Mirabella resident Dee Dickinson was the committee chair at that time and knew that the Northwest was a rich source of visual art by local artists. A visit to Kenneth Callahan resulted in a donation of one of his paintings, and the Northwest Art Project was launched.

A small jury was created composed of professional art experts. Later, a Junior League grant made it possible to add paintings by Mark Tobey and Morris Graves. A painting by Helmi Juvonen was acquired after sending art materials to the hospital where she was a patient. Docents were trained and began taking the art to the public schools, establishing a long-standing legacy of preserving art education in King County schools.

SAFETY MATTERS § MEDS SAFETY

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Since Dee started the Northwest Art Project more than sixty years ago, over 500 Junior League docents have participated in the project and exposed 300,000 children in more than 600 schools in King County to arts education.

Current, the collection includes paintings and drawings as well as works in other media such as collage, sculpture, glass art, photography, and carving. The entire collection has been on display at The Bellevue Arts Museum. Mirabella is honored to showcase a small part of this collection in its current art show.

Linda Berkman

EMERGENCY PREPAREDNESS

COMMITTEE

Matt Jamin, Chair

June Resident Emergency Services Meeting

Highlights

At its trimonthly June meeting, your Resident Emergency Preparedness Committee discussed the following topics, which the committee thought should be passed along in *The Mirabella Monthly* and on Google Group mail.

The Code White Drill in June went well.

Residents are directed to documents relating to Floor Captain procedures and emergencies on the committee's page on MIRANET. All have been recently updated with the exception of the Emergency Procedures for Captains, which is in the process now of being reviewed by Facilities Services.

The April 23 training on first aid, AED, and CPR was attended by fifteen residents and was very well received. If you have not attended one of the sessions in 2021, 2022 or 2023, and would like to attend, please contact Ted Taylor to let him know.

We are working with Facilities Services on a one-

page laminated document that would be given to care givers, family, contractors, and other occasional visitors to explain briefly what to do in the event of a Code Red or other emergency.

Facilities Services is adding safety razors to our AED kits so that a person whose chest hair precludes easy attachment of the AED leads can be shaved quickly.

The committee will try to develop two lists for residents, the first one dealing with what is recommended to put in your "to go" pack if evacuation is required; and a second, listing what you should have on hand in case an emergency keeps you from leaving your apartment for an extended period.

Several residents have asked what to do in the event of an emergency in the pool area. The short answer is to phone security (or the front desk to contact security), and if appropriate, call 911 as well.

The time gap between posting Floor Captain changes in any month and "FC" appearing on the monthly list of residents will be addressed by Paul Hill, Principal Floor Captain, Facilities Services, and Loni Smith.

Matt Jamin

GREEN SUBCOMMITTEE

Carolyn Roe, Chair

Medication Take-back Programs

It's time to look in your medicine chests for expired or no longer prescribed medications. The big question is what to do with them. They definitely should not go in the trash or down the drain. The Green Committee is suggesting a few places where they can be taken for safe disposal.

The easiest way to dispose of medications is to use a postage paid take-back envelope that can be ordered at www.med-project.org. You can also call 1-844-633-7765 and follow the prompts to order a take-back envelope. A Green Committee member

PERILS OF PLANNING A PIZZA PARTY

would be happy to help you make the order if you need assistance.

Medications can also be returned to special receptacles in most pharmacies and medical clinics. These bins are usually locked and will need to be opened by a pharmacist or employee. In our area and on shopping bus routes there are disposal bins in pharmacies at Safeway, QFC, Bartells, CVS, and Eastern's at Minor and James. Clinics at Virginia Mason, University of Washington Medicine South Lake Union on Republican, and Kaiser Permanente on Capital Hill also have drug disposal bins.

Empty medication bottles should go in the trash. Vitamin and supplement bottles may be recycled. If you receive meds through a mail-order service, please check the packing materials to see where they should go. Plastic envelopes and wrapping may go in the Ridwell bin. Cardboard boxes may be recycled. When in doubt about what to do with any meds packaging, put it in the trash.

Please contact the Green Committee with questions.

Carolyn Roe

HEALTH & WELLNESS COMMITTEE

Ken Hopkins, Chair

Recognizing the Health Services Staff, or Who Said Throwing a Pizza Party Is Easy?

In a conversation with Max Kuhlman, Health Services Director, I learned he was planning to recognize his staff during **Nurses Recognition Week** in mid-May. In March, the Health and Wellness Committee decided that a May pizza party for the staff was a good idea.

As a first step in planning the party, I went online to get cost estimates, but all the pizzerias I knew were gone, casualties of the pandemic. From long ago experience, I remembered Papa Murphy's made good pizza. When I asked, they assured me they could

make the pizzas needed. The pizza party was on.

Pizza, salad, soft drinks, and cookies—sounds good, sounds easy, doesn't it? To figure out how many pizzas we needed, the committee learned forty-eight people would attend, each likely eating two slices for a total of ninety-six slices. Eight slices to a pizza, so we needed twelve pizzas. We learned that more of the second and third floor staff are vegetarian than not. Consulting Papa Murphy's menu, we settled on one cheese, one gluten free, five vegetarian, one Hawaiian, one Cowboy—all meat, two chicken, one with bacon, and one Greek style.

Our next challenge was figuring out where the pizzas would be baked and who would deliver them. We wanted the pizzas to be delivered to staff piping hot. I put a request out on the Google Group, and by the next day we had more offers to bake and deliver pizzas than needed.

Next, I requested and received funding from the Resident Council for the cost of the pizzas. That afternoon we ordered twelve pizzas to be available at 1 pm on Friday, May 12. A friend planned to pick them up and deliver them to Mirabella by 1:30. I had informed each of the pizza bakers of the time they could expect the pizzas. By this approach we expected to have about half the pizzas ready around 2:10 for the staff coming to work at 2:30 and the rest delivered at about 2:30 for those ending their shift. On May 10, Mirabella Dining Services informed me they could provide and deliver a large bowl of salad for \$25 as opposed to individual salads at \$3 each. Ginnie Chappelle, Nancy Eliason, and Mary Kirkendall contributed the cookies. Although we were down to the wire, the party was planned.

On the day of the party my friend went to pick up the pizzas at 1 o'clock only to learn Papa Murphy's didn't start making them until she showed up. I called all the pizza bakers and essentially told them:

LIBRARY NEWS § LIFELONG LEARNING

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“Ladies and Gentlemen, start your ovens!” With the plan to deliver to volunteer bakers from floor ten down disrupted, we improvised: Nancy Eliason and Don Smith each took one third of the pizzas (four pizzas each) and delivered them to the bakers. My share contained five pizzas, not four. What? Had we ordered an extra pizza? Don Smith agreed to bake the extra one. Dean Temple, Barbara Porter, Mary Jo Taylor, Diane King, Judy Rourke, Nanette Welton, Jane Beer, Paul Hurn, Kitty Dow, Linda Berkman, and Martha Oman baked and delivered pizzas. One baker was not home when the pizza arrived, and that pizza was put in a third-floor refrigerator to be baked for the night shift.

Eventually the pizzas were delivered, eaten, and enjoyed. Some who delivered a pizza had never been on the second floor before; others stayed and chatted with the staff. When the party was winding down, Nicole Vandercamp, Nursing Services Director, thanked the Health and Wellness Committee for the party and said she thought the party was the best Nurses Week recognition gift she ever received. Soon after, Max Kuhlman stuffed a cookie in his mouth and headed out while Nicole and two others seemed to skip down the hall on their way out. I think the pizza party was a winner.

Ken Hopkins

LIBRARY COMMITTEE

Linda Morrison and Martha Oman, Cochairs

Mirabella Library News

I am sure many of you have spent many hours weeding a garden in years past, but have you ever weeded a library?

“Weeding” is the technical term for removing unused books from a library collection. We consider copyright date of the book, its condition, and if it is being read. It is a painful process because you never know if you are removing someone’s favorite book!

Since we do not have a formal check-out system, we have no record of what books are being read and what books are no longer of interest to our community. So, we have been using a system of writing the date (month/year) inside each book before we reshelve it from the cart inside the library door.

You can help us by always returning your library books to the cart, which is on the left, inside the Library door. We will then mark them and put them back on the shelf. That also includes books from the B-Elevator lobby shelves. That way we can tell by the dates written in the book that they are being read and we will not “weed” them.

The Library Committee is not having meetings this summer but is instead having “weeding and work” times to keep our library in tip-top condition.

Thank you for your donations and your help in maintaining and updating our lovely library!

Martha Oman

LIFELONG LEARNING COMMITTEE

Leslie Klein and Pat Harris, Cochairs

Dr. Diana Wiley: Sex for Seniors

Wednesday, July 5; 11 am–12 pm, Emerald Hall

Dr. Diana Wiley, PhD, will address a wide range of issues relating to senior sex, both for those currently in relationships and for those who are not.

Dr. Wiley has practiced for more than forty years as a licensed marriage and family therapist, a board-certified sex therapist, and a gerontologist, including in Seattle for the last fifteen years. Since 2010 she has



Diana Wiley

RESIDENT REVELATIONS AND OTHER TALKS

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hosted the online radio show on Progressive Radio Network, *Love, Lust, and Laughter*. Her most recent publication is *Love in the Time of Corona: Advice from a Sex Therapist for Couples in Quarantine*. Get an idea what to expect by going to her website at drdianawiley.com. Coordinator: Matt Jamin.

Resident Revelations: David Webber

Tuesday, July 11; 3:30–4 pm, Emerald Hall



David Webber on deck, ready to fly

Before attending law school, David Webber flew jets as a Naval Aviator from 1963 to 1969. He will present slides and video clips of his experiences as a Navy carrier pilot flying missions during the Vietnam War. One of the videos has been converted from an 8mm film that he made at the time by taping the camera

to the gunsight, providing a pilot's-eye view of the catapult launch and arrested landing. Coordinator: Carolyn Blount.

Tuesday Night LLC Movie and Discussion with Actor David Teitelbaum

Tuesday, July 18; 7:30–9 pm, Emerald Hall only

In his first appearance at Mirabella, actor, producer, and comedian David Teitelbaum discussed how he first got into show business and on the Johnny Carson show at a very young age by pretending to be a TV entertainment journalist. Next up is a special evening showing of an award-winning video, *Follow the Bitch* (1996), Julian Stone's wry, low-budget comedy of the sexes. David was one of the starring actors in the movie.

The movie takes its title from a favorite poker game of a group of Los Angeles thirty-something guys who've been gathering every Friday night for ten years for a card-playing marathon. It's about the *guys*, the game of *poker*, and a *woman* who taught them a lesson. Running time: one hour, twenty-seven minutes, rated R for language. David will introduce the movie and answer resident questions afterwards. Here is a trailer link to prepare you for the video: https://www.youtube.com/watch?v=ZZKiA_YSc2g. Coordinator: Leslie Klein.

Dr. Janette Silverman, Genealogy Research Challenges

Wednesday, July 12, and Wednesday, July 19; 3:30–4:30 pm, Zoom in Emerald Hall, no recording

Link: <https://us06web.zoom.us/j/93007929610?pwd=dGZVbWRKNm5sYy9zNzZPdMVsN2pGZz09>

Part 1: My Uncles the Bigamists

Many of us attempt to perform genealogy research on our own with limited success. Dr. Janette Silverman, a Genealogy Research Professional, wished to fill in the gaps of the lives of two of her grandfather's brothers. She thought this would be a simple, routine research



Janette Silverman

in U.S. records. But she quickly realized that the information she was finding didn't add up. Upon further investigation, she found the truth: both men were bigamists. Dr. Silverman will discuss records that include U.S. census, draft registrations, ship manifests, naturalization files, and marriage and death records. The lecture will focus on analysis of documents and resolution of conflicting information.

STEPPING BACK § TAKING STEPS

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Part 2: They Changed My Name—Immigration Myths and Mythologies

Family histories often include information about a name change at Ellis Island. In this session, Dr. Silverman will address the myth and reality of traveling in steerage and arriving in a new country. She will discuss real experiences of immigrants traveling from Europe to the United States in the late nineteenth and early twentieth centuries. Ellis Island, the port where the greatest number of immigrants arrived, will be the focus of this talk.

Dr. Janette Silverman has been active in genealogical research for over three decades. She is a Senior Genealogist and Research Team Manager at AncestryProGenealogists®, the division of *Ancestry.com* that does private client research. Her research specialties include Eastern European, Jewish, and Holocaust era research. Coordinator: Leslie Klein.

Rebecca Albiani, Amoako Bofo: Soul of Black Folks

Monday, July 24; 11 am–12 pm, Emerald Hall



Amoako Bofo, “Crossed Legs,” 2022

The intimate portraits of Amoako Bofo will grace the Seattle Art Museum’s galleries starting on July 13. Rebecca Albiani will explore with us the beauty and complexity in artist Amoako Bofo’s Pacific Northwest debut. He combines masterful brushwork with

his signature finger-painting strokes to depict the nuance and complexities of Black life around the world. Coordinator: Sylvia Fisher.

Mike Hahn, On Footprints in the Sand

Wednesday, August 2; 3:30–4:30 pm, Emerald Hall and Zoom



White Sands Human Footprints, Adult and Child

I enjoy big western vistas and wonder what the country looked like before roads and development changed everything. My interest was really piqued in September 2021 when the news cycle was dominated by discovery of ancient human footprints at White Sands, New Mexico. Dated 21,000–23,000 years old, the footprints created a huge gap in time when compared with current archeological and genetic evidence for migration. Did the ancient human footprints found in New Mexico push back the date of human arrival in the Americas?

Come and learn more about first humans in America, their origin, when they traveled, how they traveled, and why the age assigned to the White Sands footprints is not fully accepted. Coordinator: Mike Hahn.

Introduction to PowerPoint with Peel Tech Instructor Scot McConnachie

Monday, August 7; 3:30–4:30 pm, live in Emerald Hall and on Zoom with a recording

Microsoft PowerPoint is an easy-to-learn and powerful tool for making presentations for family, friends, or for a Resident Revelations lecture. The purpose of the introductory class is to provide sufficient information to allow participants to start using PowerPoint to create a basic slideshow.

PROGRAMS IN EMERALD HALL

Topics will include:

- » Using Templates and Themes.
- » Organizing slides.
- » Importing pictures and graphics.
- » Writing with regular and smart text.
- » Drawing with smart objects.
- » A brief reference to recording a narration.
- » Running the presentation.

Participants may bring laptops or tablets with PowerPoint installed and follow along with the slide presentation. PowerPoint works with Windows, Apple, and Android computers. For those bringing devices, McConnachie will assist them at every step of the way. Most residents will be able to return to their apartments and make their own PowerPoint slideshow.



Scot McConnachie

Scot McConnachie is a Senior Care Technologist sponsored by Mirabella Seattle to provide technology assistance to residents for no charge on Mondays and Fridays in the Resident Business Office conference room. He also provides personalized computer

assistance in resident units for a fee. Coordinator: Leslie Klein.

Resident Revelations: Leslie Klein—Discoverer of Energy Vortexes

Tuesday, August 8; 3:30–4:30 pm, live Zoom in Emerald Hall, with a recording; link for live home viewing on MIRANET

What is an Energy Vortex? Have you ever wished to conduct a citizen science project and discover something previously unknown to

humankind? Leslie Klein has discovered and documented over twenty energy vortexes in Tucson and Sedona, Arizona. He has scientifically measured two vortexes. Finally, to the many skeptics attending this presentation, Leslie will separate the science of energy vortexes from the pseudo-science that surrounds the topic. Coordinator: Leslie Klein.



Leslie Klein

Mike Hahn: Lessons Learned—Close Calls with E-scooters on Mirabella Sidewalks

Monday, August 14; 3:30–4:30 pm, Emerald Hall
E-scooters officially became a headache for pedestrians in 2020. Seattle City Council members were ecstatic when e-scooters arrived. They seemed less concerned about pedestrian safety. With minimal police presence, illegal e-scooter sidewalk riding became the norm.

The need for a pedestrian safety strategy was apparent after my third e-scooter close call. I asked other Mirabella residents about their close calls and worked on a safety list. A revised three-page safety handout will be distributed at this practicum. Coordinator: Mike Hahn.

Lectures by Geneticist Julia Diegmann

Zoom Link will be on MIRANET

Part I: The Rise and Fall of Biodiversity in Paradise

Wednesday, August 16; 3:30–4:30 pm, Zoom only

Part II: Resisting Extinction—Ensuring the Survival of Kauai's Native Forest Songbirds

Wednesday, August 23; 3:30–4:30 pm, Zoom only
Dr. Julia Diegmann, a Geneticist, works with the

LEARNING LESSONS § HITTING THE ROAD

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Kauai Forest Bird Recovery Project helping to conserve the biodiversity of the island forest. Five of Kauai's thirteen forest songbird species have vanished in the last forty years, and three others are critically endangered. She will review the efforts of conservationists to ensure the survival of the rare forest songbirds.

Diegmann received her PhD in Genetics from Friedrich-Schiller University in Jena, Germany. Coordinator: Mike Hahn.

The Challenges of Being a Legal Immigrant with Sylvie Lehmann

Wednesday, August 30; 3:30–4:30 pm, Emerald Hall and on Zoom



Sylvie Lehmann

It took Sylvie Lehmann seventeen years to obtain a Green Card, the permanent resident card required to legally immigrate to the United States without getting married or illegally crossing the border. In this talk, Sylvie will tell us what legal immigration to the United States really looks like and how she legally stayed in the United States while

seeking her Green Card. Required information for immigration, steps to be taken, and the costs for each will be discussed.

Lehmann was born in the German Democratic Republic (GDR) and initially came to the United States for education. She is a business owner and author of *Receive Joy* and resides in Naples, Florida. 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.

OUT AND ABOUT

GROCERY TRIPS

Ballard Market/Safeway/Target, Fridays, July 14, August 4, 25; 10 am–12 pm

Costco, Wednesdays, July 12, 26, August 9, 23; 9:45–11:30 am

Fred Meyer, Fridays, July 21, August 11; 10–11:45 am

Metro Market/Bartell, Fridays, July 7, 28, August 18; 10–11:45 am

QFC/University Village, Mondays, July 10, August 7; 10 am–12 pm; July 24, August 21; 10–11:45 am

Trader Joe's/PCC, Mondays, July 3, 17, 31, August 14, 28; 10–11:45 am

WALKS

Saturdays, 9:30–11:30 am pickup

July 1 Myrtle Edwards

July 8 Alki Waterfront

July 15 Seward Park

July 29 Golden Gardens

August 5 Edmonds Waterfront

August 12 Magnuson Park

August 19 Des Moines Creek Trail & Farmer's Market, 12 pm pickup

August 26 Lincoln Park

Coordinator: Charlotte Bushue, x 1723.

GOLF

Thursday, July 6, 13, 20, 27, and August 3, 10, 17, 24, 31; 9:30 am–1:30 pm pickup

Golf courses will be announced in the Weekly or on MIRANET.

Coordinator: Dean Temple, x 1820.

SUNDAY CHURCH

Sundays, July 2, 9, 16, 23, 30, August 6, 13, 20, 27; 9:15–10:30 am

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

SPECIAL ACTIVITIES AND EXCURSIONS

Concerts at Ballard Locks

Sundays on the following dates. Bus will leave

Mirabella at 1:15 pm and pick up at 3:15 pm.

The yearly summer concerts at the Ballard Locks are free. Please bring a folding chair or blanket to sit on. The coordinator is Charlotte Bushue, x 1723, unless otherwise noted.

July 2 Cascadia Big Band. Coordinator: Nickie Askov, x 1858

July 9 Centerpiece Jazz Band

July 23 Woodinville Community Band

July 30 STRUM. Coordinator: Jade Simonson, x 1688

August 6 March One Jazz Orchestra

August 20 Gold Big Band

August 27 Lynnwood Community Band

Seattle Piano Institute 2023 Concert at Meany Hall

Saturday, July 15; leaving at 11:45 am, pickup 3:45 pm

At 12:30 pm, the Seattle Piano Institute is hosting its complimentary 2023 Showcase Recital at the Katharyn Alvord Gerlich Theater (formerly the Meany Auditorium) at Meany Hall on the University of Washington campus. Under the direction of Professors Robin McCabe and Craig Sheppard, the Institute attracts top students from all regions of the United States and several foreign countries, who audition for inclusion in an intensive ten-day curriculum of individual instruction, master classes, and associated seminars. Don't miss this back-in-person event to share the achievements of the institute's most advanced students with the public in this afternoon of outstanding music. Coordinator: Barbara Porter, x 1885.



BUS TO LEARN, ENJOY § ED'S OWL

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Bellevue Square

*Wednesday, July 19; leaving 10:30 am, pickup
1:30 pm*

Bellevue Square has over 200 retail stores with anchors Nordstrom and Macy's. It is a premier shopping destination with a skybridge access to Lincoln Square. Shoppers will also find numerous dining options for lunch. Coordinator: Jade Simonson, x 1688.

Seafair Powwow at Discovery Park

Saturday, July 22; leaving 10 am, pickup, 12:30 pm

The Annual Seafair Indian Days Powwow, sponsored by the United Indians of All Tribes Foundation, occurs this year on July 21–23. We have scheduled a bus to transport residents to and from Discovery Park on Saturday, July 22, where we'll be treated to a celebration of Native American arts and culture from the Northwest and beyond, including music, dancing, food, and dress. (<https://unitedindians.org/powwow-new/seafair-powwow-2023>). Admission is free, but a donation will of course be welcomed. For further information contact Míceál Vaughan, micealv@hotmail.com; x 1639.

Duwamish Long House and Cultural Center

Wednesday, August 16; leaving 1 pm, pickup 3 pm

Mirabella will visit the Duwamish Long House and Cultural Center to learn about the history of the original inhabitants of this region. The website states the following: "Duwamish and Settler Story celebrates two decades of growth and progress. Collectively we explore the authentic stories of the complex relationships of trade, managed and natural resources, social hierarchy, and the growing relationships between the Duwamish and the settlers who arrived in the 1850s and together melded and transitioned into the Seattle we know today." Coordinator: Nickie Askov, x 1858.

Luncheonaires

*Friday, August 18; leaving 11:45 am, pickup
1:45 pm*

Enjoy lunch at Domani, a popular pizzeria and restaurant at the top of Queen Anne. Choice of pizza toppings, large menu, and reasonable prices. Everything is made in-house with a sunny outside eating option. Let's do it! Coordinator: Jean Hall, x 1579.

Queen Anne Farmers Market

Thursday, August 24; 3:15–4:45 pm

QAFM features Washington-grown produce and food products. Here you will find a large roster of vendors with farm-fresh produce, baked goods, or tasty food-to-go. A Trader Joe's is also nearby. Coordinator: Jean Hall, x 1579.

Mariners Senior Day

*Wednesday, September 13; leaving 11:15 am, pickup
4 pm*

This is an early announcement for the Mariners' game in September at T-Mobile Park. Coordinator: Ken Hopkins, x 1662.

PROGRAM COMMITTEE

Sally Hayman and Stafford Miller, Cochairs

Getting Wild (about Owls) with Ed Dominguez, Seattle Naturalist

Thursday, July 6; 3:30 pm, Emerald Hall

Ed Dominguez is the lead naturalist at the Seward Park Audubon Environmental Learning Center and has been with the Center since 2011. Seward Park is a peninsula with 277 acres of old-growth forest not far from the core of



Ed Dominguez

BHAVANI'S OBOE § STRINGS § BELONGING

Seattle. It houses an amazing variety of habitats and wildlife, including birds of all types, small animals, coyotes, and an abundance of plant life. The sign at the Park's entrance reads: *You are entering a fragile ancient forest. Leave no trace and do no harm.* "Many people come to walk the two-and-a-half-mile lakeshore trail," Dominguez said, adding, "of all the patches of old growth that remain in the Puget Sound metropolitan area, this is the only one that has never been logged. So, it's unique in that respect."

Dominguez will explore the myth, folklore, and science of these wondrous birds of the night. Discover where they can be found, how they are successful as nocturnal predators, and their importance to us in a variety of ways.

Whoohoo. Woo woo. Hoo hoo. Hoot hoot. (Who knows? Ed knows...) Coordinator: Diane Holmes.

Oboe Player Bhavani Kotha in Concert

Thursday, July 13; 3:30 pm, Emerald Hall

Oboist Bhavani Kotha returns to Mirabella with a concert of gems from the romantic era. They include a transcription for the oboe of Clara Schumann's *Three Romances*, originally dedicated to the magnificent virtuoso violinist Joseph Joachim. We'll also enjoy selections from Mendelssohn's *Songs Without Words*. Exploring lyricism and poetry in music is the

theme of the program she's planned for us.

Bhavani has a BA in Music from the University

of Washington, an MA from the University of Southern California Thornton School of Music, and a Certificate in Strategic Marketing from the University of Washington. She balances a busy freelance performance schedule with teaching and her fundraising job with Mary's Place. Coordinator: Judy Waring.

Open Rehearsal, Seattle Chamber Music Society

Monday, July 17; 2:30–4:30, Emerald Hall

Drop into Emerald Hall to hear a rehearsal of Brahms *Piano Quartet No. 3 in C Minor*.

Charles Richard-Hamelin, Tessa Lark, Jonathan Vinocour, and Paul Watkins will be performing this in the 2023 Seattle Chamber Music Festival on July 20. Coordinator: Rosa Lea Taylor.

Sephardic Jews of Spain: A Talk by Doreen Alhadeff

Thursday, July 20; 3:30 pm, Emerald Hall

In the fifteenth century, when Queen Isabella and King Ferdinand launched the Inquisition, tens of thousands of Jewish people were expelled from Spain. Five hundred years later, in 2015, the Spanish Parliament passed a repatriation law granting descendants of the Inquisition's victims—who have Sephardic Jewish roots—an opportunity to apply for citizenship.

Seattle's Doreen Alhadeff became the first American Sephardic Jew to gain Spanish citizenship under the new law. "I felt it was very important," Alhadeff says. "It was something that had been taken away, and I wanted to take it

back." Not only is Alhadeff a descendant of these amazing people; she has also become an advocate for Sephardic Jewish people in the United States



Bhavani Kotha



Doreen Alhadeff

HORNS, PIANOS, VOICE, AND STAGE

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and especially Seattle, which has a significant Sephardic Jewish population. She was recently awarded a knighthood by Spain’s King Felipe VI for her work in helping others apply for repatriation and obtain Spanish citizenship. In her talk, Alhadeff will explore the history of the Inquisition, personal stories of Sephardic Jews today, and how it felt to meet a king. Coordinators: Andrea Lewis and Richard Atwood.

The Greenwood Concert Band

Sunday, July 23; 3 pm, Courtyard

Mirabella residents will once again be entertained by Seattle’s favorite summer band, the Greenwood Concert Band, with William Blayne, director. In addition to their repertoire of classic favorites, we will hear a special arrangement of the brilliant clarinet duet *Il Convegno* by Ponchielli, featuring Reis McCullough and Jim Heffernan, both recently retired solo clarinetists with the Army Field Band. Also, a new march, *Cascade*, by resident Stafford Miller. What’s better than a concert in the park on a Sunday afternoon! Coordinator: Stafford Miller.

Laure Stuber, Pianist

Thursday, July 27; 3:30 pm, Emerald Hall



Laure Stuber

French-born musician Laure Stuber earned a Diploma of Musical Studies at the Strasbourg Conservatory of Music. After coming to the United States, she earned a Masters in Piano Performance at the San Francisco Conservatory of Music. In 2014, she settled in Seattle where she earned her Doctor of Musical Arts in Piano

she earned her Doctor of Musical Arts in Piano

Performance at the University of Washington.

Dr. Stuber has performed widely in Europe and the United States as a soloist, chamber musician and keyboardist for the Strasbourg Philharmonic Orchestra and has received numerous awards and prizes. Coordinator: Judy Guder.

The Nature Conservancy (TNC) in Washington State

Thursday, August 3; 3:30 pm, Emerald Hall

James Hong of the Seattle office of TNC will show slides of TNC projects in our state and discuss their progress. Coordinator: Rosa Lea Taylor.

From Page to Stage: ACT Theater with Nick Farwell

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

Nick Farwell, the Stage Operations Supervisor at ACT, will take us into the complex process of theatrical production. We’ll encounter the plays in this year’s ACT season, with forays into the offerings of other companies. Mr. Farwell reminds us that live theater is a quintessential art form, which merits our support “because it challenges expectations and is a wonderful career for creative people.” Coordinator: Darrell Guder.



Nick Farwell

TC and His All Stars

Thursday, August 31; 3:30 pm, Courtyard

Vocalist Tom Carlson (TC), backed by some of Seattle’s finest players, will present a blend of jazz, blues, soul, and pop from the 1940s to the present. Tom has performed at numerous venues

COOL SONGS § GRAND PARK § WELCOME, KARIN

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in the Seattle area since 2010. As an artist, he is adventurous, soulful, engaging, and eclectic in his choice of material. Band members include Hans Brehmer on piano, Osama Afifi on bass, and Mark Ivester on drums. Coordinator: Judy Waring.

The History of the Olympic Sculpture Park

Thursday, September 7; 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. 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.

Olympic Sculpture Park Visit: A Review

We are fortunate to live in an amazing part of the country, Seattle and its striking Pacific Northwest surroundings. In June, twenty-some Mirabella residents visited the Olympic Sculpture Park and were awed by its spare and elegant beauty—not only the grounds and sculptures, but also the nine-acre setting in downtown Seattle with breathtaking views



*Looking west from Olympic Sculpture Park
—photo, C. Roe*

of the park, Elliott Bay, and the Olympic Mountains. Spectacular!

If you haven't had the opportunity to visit the Olympic Sculpture Park, do it soon. If you are like me, you'll want to sit in a Calder-designed red chair and soak in the view and the peaceful tranquility of the space. It's awesome!

Diane Holmes

WELCOME COMMITTEE Carolyn Blount, Chair

Karin Martini

Karin Martini, who moved into apartment 427 in Mirabella in April 2023, is a great addition to the Wednesday and Saturday Mahjongg players. She is also a participant at the German table, German being one of the five languages she speaks fluently.

Born in Vienna, Austria, Karin then moved to Saltzberg; she has lived in Italy, Argentina, Switzerland, and Spain. It was in Spain while working as an executive secretary that Karin



*Karin Martini
—photo, C. Lindsey*

WELCOME, LARRY § ENJOY READING

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met her American husband, whose job required them to move all over Europe and the Middle East. Eventually they moved to the United States.

Karin’s second marriage took her to Long Island, New York, where she lived for many years. When Karin had lived on her own for some time in the Long Island family home, Karin’s daughter, who lives in Seattle with Karin’s two grandchildren, persuaded her to move to Seattle. All the moving arrangements were made by her daughter, and the day Karin moved here was the first time she had seen Mirabella.

Reading and travelling are Karin’s passions. She will be a great asset to our community.

Charlotte Lindsey

Larry Swift



Larry Swift
– photo, Loni Smith

Larry joined our community in May 2023. After learning that his precious three grandchildren, his daughter, and son-in-law were moving to Seattle due to an Amazon job transfer, Larry left his newly acquired unit in a continuing care retirement community in

Salt Lake City. So far, he is glad he moved here. He will now commute to visit his other daughter in Salt Lake City and his son in Oakland, California.

Larry, a mandolin player, left his Blue Grass group behind in Salt Lake City, but he has hopes of forming new music connections here in Seattle. Before he retired to play music and be with his grandchildren, Larry was a businessman and travelled extensively with his family. He and his family circled the world twice as he traveled to

and from work in South Africa (1988–1990) and happened to be in South Africa when Nelson Mandela was released from prison in February 1990. Having grown up in southwest Missouri in the Ozarks, he describes himself now as a man of the world and is looking forward to life in Seattle and in Mirabella apartment 703.

Seeley Chandler

BOOK CLUB

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



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 on the current issues confronting women in STEM fields.

August 28: Amal Sedky-Winter, the author of our August selection, *Escape to Aswan*, will join us as we discuss her recently published political thriller. An Egyptian-American psychologist herself, she is well prepared to portray the clashes of culture and class in the Arab world.

September 25: We will discuss *Ex Libris* by Anne Fadiman. Subtitled, *Confessions of a Common Reader*, the book was described by one reviewer as a collection of essays on a family’s love affair with books and words.

Everyone is welcome to join us.

Tina Moss

OPERA § VOTE § CLOWN

OPERA CLUB NEWS

Donna McCampbell, Opera Club Chair

Opera Club Meeting

Monday, August 28; 2 pm, location TBD

At the Opera Club meeting in August we will select operas for October 2023 through February 2024.

As the Mirabella Opera Club will be on summer break from July through September, our next opera showing will be in Emerald Hall on October 9 at 2 pm; please mark your calendars. If you would like to have input on upcoming operas, please join us for the meeting. Contact Donna McCampbell beforehand at x 1628 or email Donna at catballou414@gmail.com to learn the meeting location.

The Metropolitan Opera Live in HD Broadcasts will also take a break from July through September. Our column in *The Mirabella Monthly* will continue to provide upcoming titles and dates for the Live in HD schedule.

Donna McCampbell

MIRABELLA CIVIC

ENGAGEMENT PROJECT

BY MATT JAMIN

Save these dates for City of Seattle and King County Council Candidate Forums.

July 8: The three leading primary candidates for the District 7 **Seattle City Council** seat (which includes Mirabella) will appear at a forum in Emerald Hall on Saturday, July 8, at 10 am. Bob Kettle, Andrew Lewis, and Olga Sagan will answer your questions regarding the policy issues facing Seattle voters

in the primary election. Balloting for the primary begins on July 14 and continues through August 1.



October 7: The District 4 seat for **King County Council** (which includes Mirabella) will also be on the ballot in the general election. We have set this date to invite the candidates again to answer your questions regarding county-wide issues.

October 14: Those candidates who survive the primary process for **Seattle City Council** will be invited to return prior to the general election, again to answer your questions. Balloting for the general election begins on October 20 and continues through November 7.

Mirabella Seattle residents are an important part of the constituencies of Seattle District 7 and King County District 4 because ninety-two percent of them vote in these elections. The Mirabella Civic Engagement Project sponsors the Candidate Forums to help inform our choices.

Look for more information about the forums in your mailbox soon.

THIRD FLOOR CLOWN SIGHTING

BY DIANE KING

ON Tuesday, May 30, six Mirabella Seattle Foundation clowns paid a dinner visit to the third-floor dining room and enjoyed eating together with residents, the majority of whom are in Assisted Living. The room was abuzz with conversation, and everyone enjoyed a break in their routines.

Some clowning around may have taken place, but it was otherwise held to a



Smiling clowns Mary Ann Napravnik and Julie Holland – photo, M. Jossem

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minimum. With or without clown attire, independent residents may enjoy dining with friends and acquaintances on the third floor by scheduling (at least a day in advance) with Michelle Solemsaas, the third floor Nutritional Services Manager, at x 1467.

REMARKABLE WOMEN

BY CONNIE CHAPLIN

THE 1955 murder of Emmet Till, a fourteen-year-old Black boy, catalyzed the civil rights movement in this country. A Chicago



Danielle Deadwyler and Jalyn Hall in "Till"

child, he was visiting relatives in rural Mississippi, where he was accused of flirting with a white woman. *Till* is the story of Mamie Till-Mobley, his mother, largely because of her decision to insist on an open-casket funeral that exposed his mutilated face and to allow the press to publish the photos. Without her action, the fate of Emmett Till might never have been known; this horrific example of racism would never have woke many white Americans. Today, some are saying that publication of photographs of child victims of AR-15 style rifles in school shootings could shock citizens and force legislators into passing gun-control measures. What do you say?

In *The Good House*, Sigourney Weaver plays a



Sigourney Weaver in "The Good House"

top-notch real estate agent in a small town near Boston with a changing demography. But she knows the area, and she works hard. In fact, she's a perfectionist; she's also a functioning alcoholic. Her grown daughters have recently staged an intervention to get her to lay off the booze, but she's having trouble with changing her behavior even with their support and that of her ex-husband and an old flame played by Kevin Kline. This duo has great chemistry and it's good to see them together again.

Black Panther: Wakanda Forever. Even the title reminds us that former Black Panther, Chadwick Boseman, died of cancer at forty-three and that this movie, without him playing King T'Challa, has his mother Queen Ramonda (Angela Bassett) taking the throne. But this is a super-hero film with a new plot to be developed, new epic action scenes to be filmed, and new stunts to be done. And awards to be won: this Black Panther was nominated for five Oscars and won for Supporting Actress and Original Song. Performances are strong, and at the very end we get a surprise and a promise that Black Panther will return. Wakanda Forever!

Remember when you were thirty years old? Remember when you were thirty and wished you were seventy? No? Neither do I. But that's the basis of *Mack & Rita*, so we can find out.



BIRTHDAYS



POETRY CORNER

HAPPY BIRTHDAY! JULY & AUGUST 2023

JULY

- 2 – Charlotte Merritt
- 2 – Dick Parker
- 2 – Fred Short
- 3 – Bob Boyd
- 5 – Karen Wong
- 5 – Mary Ann Mundy
- 5 – Greg Rueger
- 6 – Alice Arrington
- 8 – Nancy Heymann
- 8 – Ted Taylor
- 8 – Marilyn Hecht
- 8 – Gail Temple
- 8 – Michael Brunberg
- 8 – Ruthe Norton
- 9 – Jean Hall
- 9 – Linda Morrison
- 10 – Lois Braden
- 10 – Jo Ann Scott
- 10 – Elston Hill
- 10 – Sandra Jaech

- 12 – David Rowlett
- 12 – Mary Jo Taylor
- 15 – Dick Steppic
- 15 – Dan McDonnell
- 16 – Jan Grant
- 17 – Cal Crow
- 18 – Rhonda Plawner
- 20 – David Wong
- 21 – Chun Hui
- 23 – Martha Oman
- 24 – Charlene Marchant
- 24 – Andrea Lewis
- 25 – Stan Wiklund
- 26 – Larry Grant
- 28 – Janet Ohta
- 31 – Phil Braden

AUGUST

- 1 – Dorothy Rowlett
- 3 – Ellen Ward
- 4 – Bill Ellis
- 5 – Maria Fiore

- 7 – Verla Kwiram
- 7 – Jo-Anne Shanahan
- 8 – Stafford Miller
- 8 – Gisela Baxter
- 8 – Fred Herb
- 9 – Henry Butler
- 9 – Susan Callegari
- 10 – Al Taylor
- 10 – Sylvia McDonnell
- 11 – Mort Berman
- 12 – Nan Welton
- 14 – Anne Morellato
- 15 – Charles Sleicher
- 22 – Norita Robbins
- 23 – Tim Hill
- 23 – Dixie Jo Porter
- 23 – Jake Crossley
- 24 – Darlene Halverson
- 26 – Max Warden
- 28 – Jack Cahill
- 31 – Sandra Gorohoff



Mack (Elizabeth Lail) is a writer and social influencer who has an inner seventy-year-old self. Just accept this. Mack is on a bachelorette trip to Palm Springs, where she magically transforms into seventy-year-old “Rita” (Diane Keaton), who is her future self. Now, we are all Diane Keaton fans, right? If you are a Diane Keaton fan who can forgive anything if it stars Diane Keaton, this is for you.

SYNCOPE

BY JARED CURTIS

A dazed look marks
 them out
 from other visitors—
 a slower pace,
 a look of sadness,
 regret upon the brow,
 an odd uncertainty
 in moving to and from
 the center of concern,
 a loved one lying ill
 or injured there,
 so rudely severed from
 what was just yesterday
 a daily life.

Their lives changed, too,
 made suddenly appended
 to another life,
 selves on hold,
 suspended,
 uncertain,
 upended,
 seeking ways to tilt
 back in balance
 to find a rhythm once again.

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MOVIE CLUB LOOKS AHEAD

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AUGUST MOVIE PREVIEW

BY CONNIE CHAPLIN



Olivia Colman in “Empire of Light”

EMPIRE OF LIGHT was a 2023 Oscar nominee for Cinematography. In a formerly fancy old English coastal town, the Empire, a run-down old movie palace managed by Hilary (Olivia Colman) is in financial trouble during the 1981 downturn. On the wall of the once-elegant theater is a quote from Shakespeare “Find where light in darkness lies.” And there is darkness here: Hilary has very few friends and her authoritarian married boss (Colin Firth) sexually harasses her. In the past, she has had episodes of mental illness, and her medication leaves her a “bit numb.” Then Stephen, a handsome young Black man, is hired; they bond over the alienation that each experiences, and light comes into this sorry space. And hope.

WOMEN TALKING won an Oscar in 2023 for Best Adapted Screenplay. It’s based on a 2018 novel about a real-life Mennonite colony in Bolivia, where girls and women were drugged and raped nightly by men in the community. The women begin talking to each other in long conversations. In a barn. Some argue to leave. Some want to stay and fight. Others want to stay and forgive; they are puzzling out a course of action, and it is mesmerizing. The film takes place over two days; we never see the attacks take place. The cast includes Rooney Mara, Claire

Foy, Jessie Buckley, Judith Ivey, Ben Whishaw, and Frances McDormand.

Speaking of movies and sexual harassment, we turn the spotlight on Harvey Weinstein and the 2017 Hollywood sex scandal in **She Said**, starring Carey Mulligan and Zoe Kazan playing the New York Times investigative reporters Meghan Twohey and Jodi Kantor, who broke the case and spurred the Me Too movement. If you watched the Oscars during the thirty years that Weinstein misused his power, you’ll remember how often Oscar winners praised him for helping their careers. Uh huh. This time, women investigators look into some of the women’s stories and follow the money. There were payoffs. The team won Pulitzer Prizes for their work.

In **Confess, Fletch**, John Hamm stars as Fletch the bumbling journalist, a role played by Chevy Chase in an earlier Fletch picture. Or is he an investigator? This time, he has managed to become the prime suspect in multiple murders. (Now just how does one stumble into something like that?) Of course, he’s focused on trying to prove his innocence. I’ll bet he is! Unfortunately, at this very same time, he’s trying to locate his fiancée’s stolen art collection and that keeps him really busy. Who stole it? Frankly, I’d suspect him—a guy with, maybe, multiple murders, right? However. There is a great cast and it’s a very funny film and Hamm is brilliant in it. So, there!

Back when Tom Brady was a quarterback for the New England Patriots, a group of life-long Massachusetts women friends began meeting weekly to enjoy broadcasts of the Pats’ football games. In **80 for Brady**, as octogenarians in 2017, they are planning to attend the Super Bowl and see their hero in person. The movie is based on real people played with considerable charm by Jane Fonda, Lily Tomlin, Rita Moreno, and Sally Field. You don’t even have to like football.



The Mirabella Monthly

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

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Guide to Mirabella Publications

The Mirabella Monthly

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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.