



WE'RE ALL MAD HERE!

# The Mirabella Monthly

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



VOLUME 16 | ISSUE 6

**LET'S KEEP GROWING! FOUNDATION FUND DRIVE DEADLINE, JUNE 7**

JUNE 2024

## WHAT'S ON TAP

- 1 *Revisiting Wonderland*. Photos by Elston Hill
- 4 Who Does What at Mirabella
- 5 Resident Services
- 6 Active Arts Committee
- 7 Art Committee: Mirabella Fall Art Show
- 7 *New Mirabella Art* by Betty Heycke
- 8 Health and Wellness Committee
- 8 Lifelong Learning Committee
- 11 Outside Activities Committee
- 14 Program Committee
- 15 Welcome Committee
- 16 Book Club
- 16 Opera Club News
- 17 Supportive Friends
- 17 *PRS Awards for Mirabella Seattle Employees* by Mary Jossem and Jared Curtis
- 18 *A Tale of Twisting Tendons* by Jim Doyle
- 19 *Flowers for Mother's Day* by Margaret Herb
- 19 Arts Notebook: *MadArt Group Show* by Jared Curtis
- 21 *Bookends* by Marsha MacInnes
- 21 *Hole: an Ode* by Jared Curtis
- 22 Birthdays § Poetry Corner
- 23 *Movie Corner* by Warren Askov

## REVISITING WONDERLAND

PHOTOS BY ELSTON HILL

### A Grand Opening: 2024 Mirabella Seattle Foundation Fund Drive

By Jared Curtis

On May 6 in Emerald Hall a delighted audience was entertained and informed by the “mad” residents of *Alice in Wonderland*. Combining wild antics with an explanation of the Foundation’s mission to serve our community, residents and guest performers in creative costumes gamboled, danced, strummed, sang, and swam (!) their way into our hearts. Enjoy this window into their world.



*The Mad Denizens of Wonderland – Mirabella Seattle Foundation Fundraising Committee; left to right, Sue Herring, Julie Holland, Diane King, Mary Jossem, Diane Holmes, Charlotte Lindsey, and Cathy Woodburne*

# EVERYTHING WENT

2

JUNE 2024



*Pet me, or I'll disappear! – Cathy Woodburne*



*Alice's enthusiastic response to "Drink me"  
– Mary Jossem*



*Diamonds in the rough, Ukulele Players lead a  
Mirabella sing-along – Bill Evenson, Mary Jo  
Taylor, Sue Herring, Nickie Askov, Betty Heycke,  
and Barbara Porter*



*Whooooo are U? – Sue Herring*



*"They're nothing but a pack of cards!" but, oh!  
So much more – left to right, Sue Herring, Julie  
Holland (Door Mouse), Makiko Doi, Bella Jovan,  
Sally Hayman, Jean Hall, and Carolyn Roe*



# SWIMMINGLY!

JUNE 2024

3



*Off with all of your heads!*  
– Carolyn Burton



*Mad Hatter – Master of Ceremonies, David Martin*



*The Alice Triplets take a bow – left to right, David Martin, with Jane Beer, Mary Jossem (with Julie Holland seated behind) and Richard Cahall*



*Mirabella Olympic Synchronized Swimming Flowers – left to right, Deborah Berger, Mary Baroni, Ruth Benfield, David Miller, Sheryl Feldman, Charles Kocher and Eddie Edmondson*




*The Red Queen and her pack of cards pose with Alice before the Queen orders, “Off with their heads!” – back row, left to right: Cathy Woodburne, Paul Keown, Sheila Dietrich, Sally Hayman, Carolyn Roe; middle row, left to right: Sue Herring, Bella Jovan, Makiko Doi, Jean Hall; front row, left to right: Carolyn Burton, Mary Jossem*




*They’re all Mad too!*

# WHO DOES WHAT AT MIRABELLA


## **RESIDENT COUNCIL, 2024–2025 COUNCIL & RESIDENTS’ ASSOCIATION MEETINGS**




Mike Waring,  
President, 2023–2024,  
Box 527, x 1585,  
[urbandoc@hotmail.com](mailto:urbandoc@hotmail.com)




Julia Wan, Vice  
President, 2023–2024,  
Box 1110, x 1852,  
[juliawan1@gmail.com](mailto:juliawan1@gmail.com)




Cathy Short,  
Secretary, 2023–2025,  
Box 1118, x 1860,  
[cathyashort@gmail.com](mailto:cathyashort@gmail.com)




Alice Arrington,  
Treasurer, 2022–2024,  
Box 800, x 1749,  
[alicebelle6@gmail.com](mailto:alicebelle6@gmail.com)




Nancy Eliason, Member-  
at-Large, 2023–2024,  
Box 715, x 1842,  
[nleliason@gmail.com](mailto:nleliason@gmail.com)



Jane Beer, Member-at-  
Large, 2023–2025,  
Box 734, x 1747,  
[lil\\_jane@hotmail.com](mailto:lil_jane@hotmail.com)



Janice Kaplan-Klein,  
Member-at-Large, 2023–  
2025, Box 830, x 1779,  
[jkreachtr@earthlink.net](mailto:jkreachtr@earthlink.net)



Louise Lowry, Member-  
at-Large, 2023–2024,  
Box 607, x 1684,  
[lklowry@aol.com](mailto:lklowry@aol.com)

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, 2024**

*For a committee meeting time & place, consult the calendar, contact the chair, or go to [MIRANET SEATTLE](#)>Groups>Committees*

Committee or Group	Chair/Cochairs	Contacts
Active Arts	Barbara Porter Tricia Brink	Box 902, x 1885 Box 600, x 1677
Art	Linda Berkman	Box 513, x 1861
Dining	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 Jerry Smedes	Box 1116, x 1858 Box 1021, x 1617
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Bob Lewandowski	Box 408, x 1731
Library	Martha Oman	Box 501, x 1642
Lifelong Learning	Pat Harris	Box 524, x 1600
Mirabella Seattle Foundation	David Webber, Chair	Box 1122, x 1864
Nominating	Laura Bailey	Box 432, x 1813
Outside Activities	Míceál Vaughan	Box 434, x 1639
Program	Sally Hayman Kitty Dow	Box 828, x 1640 Box 517, x 1658
Welcome	Sue Herring	Box 709, x 1556



## **RESIDENT SERVICES**

Bri Bailey, Resident Services Director

### **Community Happy Hour**

*Tuesday, June 18; 3–4:30 pm, NW/West Dining Room*

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

### **Health Clinics Available to All**



The following clinics are being held for Independent Living (IL) residents in seventh-floor Suite 726, accessible from the C elevator. 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 Bri Bailey, x 1418 or [bnbailey@retirement.com](mailto:bnbailey@retirement.com).

### **Podiatrist**

*Thursday, June 13; 8:30 am–3 pm, Suite 726*

Dr. Mak Abulhosn, DPM, is available in Suite 726 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.

### **Audiologist: Seattle Hearing Services**

*Tuesday, June 11; 9:30–11 am, Suite 726*

Dr. Patricia Munson offers hearing assessments the second Tuesday of every month. For appointments, contact Patient Care Coordinator/Office Manager, Seattle Hearing Services at (206) 937-8700 or at [info@seattlehearingservices.com](mailto:info@seattlehearingservices.com).

### **Foot Care Clinic**

*Monday and Tuesday, June 17 and 24, 18 and 25;*

*Suite 726; 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 726. 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, is a marriage and family therapist in the Seattle area and will act as a resource for therapy or family consultations or support. She has professional 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 to help them understand dementia and other age-related changes, care options, navigating healthcare systems, caregiving roles, long-term planning, and similar issues. She is available on Wednesdays for in-person visits and can also be reached via telehealth and email. She offers private-pay family consultation or therapy (\$150 for 30 minutes, \$170 for 45–50 minutes). For information or to schedule an appointment, email Ms. Jensen at [janellejensentherapy@gmail.com](mailto:janellejensentherapy@gmail.com).

### **Massage Appointments**

*Wednesday and Thursday; 8 am–5 pm; Saturday and Sunday; 10:30 am–4 pm, Suite 726*

Susan Stein, LMT, is available for massage services. Call x 1421 to schedule an appointment.

### **Acupuncture**

*Tuesdays and Fridays; 9 am–4 pm, Suite 726*

Jennifer Lewis, MTCM, LAC, is available for acupuncture services. Call x 1421 to schedule an appointment.

# TAKE A REST § MAKE ART

## 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 x 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 prior to establishing care, but it is not covered under the temporary free stay program and therefore is a private pay cost.

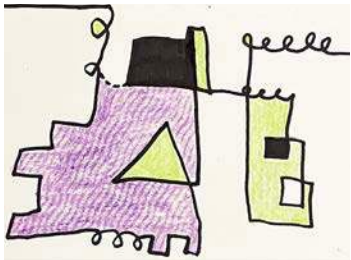
Max Kuhlman, Health Services Administrator

## ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

### Elements of Design

Tuesday, June 4; 12:30–1:30 pm, Art Studio 507; registration required



Squiggle Art – Carolyn Farrell

A straight line may be the shortest distance between two points, but it offers so many possibilities if you let it curve, zig zag, or squiggle across a page. Join Carolyn Ferrell for a short exercise about line and four other elements of design. You will leave

with a small 4x6 matted piece ready for framing. Please register in the red notebook in the Resident Business Office. Coordinator: Carolyn Ferrell.

### Watercolor

Thursdays, June 6, 13, 20, and 27; 12–1:15 pm, Art Studio 507; registration required

Maja Sereda will continue to teach the secrets of watercolor. She will address the following topics: color studies—warm vs. cold, contrast, and layering; botanicals in composition; architectural closeups; landscapes; and birds, fish, and other animals in nature. As always, all are welcome. Please register in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

### Drawing

Thursdays, June 6, 13, 20, and 27; 1:30–2:45 pm, Art Studio 507; registration required

In this class, Maja Sereda will focus on different elements of art each week: form (the human body, animals, and seeds); line or pattern (botanicals and marine life); texture (animals and plants); and depth and values (landscapes and still life). The drawing medium is your choice. All are welcome. Please register in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

### Creative Writing

Friday, June 7; 11 am–12:30 pm, Conference Room A

A very busy Janée Baugher will return to Mirabella in June. All are welcome to join us for what she has to share. She won't return until August, so check in this month. You won't be sorry. No registration. Just come. Coordinator: Barbara Porter.

### Easy Card Art

Tuesday, June 25; 1–2 pm, Art Studio 507; registration required

Mirabella resident Gloria Hennings has been creating handmade greeting cards for many years. Now she offers to teach Mirabella residents how to make them. She has a wealth of background

# MOTION & DIVERSITY IN ART

JUNE 2024

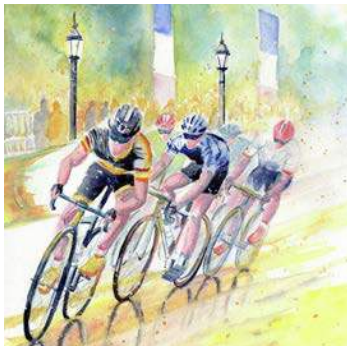
materials from which to choose and lots of punches to add extra details. Gloria will show you what she does. She will then help you if you need some ideas. Most supplies will be provided, but you will be asked to bring a ruler (preferably wooden), a slim knitting needle, and small scissors. Sign up in the red notebook in the Resident Business office. Coordinator: Barbara Porter.

## ART COMMITTEE

Linda Berkman, Chair

**Mirabella Fall Art Show *Art in Motion: On Land, On Sea, In the Air***

Co-Curators: Debra Boone and Betty Heycke  
*Exhibit to run from September 9 to December 12*



*Bike Race, Watercolor, Melly Terpening, 2017*

Do you have art to loan for our new exhibit? We're looking for art which displays any kind of motion. The possibilities are many: land animals, sea animals, boats, birds, bikes, cars, dancers, athletes.

Anything that is moving. Here are the "rules."

1. It can be any artist; it does not have to be an original.
2. It must be ready to hang.
3. You should have insurance if you want it insured. Mirabella Seattle does not insure works loaned for hall exhibits.

For new residents: Art works loaned by residents are the basis for many of our very popular main hall shows. These shows are usually built around a theme. We hope you will consider loaning work for this show. The process is easy, starting with letting us know that you have art to loan from September 9

to December 12.

For all residents: Tell us the number and the titles of pieces you have for consideration. No need to send photos or measurements at this stage.

To start the process, contact Betty Heycke, x 1619 or [bettyheycke@yahoo.com](mailto:bettyheycke@yahoo.com).

If you aren't sure if your piece qualifies as "Art in Motion," contact us anyway.

We'll get back to you and arrange to take photos prior to setting up an installation plan.

Betty Heycke

## NEW MIRABELLA ART

By Betty Heycke

The Mirabella Art Committee has recently acquired two large, interesting works by the Washington-born conceptual artist, Dennis Oppenheim (1938–2011). A conceptual artist, as Oppenheim was happy to explain, creates his own answers to the questions: What is art? How does art work? What should be its social and political context? Might that definition be a sort of anything-goes opportunity? Yes, it was! Oppenheim was often criticized for the wild diversity of his art: photographs, videos, patterned plowing of fields, tattooing, and other artistic efforts.



*Roots in Cubism, 1983, Dennis Oppenheim*

However, what Oppenheim created was evidently interesting, thought-provoking, and sometimes beautiful enough to attract major collectors and museums. His work is shown at the Museum of Modern Art in New York, the Art Institute of



# HELP FOR LOW VISION

Chicago, the Centre Pompidou in Paris, and many other world museums.



*Device to Root Out Evil, 1997, Dennis Oppenheim*

He created a metal replica of a New England church and put it up-side-down with its steeple in the ground. It's called *Device for Rooting Out Evil* and is now displayed in Palma de Mallorca, Spain. Another project of his is a photo of himself lying in the sun with a book on his chest. It's called *Reading Position for a Second-Degree Burn—Five Hours*. He really spent those five hours in the sun and

got the pale image of the book on his chest. Then there is his video of his stream-of-consciousness monologue of himself as he smells turpentine and recreates his mental state as an art student in the 1950s. You get the idea.

So, which of his works, you might ask, could we possibly display at Mirabella? Well, Oppenheim was a sculptor. In addition to his sketches for real works of sculpture, he created sketches for fantasy sculptures, complete with measurements and specifications for the use of certain materials. These sketches, done in crayon, watercolor, and paint, are imaginative and often beautiful. Mirabella has two of them. They are now hanging in the fourth-floor hall ready for you to see. The photo you see here is *Roots in Cubism*, 1983, one of the fantasy sculpture sketches. It closely resembles the ones we have. (We could not successfully photograph ours because of the glare of the glass framing.)

## HEALTH AND WELLNESS COMMITTEE

Bob Lewandowski, Chair

### Reading Help for Low Vision and Other Reading Disabilities with Reilly Curran, MSLS

*Tuesday, June 25; 3:30–4:30 pm, Emerald Hall*

Does low vision, a physical limitation, or a reading disability make it difficult for you to read standard print? If so, you may be eligible to receive free audiobooks.



*Reilly Curran*

Learn how at the Health & Wellness Committee's program with Reilly Curran, Outreach Librarian from the Washington Talking Book & Braille Library (WTBBL). The presentation will include an overview of the services, eligibility requirements, and the steps to start receiving free audiobooks. Reilly Curran studied Library Science and worked as an academic librarian at Seattle University before joining WTBBL. She is on a mission to spread the word about WTBBL's free services. Coordinator: Bob Lewandowski.

## LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

### OLLI-UW June Zoom Lectures

#### What If We're Wrong about Drugs?

*Friday, June 14; 11 am–1 pm*

*Note: This is a two-hour lecture*

#### Pre-Registration Link:

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



# IPHONE FUN & COMPUTER SECURITY

JUNE 2024

9

Fifty years into “Just Say No,” the United States has made little progress with its significant drug problems. The overdose crisis is escalating, access to addiction treatment is limited, and people are still sent to prison for simple possession. Even as we shift toward the legal use of some drugs, other drugs remain deeply stigmatized and criminalized. Yet proven solutions are out there—so what’s not working?

In a talk that incorporates both scientific data and examples from popular culture, Professor Ingrid Walker shows that our perceptions about “drugs” depend on who is taking which drugs. Why are we stuck in the same failed approaches? Could it be that the answer is as basic as questioning and changing our cultural stories about drugs and their users?

## Who Needs Literature Today? A Persian Perspective

Friday, June 28; 12–1 pm

### Pre-Registration Link:

[https://washington.zoom.us/meeting/register/tJEqcQsrDMoHNNf1dlBZKK-bynyJ\\_ovC9i](https://washington.zoom.us/meeting/register/tJEqcQsrDMoHNNf1dlBZKK-bynyJ_ovC9i)

This presentation draws on the book by speaker Aria Fani, *Reading Across Borders: Afghans, Iranians, and Literary Nationalism*. His book helps to historicize the modern idea of literature and unpack its connections to the rise of nation-states in the early twentieth century. Given literature’s ties with national and regional thinking, Aria Fani asks if we can bring the idea of literature into harmony with our aspirations of equity, justice, and diversity. He asks: Whom do literary studies serve? Who needs literature today? Aria Fani teaches at the University of Washington.

## Session 4 on Fun with Your iPhone with Paul Schmid

Monday, June 3; 3:30–4:30 pm, Emerald Hall

This is the last of four sessions exploring tips on

your iPhone and how you can learn to do many new things on your phone just by trying them out and then practicing on your own. Join us to learn what your iPhone can do and what tips work for you. The session will be about forty minutes long with time for practice during the program. For the last fifteen minutes, there will be an opportunity to sit with Paul to ask questions about what you have been learning. Coordinator: Pat Harris.



## What Seniors Need to Know about Computer Security

Monday, June 10; 10:30–11:30 am, Emerald Hall

This is an important issue for all! If we do not engage in appropriate security efforts, our computers, tablets, or cell phones may become corrupted. Join us for this talk on being secure on our devices. Franziska Roesner will speak on computer security and privacy issues that senior citizens should understand. Her talk on this issue will provide information related to detecting misinformation in online sources and concerns about privacy. Franziska Roesner codirects the Security and Privacy Research Lab at the University of Washington. Her research focuses on computer security and privacy for end-users of existing and emerging technologies, so she has very current information to share. Coordinator: Pat Harris.



*Franziska Roesner*

# LAOS § MOUSE § KEEPING HOUSE

## Resident Revelations, Cathy Short: Return to Laos after Fifty-four Years

Tuesday, June 11; 3:30 pm, Emerald Hall and Zoom



Cathy Short standing between her two sons

Some of you will recall Cathy Short’s revelation about her years living in Laos, from 1965–1970. She will speak about her return to Laos in February 2024 with her two sons. Her oldest son was three months old when Cathy arrived in Laos; the other was born there. For both, Lao was

their first language. In February 2024, Cathy and her sons went back together to their old home village, now a city, and to other places along the Mekong River. Past and present came together: so much was familiar, so much had changed. This trip was the first time Cathy and her sons had been back to Laos since they left in 1970. Coordinator: Judy Waring.

## Technology Café Returns: Residents Sharing Their Knowledge

Wednesday, June 12; 3:30–5 pm, Bistro



“Why does Siri keep saying, ‘You don’t want to know’?”

Lifelong Learning is reintroducing the Technology Café for resident-to-resident technology sharing. Facilitators at the tables in the Bistro will share what they know about using a digital device, help solve a problem, or

clear up a misunderstanding. If they don’t know how it’s done, they will look for a solution by asking other facilitators, check on the Internet, or even suggest a Peel Tech appointment.

With this first of a series of Technology Cafés, the Lifelong Learning Committee hopes residents will see it as a time to get together with friends to iron out any of the sticky technology challenges we face as technology changes faster than we age. We will have tables set up for concerns with iPhones, iPads, MacOS, Windows, Microsoft Office products, and Android phones and tablets.

If successful, the class will be continued on a monthly basis to answer questions residents bring to the session and share facilitators’ techniques that work. So, bring your phones, tablets, and laptops along with your questions to the Bistro on June 12. Try to go beyond “How do I turn this dang thing on?” Make sure your device is fully charged and signed in to PRSPUBLIC Wi-Fi—if you don’t know how to do that, it should be your first question.

If you have a specific question on an app, tell coordinator Pat Harris in advance what you need to know so she can alert a facilitator to address that issue. No one can know everything. If you learn the answer to some problem or discover a new app you find useful and want to share it with others at a table at the Technology Café, let Pat Harris know before the day of the first class. Coordinator: Pat Harris, x 1600, [dox.harris@gmail.com](mailto:dox.harris@gmail.com).

## Two Lectures on Clean Energy Issues Surrounding Clean Energy

Monday, June 17; 10:30–11:30 am, Emerald Hall

Issues in the Arctic Surrounding Supplying Gas

Wednesday, June 19; 10:30–11:30 am, Emerald Hall

Scott Montgomery will talk on two issues surrounding clean energy. The first talk will be on clean energy in general as he helps us learn about oil and gas reserves, technology, prices, politics, and sources of clean energy. We may know about wind systems and solar installations, but there is more to learn about clean energy than how it is produced.



# WHAT IS AI? § SING WITH STAFF

JUNE 2024

11

The second talk will be on Arctic projects, including the Willow Project, which impact us indirectly. Alaska’s North Slope has been a focus of intense controversy over oil development and wilderness protection. The Willow Project, the eight-billion-



*Scott Montgomery*

dollar oil project in Alaska, approved by the Biden administration, is a concern for environmental and climate activists. Learn about the politics of this project, what was approved and why, and the timing of possible impacts on the region. Scott Montgomery is a lecturer in the University of Washington Jackson School of International Studies and an affiliate faculty member in UW’s Department of Earth and Space Science, where he shares his expertise from working in the energy industry. Coordinator: Pat Harris.

## Learning about AI

*Wednesday, June 26; 3:30–5 pm, Emerald Hall*



*Juan Rubico*

Many of us are baffled by all the talk about Artificial Intelligence. Some of us even ask questions about developments around this topic. Some questions are: What is AI? Are machine learning and AI the same thing or slightly different? How is AI impacting my life now? What does the future hold? What problems have arisen or might arise in the near future? What, if anything, could I personally do with it? Juan Rubico, designer of educational programs for the Seattle Public Library, will demonstrate some AI programs and

provide information that may reduce fears about this emerging technology. Join us to explore this relevant topic. Coordinator: Pat Harris.

provide information that may reduce fears about this emerging technology. Join us to explore this relevant topic. Coordinator: Pat Harris.

## Resident Revelations, Stafford Miller: My Music

*Sunday, June 30; 2–3:30 pm, Emerald Hall*  
Mirabella resident Dr. Stafford Miller is giving a Resident Revelation in the form of a concert, a program of his vocal and small instrumental compositions. Featured vocalists will be soprano Ibidunni Ojikutu and baritone Mark Davies. They will be accompanied by pianist Rebecca Manalac.



*Stafford Miller*

Instrumentalists will be Becky Miller, flute; Sue Herring, violin; Deb Barden, viola; and composer Stafford Miller, string bass. Stafford will give brief comments on his compositions, which date from 1957 to 2024. Concluding the program will be a new song, *Mirabella*, sung by the audience and led by the composer and all the performers. Stafford and his wife Louise have been Mirabella residents for thirteen years. They are hosting a reception for attendees following the concert. Coordinator: Judy Waring.

## OUTSIDE ACTIVITIES

### COMMITTEE

- Míceál Vaughan, Chair
- Bri Bailey, Resident Services Director
- Clint Turner, Security & Transportation Manager
- David Miller, Wellness Director

**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,

# SHOP, WALK, PLAY, AND PRAY

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. You must be on board the bus at the announced time of departure.

**To Make or Cancel a Reservation—***Note New*



*Procedure:* To reserve a place for any of the events scheduled by the Outside Activities Committee—listed here below, on various online and printed

calendars, and on the Transportation pages on MIRANET—call (or visit) the Front Desk (x 1400) at least forty-eight hours before the trip. When you register with the Front Desk, they will be able to tell you whether you are on the list (which they keep current)—or whether you are on the waiting list. If your plans change and you are unable to make the trip, please cancel your reservation by calling the Front Desk at x 1400 and allow someone who is waitlisted to use the space.

**Emergencies:** If you are signed up for a trip and experience an emergency that requires attention, such as an injury, medical event, or any other problem that prevents you from getting to the bus, please communicate immediately and directly with the Mirabella Front Desk at (206) 254-1400.

**Grocery Trips**



**Ballard Market/Safeway**, Fridays, June 7, 21;  
10–11:45 am

**Costco**, Wednesdays, June 12, 26; 9:45–11:30 am

**Fred Meyer/PCC/Trader Joe’s**, Fridays, June 14, 28; 10 am –12 pm

**Metro Market/CVS**, Mondays, June 3, 17;  
10–11:45 am

**QFC/University Village**, Mondays, June 10, 24;  
10 am–12 pm

**Walks**

*Saturdays, 9:30–11:30 am pickup*

- June 1 Discovery Park
- June 8 Des Moines Waterfront & Market
- June 15 Providence Point
- June 22 Magnuson Park
- June 29 Lincoln Park

Coordinator: Ardelle Knudsen, x 1811.

**Sunday Church**

*Sundays, June 2, 9, 16, 23, 30; 9:15–10:30 am*  
The bus goes to Christ Our Hope. Other church trips are by reservation only.

**Cultural Events**

**Fifth Avenue Theatre**, *Spring Awakening*:

Thursday, June 27; 12:45–3:45 pm

**Pacific Northwest Ballet**, *Coppélia*: Saturday, June 1; 1:15–4:45 pm

**Seattle Repertory Theatre**, *Jinx Monsoon and Major Scales: Together Again, Again!*: Sunday, June 23; 11:15 am– 2:15 pm

**Seattle Symphony 8G**, *Jan Lisiecki Plays Prokofiev*: Sunday, June 9; 1:15–4:15 pm

**Seattle Symphony 21A**, *Jan Lisiecki Plays Prokofiev*: Thursday, June 6; 6:45–9:45 pm;  
*Beethoven, Symphony No.5*: Thursday, June 13; 6:45–9:30 pm; *Joshua Bell Plays Elements Concerto*: Thursday, June 20; 6:45–9:30 pm

**Seattle Symphony POPS**, *Capathia Jenkins*: Sunday, June 2; 1:15–4:15 pm

**Golf**

*Thursdays, 9 am–1 pm*

- June 6 West Seattle
- June 13 Nile



# GOING PLACES § LOCAL HISTORY

JUNE 2024

13

June 20 Lynnwood

June 27 TBD

Coordinator: Dean Temple, x 1820.

## Special Activities and Excursions

### SLUCC Monthly Meeting

*Tuesday, June 4; leaving at 4:30 pm and returning at 6:15 pm*

Transportation is regularly scheduled to the South Lake Union Community Council's monthly meetings. In advance of the event, the coordinator will publish a notice of the agenda and the location of the meeting on Google Groups. Coordinator: Julie Holland, x 1819.

### National Nordic Museum

*Thursday, June 6; leaving at 9:45 am and returning at 12 pm*

The National Nordic Museum, in its striking home in Ballard, provides rich insights into the history and geography of the cultures and inhabitants of Northwestern Europe and the North Atlantic seaboard. It also includes a rich array of artifacts and displays revealing the roles of these people in the history and culture of the United States (including, of course, Seattle and the Pacific Northwest). The current special exhibit is "Nordic Utopia? African Americans in the 20<sup>th</sup> Century," which examines the role of lesser-known visual and performance artists who looked for fresh lives and inspirations in the Nordic countries.

General admission to the museum is free on this date (and other first Thursdays); tickets for the special exhibition will be available for \$5. Coordinator: Míceál Vaughan, (206) 326-8658.

### University of Washington Crew House Tour— Second Attempt

*Friday, June 7; leaving at 9:30 am and returning at 11:15 am*

Come with us to the historic Associated Students of the University of Washington (ASUW) Shell House,

the WWI Navy hangar that became the home to Washington Rowing and the 1936 Gold Medal Crew made famous in *The Boys in the Boat*. The tour will last about an hour and focus on the many layers of history on that site including indigenous presence, rowing, recreation, and sailing. The tour will take us upstairs to the workshop of renowned English boatbuilder, George Pocock.

This is one of the last opportunities to see the building before it goes under wraps. Soon the Seattle landmark will begin an extensive restoration and won't be back online for tours, events, and gatherings until summer 2026! More details at: *ASUW Shell House*. Coordinator: Gloria Hennings, x 1793.

### Luncheonaires: Grand Central Bakery (Eastlake)

*Thursday, June 13; leaving at 11 am and returning at 12:30 pm*

A treat in our very own South Lake Union neighborhood! We'll rediscover this bustling artisan bakery, recently moved across the street to its new location on Eastlake. Grand Central Bakery offers breads, sandwiches, and a make-your-own breakfast, fresh baked buns, and varied pastries. There's a bright and spacious room for eating inside and a peaceful, leafy patio outside. We'll have our bus to go there, but we will need to return on the nearby Metro #70 bus or walk (about a mile) back to Mirabella. Coordinator: Jean Hall, x 1579.

### Museum of Flight

*Wednesday, June 19; leaving at 9:45 am and returning at 12:30 pm*

People who know this multi-acre museum campus will tell you it takes two days to take it all in. We will see what we can fit into a shorter visit. Choose among its many displays: Great Gallery, Aviation Pavilion, Space Gallery, Vietnam Veterans Memorial Park, Red Barn, et al. Or try to get a

# FAMILY TREES § TAPPING TOES

taste of all these—and more. We can end up at their Wings Café for some refreshment and recovery. Senior tickets are \$22 (general admission) or \$18 (in a group of more than ten). Coordinator: Míceál Vaughan, (206) 326-8658.

## Queen Anne Farmers' Market

*Thursday, June 20; leaving at 3:30 pm and returning at 5:30 pm*

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

## SIFF Surprise Movie

*Sunday, June 23; leaving at 3:30 pm and returning at 6:30 pm*

SIFF's movie schedule is revealed about a week in advance at the Uptown Theatre. Residents who sign up (x 1400) will be notified as soon as the name of the movies are known. At that point we will also know the starting and ending time of the movies. Residents are responsible for purchasing their own theatre tickets. We've had a good time at prior SIFF movies and filled the small bus. Take a chance that you will enjoy a movie (and popcorn). Coordinator: Nickie Askov, x 1858.

## PROGRAM COMMITTEE

Sally Hayman and Kitty Dow, Cochairs

### How I Extended My Family Tree: You Can Too

*Thursday, June 6; 3:30 pm, Emerald Hall*

This talk by genealogist Kathy Weber promises new nuggets of knowledge for both experienced genealogy researchers and beginners. Come to hear about tools and resources to ensure your stories are well-documented and are available to the next generations of your kin.

Weber is the co-administrator of a DNA project for the Irish clan of her paternal grandmother's family. Her goal is to discover—in the absence of records

for birth, marriage, or death—the identity of her great grandparents born in rural Ireland about 1780. Her book, *Arrivals: How My Great Grandparents Got to Washington, 1892–1908*, will be published later this year.



*Kathy Weber*

Weber, newly installed president of the Seattle Genealogical Society, teaches a beginning genealogy course and guest lectures at the University of Washington on using maps in genealogical research. Coordinator: Lynne Iglitzin.

## Irish Folk Music

*Thursday, June 13; 3:30 pm, Emerald Hall*

Randal Bays, violin, and Clint Dye, guitar, will regale us with wonderful Irish folk melodies. Bays is an American-born, Irish-style fiddler who brings power and passion to the old tradition. He has recorded and toured in the U.S., Ireland, and other European countries.



*Randal Bays and Clint Dye*

In 2021 he received the Irish Artist in America Achievement Award from O'Flaherty Irish Music in Texas. Bays lives in the Seattle area and is the Artistic Director of Cascadia Irish Music Week.

Guitarist Clint Dye is a fairly recent addition to the Seattle Irish music community. His great musicality, rhythm, and style have made him very welcome in sessions and concerts around the Northwest. Together these excellent musicians are sure to get our toes a-tappin'. Don't be late! Coordinator: Carolyn Burton.



# LET FLAGS, FINGERS, & GREETINGS FLY

JUNE 2024

15

## **Bob Brown: By the Rockets' Red Glare**

*Thursday, June 20; 3:30–4:30, Emerald Hall*



*Bob Brown*

In February, Bob Brown entertained us with a delightful talk about air traffic control and his career as an air traffic controller. Now he returns.

You've heard the song, you know the words, but do you really know

the story behind the story of our national anthem? Amateur historian Bob Brown will take you on a fascinating journey to the summer of 1813, when a young Baltimore widow turned seamstress receives an unusual commission from the new commander of a local fort. Little would anyone know that she and her team were literally sewing history.

In this popular presentation, "By the Rockets' Red Glare: The Story behind the Story of the Star-Spangled Banner," you'll meet a cavalcade of fascinating characters, including, among many others, the young widow who receives the biggest job of her life and the young Baltimore lawyer who, as a "guest" of the Royal Navy, ends up having a ringside seat to history and is inspired to write what would become our national anthem.

After three decades as an Air Traffic Controller, Bob Brown can now indulge his lifelong passion for history as an amateur historian and lecturer. He has entertained and educated audiences at many venues around Puget Sound. Coordinator: Diane Holmes.

## **Cristina Valdés at the Piano**

*Thursday, June 27; 3:30 pm, Emerald Hall*

Recently hailed by *Fanfare Magazine* as "excellent" and "clearly sensitive," pianist Cristina Valdés is known for presenting innovative concerts with repertoire ranging from Bach to Xenakis. She

has performed across four continents in such venues as Lincoln Center, Le Poisson Rouge, and the Kennedy Center and has appeared as a soloist with the Seattle Symphony, Johns Hopkins Symphony Orchestra, the Seattle Philharmonic, the Stony Brook Symphony Orchestra, and most recently, the *Orquesta Cámara de Bellas Artes* in Mexico City. An avid chamber musician, she has toured extensively with the Bang On a Can "All Stars" and has performed with the Seattle Chamber Players.



*Cristina Valdés*

Valdés is currently an Artist-in-Residence at the University of Washington and Director of the UW Modern Music Ensemble. At Mirabella, she will play music by Haydn, Chopin, Debussy, Lecuona, and Mendelssohn. Coordinator: Kitty Dow.

## ***WELCOME COMMITTEE***

Sue Herring, Chair

New neighbors in apartment 1017 are Paul and Leann Kostek. They moved here from Green Lake, where they have lived for the past twenty-five years. Paul originally comes from Massachusetts. He graduated from the University of Massachusetts with a degree in electrical engineering, specializing in aerospace. Leann hails from Rhode Island. She graduated from Northeastern University in Boston. She also has a degree in electrical engineering, but her focus was on the power industry. They both gravitated to Seattle, Paul to Boeing and Leann to Puget Sound Energy. They met at several conferences and were married back East in 1994. Paul and Leann have many shared interests, including opera, travel, and wine. Their last big trip

# FLAGG § HAZZARD § DONIZETTI



*Paul and Leann Kostek – photo, B. Bailey*

was to South Africa in 2022. They are both avid golfers as well as Mariner fans. Take note. Paul has wine lockers he would like to empty with new friends!

Of course, there is another resident in 1017, Stella, a Bernese Mountain Dog. She is also a great addition and probably already the best-known dog in the community.

Welcome to the Kosteks!

Charlotte Lindsey

## **BOOK CLUB**

*Fourth Monday of each month; 3:30 pm,*

*Conference Room A*

**June 24**—We will discuss *Can't Wait to Get to Heaven* by Fannie Flagg. This seriocomic novel asks deceptively existential questions about our purpose here on Earth.

**July 22**—We have selected *American Sirens* by Kevin Hazzard for the July discussion. *American Sirens* tells of a Pittsburgh program that brought a group of young, undereducated Black men together to train them to become the first American paramedics.

Everyone is welcome to join us. Coordinator: Tina Moss.

## **OPERA CLUB NEWS**

*The Daughter of the Regiment* by Gaetano Donizetti (1797–1848)

*Monday, June 10; 2 pm, Emerald Hall*

This delightful “martial” opera by Donizetti is set in Tyrol in the French Alps, where war is raging. It is the story of Marie, a girl adopted in infancy by the French 21<sup>st</sup>

Regiment. As a young woman, Marie becomes the regiment’s “mascot” and canteen manager. She falls in love with Tonio, who, although one of the “enemy,” once saved Marie’s life. The opera is full of extremely challenging but gorgeous music, especially for the lead roles of Marie and Tonio. One reason the opera became famous is that the tenor aria *Ah! Mes amis* soars to high C no fewer than eight times!



Our production by the Royal Opera House, Covent Garden, is from 2008. It features the Royal Opera Orchestra and Chorus, conducted by Bruno Campanella, with stage direction by Laurent Pelly. French soprano Natalie Dessay sings Marie, and Tonio is sung by Peruvian tenor Juan Diego Florez, a vocal match made in heaven. Another key role is the Duchess of Crackenthorp, a non-singing role, played here by British comic actress and comedian Dawn French.

Along with Rossini and Bellini, Donizetti was a leading composer of the *bel canto* opera style during the first half of the nineteenth century and a probable influence on other composers such as Verdi. He introduced *The Daughter of the Regiment*

# SUPPORTIVE FRIENDS § WELL-EARNED AWARDS

JUNE 2024

17

(his first opera set to a French text) in Paris at the Opera-Comique in February 1840. Opening night was a near disaster, and the French critics were hard on Donizetti, who had quit his long-term post in Naples for freedom from censorship in Paris. Yet the opera overcame its slow start and eventually became hugely popular at the Opera-Comique, as it is today the world over. In addition to *The Daughter of the Regiment*, Donizetti has given us some of our most beloved operas: *Anna Bolena*, *L'Elisir d'Amore*, *Don Pasquale*, and *Lucia di Lammermoor*.

## The Met Live in HD

The Metropolitan Opera Live in HD broadcasts have finished for the current season. These broadcasts will be offered again beginning in October 2024.

Donna McCampbell

## SUPPORTIVE FRIENDS

Carolyn Blount and Natalie Siegel, Cochairs  
*Tuesday, June 4; 5:30 pm, Vineyard Room*  
Mirabella's Supportive Friends, a group for bereaved residents, meets on the first Tuesday of each month for dinner, conversation, and support. All residents may attend. Newer residents are especially invited to join. A menu selection sheet will be placed in attendees' mailboxes; it is to be filled out and returned to the Dining Services. Please contact either cochair, Carolyn Blount (x 1644) or Natalie Siegel (x 1698), for more information.

## PRESTIGIOUS PRS AWARDS FOR MBS EMPLOYEES

BY MARY JOSSEM AND JARED CURTIS

Congratulations to Mirabella Seattle employees David Miller, Resident Services Wellness Coordinator, for receiving the PRS Innovation

Award and to Quynh Truong, Health Services Ward Clerk and Admissions Officer, for receiving the PRS Collaboration Award! They received their awards at the meeting of PRS directors in Denver in early May.

David Miller, arriving at Mirabella Seattle as its Wellness Coordinator in August 2023,

turned traditional Mirabella wellness programs upside down within a few short weeks. Quickly recognizing the variety of resident fitness levels, David initiated and fine-tuned classes to attract and motivate residents to exercise at their level and work toward achievable challenges.

Today, David's Chair Stretch and Chair Strength classes are so popular that almost all these classes are full every day of the week. Not only are the exercises suited to the participants, but David's positive, cheerful, and motivating chatter make the classes thoroughly enjoyable, not to mention the variety of music he plays, including everything from Frank Sinatra to Tchaikovsky, the Rolling Stones, and *West Side Story*. Some of David's class offerings are Standing Stretch, Standing Strength and Balance, Stair Climber Training, Circuit Training, and Open Gym, the class where David provides individual instruction on use of machines and appropriate exercises for whatever concerns the individual may have.

But that's just for starters. David knows holidays are often an excuse to slack off on daily exercise, so he uses some of his time off to provide a shortened morning schedule of exercise on major holidays.



*David Miller, & Bri Bailey at the PRS Leadership Awards Presentation*



# WEDDING PLANNER

On Thanksgiving, he called it “Gobble before You Wobble.” He even scheduled classes on Christmas Day, allowing everyone who attended a guilt free celebration meal later that day.

Perhaps David’s biggest innovations are the classes he initiated and customized for people with Parkinson’s Disease. Once a week, David provides a gym class and a pool class that address specific issues for people with Parkinson’s. And on top of all that, he manages to play water volleyball three times a week with the resident players when they need an extra player!

Another initiative David started is a twenty-week Health and Wellness Boot Camp, focused on understanding macronutrients and how to plan nutrient balanced meals while incorporating physical activity to build muscle and burn fat. One of the participants lost fifteen pounds!

Bri Bailey, Resident Services Director, said in her nomination of David, “David has cultivated a vibrant and inclusive atmosphere within Mirabella that encourages residents to thrive and engage actively. He has turned a basic gym, pool, and studio into an entire Wellness Program.” David has certainly set the bar high for all PRS facilities.

Quynh Truong, Mirabella’s other award winner, has been working in Health Services for several years. She fills a double-pronged role that touches many aspects of life and many lives on the three levels of care in Health Services. As both ward clerk and admissions officer, her daily work includes managing medical supplies as well as scheduling for assisted living, skilled nursing, and memory care staff and their patients. She arranges for new patients arriving from outside medical facilities, residents within Mirabella Seattle’s independent living units, and resident caregivers who require respite care. Quynh said she is honored by the award and is “grateful for the opportunity to work

here.” She added, “I love my job and will always give my 100 percent to our community.”

Quynh’s supervisors, Max Kuhlman, Health Services Administrator, and Matthew Spahn, Assisted Living and Memory Care Administrator, who jointly nominated Quynh for the award, wrote of her that she “has approached her roles, relationships, and projects with the true spirit of collaboration.” They note that whether “working with hospitals to ensure a proper placement, with residents to coordinate post-procedure accommodations, or with her colleagues for whom she is a source of support and assistance, Quynh exemplifies why collaboration is a pillar for Mirabella.” To new arrivals and long-stay residents alike she says, “Don’t worry, I’m here for you. I’m not going anywhere. I love my job.”

## *A TALE OF TWISTING TENDONS*

BY JIM DOYLE

I was half-way through my four-year training period at the medical center at University of California San Francisco (UCSF) to become an orthopedic surgeon. I arrived at my assigned clinic on a Monday



morning and saw it was going to be a busy day. The clinic waiting room was already half full.

My first patient that morning was a ten-year-old girl accompanied by her mother, who was concerned about deformities in the child’s feet and legs. My examination revealed a characteristic deformity of the feet and lower legs that was associated with a rare hereditary peripheral nerve condition, Charcot-Marie-Tooth (CMT) disorder, named after the three physicians who described the disorder in 1886. I had

# FLOWERS FOR MOM § MADART FOR ALL

JUNE 2024

19

just read about it as part of my orthopedic textbook study, so I was able to explain this condition to the mother. I also explained that future treatment might include follow-up, splinting, physical therapy, and surgery.

At the end of the visit, the mother requested that I write down the name of the condition and sign my name. I wrote the diagnosis name, signed my name, and handed her these items written on a slip of the UCSF clinic prescription pad. The mother thanked me, carefully folded the signed prescription slip, placed it in her purse, and left the clinic.

I became an orthopedic surgeon, was drafted into the Air Force for two years during the Viet Nam War, received additional training in hand surgery, returned to San Francisco, and joined a well-known practice group of hand surgeons.

Eight or nine years after the initial diagnostic visit of the mother and daughter at the UCSF clinic, two ladies came to see me in my office. The older of the two looked at me, opened her purse, removed a piece of paper, handed it to me, and said, "Is that your signature?"

The daughter was now eighteen or nineteen years old and had developed some weakness in her right thumb, a part of the CMT disorder. She had difficulty pinching her thumb to her little finger (loss of opposition). I performed a tendon transfer procedure, an opponensplasty, that restored opposition to the right thumb, using one of the two tendons in the ring finger.

About a year later, the daughter returned. The right thumb was functioning very well, but the left thumb was weak. She was losing opposition with the left thumb. I advised a tendon transfer. She requested that the tendon for the left opponensplasty be taken from the middle finger, not the ring finger, because she was now engaged and soon to be married. She said the prior surgery, using one of the tendons

from the right ring finger, resulted in scar tissue that limited ring use. She wanted to avoid similar scar tissue that might occur on her left ring finger, scar tissue that would interfere with her future wedding band!

The surgery was successful. Sadly, I was not invited to the wedding to see the ring on the young lady's finger.

## ***FLOWERS FOR MOTHER'S DAY***

Mother's Day was celebrated early this year on the Mirabella Skilled Nursing, Memory Care, and Assisted Living floors. Huyen Dang, a Dining Services employee who is well known on those floors for her paper folding abilities, outdid herself.

A paper flower was presented to every woman for Mother's Day. After all, each woman is a mother figure to someone.



*Huyen Dang handing out her paper flowers on Mother's Day*

Margaret Herb

## ***ARTS NOTEBOOK***

BY JARED CURTIS

### **MadArt Group Show**

*325 Westlake Avenue North, #101*

*Note: MadArt Studio will not have its usual "Open Studio" period for this exhibition, as artists will not be working in the studio on a regular basis. But the studio will be open while artists are installing over the coming weeks, and visitors are welcome to stop by to check out the progress.*

**Opening Reception, Friday, June 7, 6:30–8:30 pm**  
**Exhibition Period, June 8–July 13; Wednesday & Saturday, 12–5 pm; Thursday & Friday, 12–7 pm**

# A LAST HURRAH

In its fifteen-year evolution in Seattle and in its studio in South Lake Union, MadArt has exhibited the work of eighty-four artists. Just one year ago the nonprofit arts organization announced that it would be ending its programs. As a grand farewell, a final exhibition will open in June and run through the middle of July 2024. It will be, as the organizers describe it, “both a celebration and poignant tribute” to its legacy and its dedication to “fostering artistic



*Alison Stigora’s work blending light, sound, and the natural environment in a giant sinuous pile of driftwood called SALVAGE (August 16–November 23, 2022; The Mirabella Monthly, October 2020)*

expansion and generation.” For this group show, all past MadArt artists were invited to “propose works that referenced, extended, or resonated with their original MadArt creations”—think of it as a kind of artistic memory lane. Fifty-one works by fifty-six artists will be on show in MadArt Studio, including in areas normally unseen by visitors, where artists will

use these varied spaces to “create an immersive, art-filled landscape that reflects the indelible artists who have marked MadArt’s history.”

MadArt from its very beginning was an idea as well as a physical “studio” for working artists: it became “a catalyst for creative expansion and a locus of connection between artists and community.” Arising from the desire “to support emerging artists in their careers while providing the public with the unique opportunity to discover art in all stages of creation,” MadArt has sought to demystify the creative process and give artists an opportunity to “think differently about their work in a public context.”

Residents of Mirabella Seattle may not know that

MadArt’s exhibitions began in early 2009, shortly after our first residents arrived, with “nomadic group shows” that popped up in “unexpected public spaces” that included Madison Park, commercial storefront windows, and Capitol Hill craftsman homes that were soon to be torn down. I recall visiting one such wildly “art-encased home” on 15<sup>th</sup> Avenue just north of Safeway.

Once the urban studio was completed, the organization concentrated its programming on inviting local, national, international artists, and historically marginalized artists to work in the Westlake Avenue studio. The leaders of the organization also developed partnerships with local educational and cultural institutions through outreach and school visits.

The photos are a small sample of what promises to be a great variety of ingenious displays in media of all kinds: sculptures of carved wood, glass, neon, ceramic, bronze, paper, fiber, and film, along with more familiar artforms like painting and interactive audiovisual works. I look forward to exploring this ambitious and exuberant one-of-a-kind exhibition.



*Marela Zacarias’s pyramidal temple held this central plaster sculpture, named Cihuacoatl after the mythological Aztec goddess thought to provide women with strength during childbirth and surrounded by a rich array of murals influenced by the designs found in a Mezo-American archeological site near the artist’s former home (October 16–December 12, 2020; The Mirabella Monthly, November 2020).*



# TELLING TALES § HOSTING GHOSTS

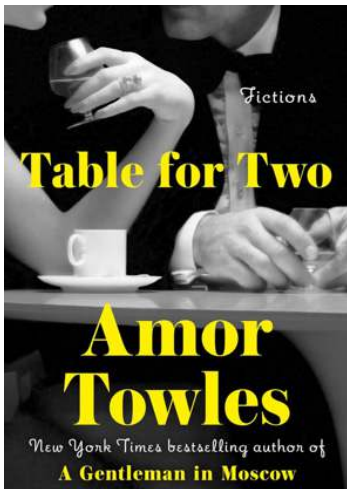
JUNE 2024

21

## BOOKENDS

By Marsha MacInnes

### *Table for Two* by Amor Towles



Amor Towles is very much with us of late. His *Lincoln Highway* was the Mirabella Book Club selection for April. His excellent *Gentleman in Moscow* was recently adapted for TV as a limited series on Paramount Plus. As someone who loved this book and feared a TV production could

not possibly do it justice, I found the adaptation very worthy. Ian McGregor was well cast as Count Alexander Rostov and the essence of the story well told, with beautiful photography, costumes, and sets. And now Amor Towles has given us *Table for Two*, published in April. This is not a novel, but six short stories set in New York and a novella set in Old Hollywood.

The short stories are as different from one another as their time periods, settings, and characters. There is Pushkin, a lovable Russian farmer displaced to Moscow and then to New York City in the wake of the Revolution. And Timothy, an aspiring novelist, finds a story worth writing in some rather adverse personal circumstances. Smitty, an affable businessman stranded in New York in a snowstorm, learns a valuable lesson in relationships when his more vulnerable side is exposed. Nell finds unadulterated joy is the undoing of her society mother's marriage. And we learn that a curse can come in the form of a cello playing Bach. In the final story, we find out that family wealth, as it is

passed from generation to generation, is sometimes divided in unique ways.

The novella borrows a character from Towles's *Rules of Civility*, Evelyn Ross, who fails to get off the train in Chicago, where her parents are waiting for her on the platform. Instead, she remains on the train until it reaches Hollywood, with intentions uncertain. There, at the Beverly Hills Hotel, she befriends an aging actor, the newly minted actress, Olivia de Havilland, and a retired cop. She impresses everyone from the front desk to local security with her shrewd insights in sticky situations. We learn a great deal about the studios, their claim on the stars, their system of rewards and punishments, and the roles not played on the screen. What is common to all these stories are exceptional endings, the kind of endings that make you stop short and think about them long after the last sentence. This is an art, and Amor Towles has mastered it.

## HOLE: AN ODE

BY JARED CURTIS

Fenced and standing empty  
for many winters, many springs,  
the hole is endlessly circled  
by UPS and FedEx trucks  
looking for a place to stand and deliver,  
while spendy cars emerge  
from under nearby towers  
to spin their wheels and rev their engines  
on their way elsewhere.

This hole hosts the ghosts of helmeted workers,  
their ladders still in place  
awaiting their return,  
workers who long ago moved on  
to other jobs on other sites.

 **BIRTHDAYS**  § **POETRY CORNER** § **REMEMBERING**

***HAPPY BIRTHDAY! JUNE 2024***

- 2 – Penny Bignold
- 3 – Jean Ross
- 4 – Rich Atwood
- 4 – Clairann Schickler
- 5 – Peggy Lewis
- 6 – Anne Heymann
- 6 – Jeanne Smith
- 8 – Patty Hall
- 8 – Carolyn Blount
- 8 – Neil Oldenburg
- 9 – Cindy Hallgrimson

- 11 – David Dail
- 11 – Carl Lutinen
- 16 – Alice Hingston
- 19 – Mary Wood
- 20 – Will Welton
- 22 – Andy Callegari
- 22 – Ardelle Knudsen
- 22 – Ellin Larimer
- 23 – Mary Baroni
- 23 – Michael Leigh
- 23 – Marie Popoff

- 26 – Diane King
- 26 – Ben Wood
- 27 – Paul Hill
- 27 – Gladys Hoshijo
- 27 – Gill Thompson
- 28 – Lynne Werner
- 29 – Barbara Daniels
- 29 – Marli Iverson
- 29 – Sandy Rensvold

Twin blue-lit cranes stand sentinel,  
no building rises under them,  
no new tenants, office workers  
come to occupy this unbuilt space.

Hole is absence, constant echo  
of other absences, friends and  
loved ones  
no longer with us, ‘passed’ but  
never past,  
‘loss’ endured but never lost,  
‘gone but not forgotten,’  
always with us in the sound of  
laughter,  
a turn of phrase, a gesture,  
a smile that lives on other faces.

Skeletal I-bar posts, deep in the  
hole,  
rise up from concrete floor,  
waiting to be shielded and made  
strong  
to bear another floor for parking.  
Their bony structure puts in mind  
what might lie deep below—  
bones of a mastodon and a single  
tusk

were unearthed nearby,  
underneath  
what would become a tower of  
homes.

These Ice Age beasts roamed on  
plains  
far beneath where we now stand.  
Columbia mammoths, giant  
ground sloths  
that rumbled and trod the land are  
gone,  
yet hidden bones must still remain  
preserved in silt, in sand,  
among the granite boulders  
lying silent beneath our streets.

They roamed for half a million  
years,  
as ice receded and returned,

receded and returned.  
Sloths reached into trees to feed  
on nuts, on fruit, on leaves,  
and mammoths thundered down  
to icy lakes to bathe and drink.  
Our occupation of this rich  
and tumbling earth  
has lasted four times longer,  
but how soon will it end?

Mornings, now that spring is here  
with windows standing open,  
cries and shouts of children rise  
from greened play yard  
topping the building opposite  
several floors below.  
Their joyful noise and young  
exuberance  
lift me up, get me going, bring a  
smile.

 **REMEMBERING . . . .**  
*Barrett Worthington . . . . 5/19/2024*  
*Barbara Anthony . . . . 5/19/2024*

# HOLLYWOOD GETS MORE REAL

JUNE 2024

23

## MOVIE CORNER

BY WARREN ASKOV

Two movies this month do what remains unusual for Hollywood: they feature actors whose real lives mirror the roles they play.



Scene from “CODA”

*CODA* (2021), showing June 1, is strengthened by using three talented, deaf actors in what could have been an ordinary teenage drama. CODA is an abbreviation for “child of deaf adults.” Traditionally,

hearing actors have portrayed deaf characters. In *Johnny Belinda* (1948) a deaf mute was played by six different hearing women, including Jane Wyman. Alan Arkin played a deaf mute in *The Heart is a Lonely Hunter* (1948). The first deaf actor in a major movie to win a Best Actress Award was co-star Marlee Matlin for *Children of a Lesser God*. Matlin appears again in *CODA* with Troy Kotsur, who won an Oscar for Best Supporting Actor. The only two deaf actors who have won Academy Awards are in this film. The movie also won awards for Best Picture and Best Adapted screenplay.

Emilia Jones stars as seventeen-year-old Ruby Rossi, the only hearing member of her family. She dreams of going to Berklee College of Music; however, she is reluctant to leave the family that needs her help. For the part, Jones spent nine months learning American Sign Language, while also learning how to operate a professional fishing trawler and pursuing singing lessons. *CODA* received Rotten Tomatoes scores of 94 and 91 percent.

*Killers of the Flower Moon* (2023), scheduled for June 15. Please note that this film will be shown in two parts because of its more than three-hour length, beginning at 3 pm and resuming at 7:30 after a dinner break.

In the film, Osage Indians are played by real Indians, not by the movie Indians we grew up with—white actors in brown makeup, speaking pidgin English.



Scene from “Killers of the Flower Moon”

Martin Scorsese, the film’s director, sought to involve the Osage Nation closely in the film’s production. He cast Osage actors in at least forty roles and employed hundreds of tribe members as background extras. Others were employed to help with the accuracy of the Osage language.

The film takes place in the 1920s when oil is discovered on Osage tribal land in Oklahoma. This makes members of the Osage tribe some of the wealthiest people in the nation. At the time however, the law required white court-appointed legal guardians to manage the money of full and half-blood tribal members, whom lawmakers assumed to be “incompetent.” A corrupt local political boss (Robert De Niro) seeks to steal the wealth. He convinces his nephew (Leonardo DiCaprio) to marry Molly (Lily Gladstone) who owns important mineral rights. What follows is manipulation, poisoning, and eventually murder.

Lily Gladstone was nominated for the Academy Award for Best Actress. Many critics believe she should have won. She and the movie were either nominated for or won multiple other awards.

Yes, the movie is long but worth the more than three hours runtime.





# *The Mirabella Monthly*

SEVEN-TIME WINNER OF AN APEX AWARD FOR THE YEARS  
2017–2023



VOLUME 16 | ISSUE 6

JUNE 2024

## *Guide to Mirabella Publications*

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

*Publisher, Editor-in-Chief, and*

*Designer:* Jared Curtis

*Managing Editor:* Diane King

*Lead Editor, June:* Louise Lowry

*Copy Editors:* Maria Fiore, Sue Herring, Mary Jossem, Louise Lowry

*Proofreaders:* Copy Editors and Nickie Askov, Marilyn Campbell, Sheila Dietrich, Jean Hall, Betty Heycke, Chris Jamin, Jim Lutz, Tina Moss, Helen Roberts, Mary Rogers, Judy Rourke, Ginny Sharp

*Production:* Coordinator: Michael Hahn; helpers Laura Bailey, Jane Beer, Walter Bodle, Susan Dillon, Makiko Doi, Nancy Eliason, Gloria Hennings, Diana Holland, Chris Jamin, Paul Keown, Diane King, Tina Moss, Janet and Jim Ohta, Bertie Perry, Rhonda Plawner, Carolyn Roe, Judy Rourke, Ginny Sharp, Cathy Short, Mary Jo Taylor

*Design Support:* Jimena Castria

### **How to Submit Events to MIRANET Upcoming Events and *Mirabella Weekly***

If you want information about events added to MIRANET, the

printed *Mirabella Weekly*, and the elevator sleeves, please send details to [mbsrequests@retirement.org](mailto:mbsrequests@retirement.org). Someone from the Resident Services team will filter through that box and make any necessary changes for publication on these media sites. 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. *The Monthly* is intended to showcase writing and images created by 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 Jared Curtis at [jaredcurtis@icloud.com](mailto:jaredcurtis@icloud.com). MS Word or RTF documents work best. Pages documents should be “exported” to Word format before submission. Submit paper copy to mailbox #801 as a last resort.

Tips for a successful submission:

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

### **How to Submit Photos**

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