

The Mirabella Monthly

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JULY–AUGUST 2024

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ADVENTURES AT THE BOTTOM OF THE WORLD

BY MARY BARONI AND MICHAEL VITIELLO

We recently had a month long adventure in Buenos Aires, southern Patagonia, and Antarctica. We recounted this adventure at a May Resident Revelations presentation and “by popular demand” are following up with a more detailed description here.

Our journey began with a fifteen-hour, 7,000-mile flight to Buenos Aires, Argentina, arriving to bright blue skies and southern summer temperatures in the high eighties. We spent several days walking throughout this cosmopolitan capital city, taking in the historic sights, excellent food and wine, and the welcoming energy of the Argentines. We marveled at the



Mary Baroni and Michael Vitiello in Antarctica, 2024

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fact that nearly half of the Argentines are of Italian descent, and that they maintain their positivity and *joie de vivre* in the face of a dysfunctional government and a 200 percent annual inflation rate. We then flew to El Calafate in southern Argentine Patagonia. Patagonia is a wild mix of scrub dry pampas filled with sheep herds, rheas (think ostriches), guanacos (think llamas), and gauchos (think cowboys), bird-filled lakeshore wetlands, and the foothills of the Andes Mountains, the spine of South America. Always overhead were raptors—a myriad of hawks and falcons while arching above them Andean Condors soared on their ten-foot wingspans. We explored Los Glaciares National Park, a UNESCO World Heritage site and a part of the Patagonian Ice Field, the largest mass of ice in the Southern Hemisphere outside Antarctica. While visiting the awe-inspiring Perito Merino Glacier, we witnessed several “calvings,” when large sections of the 200-foot-high glacier face break off into the water and form icebergs.

We next spent several days hiking in Chile’s Torres del Paine (Blue Towers) National Park, which encompasses stunning mountains, beautiful lakes, glaciers, forests, plains, and waterfalls. In Punta Arenas we boarded the “Stella Australis,” a 200-passenger, expedition ship for a four-day cruise through the Chilean Fjords, the Strait of Magellan and past Cape Horn, the southernmost tip of South America. The cruise included several Zodiac motor skiff adventures visiting penguin colonies and hiking to viewpoints. One Zodiac adventure was to visit the huge Pia Glacier. We continued along “Glacier Alley” and past Cape Horn before disembarking in Ushuaia, Argentina, the southernmost city in the world.

In Ushuaia we boarded the 172-passenger “World Explorer” expedition ship under a full rainbow and began our journey to Antarctica. Surprisingly, our

three-day southbound crossing of the Drake Passage was remarkably smooth and even allowed us to put in a few sunlit miles on the Explorer’s eighth-deck track. Our fourth day found us awakening to forty degrees and ready to begin three days of twice-a-day Zodiac adventures. We explored both Gentoo (quiet and reserved) and Chinstrap (raucous) Penguin colonies.

Watching the parents interacting with their chicks was a particular treat. We got very “up close and personal” with pods of humpback whales, including several that fluked within six to ten feet from our Zodiac and dove directly beneath our fragile little craft! Our guide assured us that they were just playing and not to worry.

Other adventures found us marveling slack-jawed at the stunning array of icebergs, many of formidable size, and their varied shapes, textures, and colors, all carved by the powerful forces of nature. A peak experience was watching an Antarctica sunset bathing the mountains, glaciers, and icebergs in a golden glow, which Mary described as “the most beautiful landscape and sky that I have ever seen.... words cannot adequately describe its impact.”

By the end of our third Antarctic day, it was clear that the weather was changing for the worse. Everything you do in Antarctica is weather-dependent, and “El Captain” announced that the ship would be heading back in an effort to avoid the worst of the looming force nine storm, with its howling winds and thirty-five-foot waves. Our



Penguins and chicks, Antarctica – photo, M. Baroni

CAMPING IS FOR THE BIRDS

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return across Drake’s Passage was a bona fide “Drake Shake,” but we safely returned to Ushuaia four days later.

Ah, Antarctica! Words are inadequate to describe this astonishing combination of land, ocean, and sky: spectacular icefields and glaciers, rugged black granite peaks, countless icebergs of enormous sizes—each a crystalline work of art, seabirds wheeling overhead, humpback whales blowing, diving, fluking, and vocalizing; and yes, lots and lots of penguins.

We were privileged to have had this experience and to share a bit of our adventures at the bottom of the world with all of you.

BIRDS IN THE BUSH

BY JOHN RUSSELL

Friday after Labor Day, Don Read, an old friend, and I loaded my SUV and headed southeast to Ellensburg, then on to the Annual Audubon Campout at the Wenas Campground, some twenty miles west into the Yakima Fold. The Audubon organizers host field trips in the drainages that flow into Wenas Lake, including expeditions into surrounding canyons and a so-called fearsome Death March that Don and I had never taken.

We set out the next morning at seven am along Dry Creek, home of the Western Wood Pee-Wee and numerous other flycatchers, finches, warblers, and sparrows. During a strenuous climb of a bit over 500-foot elevation in a quarter mile, several people could not continue.

We reached the ridge top, an open meadow adorned with yellow bear ears and providing fabulous views of the neighboring ridges spread out like the folds of a paper fan. The entomologists among us brought us birders to our knees to watch a bee fighting a beetle

to the death and study large ant hills where the ants were dragging in larvae, de-winged butterflies, and other prey. The naturalists loved the lizards and wildflowers, and the birders were rewarded with Lark Sparrows singing every song and call in their repertoire and the sight and sound of Lewis’s Woodpecker, a bird with a narrow range on the east side of the Cascades.

As we searched for another woodpecker tree, more of our number peeled away. Unconcerned about the climb up, I was worried about getting down safely until one of our band of birders discovered a gently descending trail left by the resident elk that clearly knew their way around.

The campout joke is that leaders have to return with the same number of people they set out with—but not necessarily the same people. Since our leader came back with only nine of nineteen, his report got big laughs at the camp meeting that night.

The next morning, still recovering from the first morning’s adventure, we stayed in camp for a downstream walk that began in a small meadow with many snags in the riparian environment along the creek. These snags proved irresistible to many songbirds. We moved slowly to look for the White-headed Woodpecker that had been sighted on the two previous days. It took some time but with twenty sets of eyes, we eventually spotted a pair, though they seemed to prefer the side of the tree away from all those eyes.



Western Kingbird – photo, D. Read, June 2024

WHO WE ARE



Cassin's Finch – photo,
D. Read, June 2024

That afternoon Don and I latched on to a campout organizer, who let us tag along on a trip to Hardy Canyon, home of the soaring Nighthawk and Turkey Vulture, a posing California Quail, and the startlingly colorful Western Blue Bird, Lazuli Bunting, Yellow-bellied Chat, and Western Kingbird, among other species.

The evening meeting featured trip reports, a list of the day's new species sightings, and then a presentation. We learned about the history of the Oak Creek Wildlife Preserve, managed by the Department of Fish and Wildlife, and heard from a biologist about the danger rodenticides present to owls and other raptors that feed on rodents.

Jeff Kozma, a wildlife biologist for the Yakima Nation, gave the talk the third night. Kozma is the author of several research projects on the survival rate of cavity-nesting birds in the managed ponderosa pine forests. The White-headed Woodpecker's place in that ecosystem makes it a keystone species because other cavity-nesting species—Western Blue Bird, wrens, nuthatches, and small owls—depend on it for their nest sites and would not survive there without them. The female woodpeckers select the hole sites, and the males do the drilling, and a mating pair never reuses the same hole, making it available for other birds.

We returned home enriched by the beauty of Wenas and by the camaraderie and expertise of fellow birders. The final count of bird species sighted by the group was 116, of which I saw about thirty.

JUST ASK: PwP MARCH AT MIRABELLA

BY SHERYL FELDMAN



Parkinson's Walk, 2024 – photo E. Hill

About eighty people resolutely circled Mirabella's courtyard fountain for an hour in a delicate spring rain on Saturday, May 25th. Many strolled, some swung walking sticks, others pushed walkers, and a few irrepressible party types danced the bunny hop. The majority wore purple shirts, some with a sticker prompt reading "Just ask me." So, just ask:

Who is a PwP? A PwP is a person or people with Parkinson's.

What is Parkinson's? Parkinson's is a disorder characterized by a decline in the amount of dopamine produced by the brain. It's degenerative—it gets worse—but is not fatal in itself. However, its multitude of symptoms, which play out differently in each person, accumulate and contribute to death.

What were they doing? PwPs from Mirabella and Horizon House, joined by their families and friends, walked together in support of Parkinson's research and assistance to PwPs and their families and caregivers.

Why are they doing it? To raise money. The walk, sponsored by the Northwest Parkinson's Foundation (NWPF), takes place annually at the University of

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Washington Stadium, here at Mirabella, and at a number of other sites. This year's campaign brought in almost \$13,000 from Mirabella and \$150,000 in total for NWPf programs that support the way people live with Parkinson's through awareness, education, advocacy, and care. Some portion of the funds raised is set aside to support research. Parkinson's is the fastest growing neurological disease in the world. Its incidence has increased eighty-one percent since 2000.

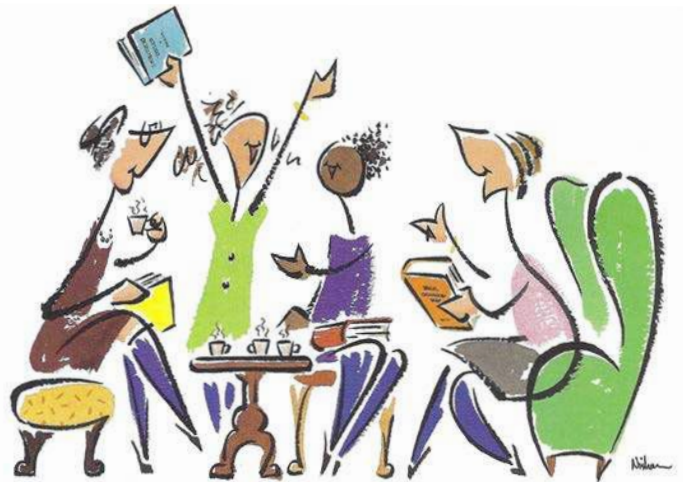
What else should we be asking? Ask those of us in our Mirabella PwP support group *anything* about the disease. We have fifteen PwPs who get together a couple of times a month to share knowledge, laugh, complain, cry, and cheer each other on. We agreed that you could ask us anything because we understand that our disease, with its myriad symptoms, some of which are visible and some not, is challenging to understand.

What makes it worse is that some of our symptoms discourage sociability. For example, some of us experience facial "masking," that is, our faces become set and there's no way for you to tell if we're laughing or crying on the inside. Then too, we commonly lose our ability to project our voices. This is a weird one because we hear ourselves speaking in a normal tone while you hear muffles. Please ask us to speak louder.

Finally, please bear with us. It may take us a bit longer than most to compose the sentence that will answer your question, but we'll be doing our best to explain. And those are just the symptoms you can see. So many others are invisible. So, please ask.

What can PwP do for Mirabella? We can give you all an enormous hug for showing up for the march, for your ongoing support, for your understanding, and your kindnesses.

**INVITATION TO A
BOOK CLUB HAPPY HOUR**
Monday, August 12; 3:30–5 pm; Courtyard, weather permitting, or Bistro




What Should We Read Next Year?


Do you have suggestions for books that the Mirabella Book Club should read? Everyone is invited to come to a happy hour-style gathering in the courtyard, weather permitting, or the Bistro on August 12. Book Club members have found that we spend too much time deciding what to read next. Instead, we will try to schedule as many of the next year's selections as we can at this get-together. Our general criteria are that the books have been in circulation long enough to be available in paperback and be in the Seattle Public Library collection. We choose fiction and nonfiction books. If the book is very long, could we discuss it over two sessions? Bring your books if you have them and present your suggestions to the others. If you have ideas, but don't always participate in the Book Club, we hope you will take part when your book is scheduled. Bring your ideas, books, drinks, and snacks and help us get next year's reading list set. Coordinator: Tina Moss.

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




Julia Wan, Vice
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Box 1110, x 1852,
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Janice Kaplan-Klein,
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Louise Lowry, Member-
at-Large, 2023–2024,
Box 607, x 1684,
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

CLINICS FOR ALL

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RESIDENT SERVICES

Bri Bailey, Resident Services Director

Community Happy Hour

*Tuesdays, July 16 and August 20; 3–4:30 pm,
Courtyard*



All residents are invited to enjoy a Community Happy Hour hosted by Resident Services. Many new move-ins will be enjoying it with us. In August we will honor new residents who have arrived over the last six months. 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.

Podiatrist

*Thursday, July 18 and August 29; 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, July 9 and August 13; 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.

Foot Care Clinic

Third and fourth Mondays and Tuesdays of each month; 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.

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.

MADNESS MAKES IT OVER THE TOP

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

RESIDENT ASSOCIATION

Mike Waring, President

Nominating Committee

Laura Bailey, Chair

The Nominating committee will make two announcements regarding leadership at the July 2 Resident Association meeting. The first is the slate of four nominees for service on the Council that will be voted on at the October meeting. That slate is for Vice-President, Treasurer, and two Members-at-Large. Within ten days of that announcement, residents who wish to be added to the slate can submit their names along with the written support of ten other residents. That submission should go to Laura Bailey, Chair of the Nominating Committee. The second nomination is for a position on

the Resident Life Committee, which is a joint committee of the Mirabella Seattle Board and residents. Three residents serve on the committee with a three-year term; one position will be open. Indications of interest should go to Laura Bailey before July 12.

MIRABELLA SEATTLE FOUNDATION

David Webber, Chair

Alice Makes It Through the Keyhole

By Cathy Woodburne

Did you meet the White Rabbit or the Caterpillar in Wonderland? Have you thought where imagination and dreaming might take you? At the Mirabella Seattle Foundation’s annual fund drive kickoff event on May 6, David Martin as the Mad Hatter ran the show amidst the Caterpillar with a hookah pipe, the Cheshire Cat roaming the crowd, the talking rose bush, and Tweedledee and Tweedledum fighting over a rattle.



Funding Poster – photo, M. Jossem

A full crowd enjoyed the antics in the *We’re All Mad Here* event with snacks, songs, toe-tapping, and laughter. Alice drank a little Merlot and shrank, then ate too much cookie and grew LARGE as the Dormouse slept through it all. The Red Queen proclaimed “off with their heads” just as Alice ate the right amount and ended up her normal size. The audience joined the ukulele players in singing the Foundation Song composed by Barbara Porter, and a few brave residents and staff joined Bella

FAMILY FUN

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Jovan and her Deck of Cards line dancing on the stage. The final act was a surprise: the Mirabella Olympic Synchronized Swimming Flowers. Hysterical laughter filled Emerald Hall as Wellness Coordinator, David Miller, led six residents in their version of synchronized swimming on land.

Along with all the fun, residents learned about the Foundation's three-pronged approach to support and enhance the quality of life for its residents, staff, and local community through funds for Resident Assistance, Employee Benefits, and the General Fund. Residents were asked to donate to the Foundation to help meet its goal of raising \$150,000 by June 7. Donations to date were displayed in the Resident Business Office with an exhibit showing Alice in a golden keyhole growing bigger and bigger as more donations were received. Despite growing bigger, in the Foundation's Wonderland, Alice made it through the keyhole by surpassing the goal. Thanks to resident generosity, \$170,905 was raised.

We extend a BIG thank you to all who donated as well as to the Foundation Fundraising Committee who organized and produced the show and the many volunteers who passed out snacks, counted participants, made costumes, photographed, videotaped, or performed, plus the staff who set up the stage, helped with audio, and assisted with food. At Mirabella, we are lucky we don't have to worry about going down a rabbit hole for funds to improve our lives or that of others.

MIRABELLA SEATTLE FIRST FAMILY ENGAGEMENT EVENT

Saturday, August 24; 11 am–2:30 pm

The Aging in Place Project will sponsor our first Family Engagement Event. Family is defined as those individuals who are Mirabella residents' significant contacts in the community, whether family members, friends, or buddies. The goal is

to increase the interaction between residents, Mirabella resources, and family in this larger sense.

The event will include a barbecue with an all-age friendly menu; games and activities for youngsters; competitive water volleyball between our resident team and the younger set; and a panel presentation on three significant topics.

Heiko is busy planning a menu that will include child friendly offerings as well as resident favorites. The Foundation has generously supported a grant so guests will be at no cost! We will ask for reservations for residents and guests so that the correct amount of food can be ordered. Watch for the reservation request in August.

Sandy Rensvold and Jerry Roling have planned many activities for our young guests including face painting, lawn games, balloon animals, Origami with Makiko, and many other activities! Sandy has recruited a team of residents and teens to make sure the activities are well supervised and fun. (Of course, ultimate responsibility for the child rests with the child's parent.) David Miller is coaching his resident team to make sure they can show those younger players a thing or two!

The Panel will be presenting the three top topics identified in the resident survey:

- » Quality of Life considerations for Medical Treatment, presenter Lee Burnside, MD Geriatrician and MBS Board member;
- » Internal and External community resources to support independent residents comfortably dealing with health issues within their IL Units, presenter Bri Bailey, Resident Life Director;
- » Tough Conversations around isolation, driving, and cognitive decline, presenter TBD.



FLOWERY DESIGNS

The presenters will have ten to fifteen minutes to present their topics, followed by Q&A.

Here are the challenges and hopes for the event: First, please draw on all resources to bring nice weather that day! Second, you should have fun and enjoy delicious food. Be sure to share your guests with other residents, especially your buddies. We know that no one will be able to do all activities, so choose those that are most important to you and your guests. Finally, help us evaluate the experience. We are blending fun with the opportunity to discuss important topics. Help us to know if we want to follow up with opportunities for further exploration of significant topics.

For now, save the date and invite your family, friends, and buddies to join in this event.

Coordinator: Ruth Benfield.

ACTIVE ARTS

Tricia Brink and Barbara Porter, Cochairs

Mirabella Foundation to the Rescue



Linda Kabakjian and Darlene McTaggart – photo, B. Porter

After COVID, I began researching the flower arranging activity that once happened in Memory Care and was supported by volunteers from Independent Living. Eventually the Active Arts Committee decided that this was an important activity and should be

restored. We dedicated \$150 a month for flowers and asked Mary Jo Taylor, who had coordinated it before COVID, to gather volunteers to help the residents in Memory Care and Assisted Living arrange the flowers and deliver them to patients in Skilled Nursing. After four months the committee realized that we could not maintain the expense.

I wrote a support grant to our Foundation for \$150 a month for a year. Mary Jossem graciously helped me clarify the grant and took it to the Foundation Board, which quickly approved it. Many thanks to Susan Webber, who was on the Health and Wellness Committee when this idea was conceived and assisted me along the way, to Mary Jo Taylor, who continues to seek valued volunteers, and to Mary Jossem and the rest of the Foundation Board, who understood the value of this activity and immediately supported it. We also appreciate the volunteers who assist, the Re-Store and residents who donate used vases, and Tricia Wagner and her team who see that the Memory Care residents have a positive experience, and the wonderful residents of Mirabella who generously support the Foundation.

The cost of flowers has gone up, and sometimes the fund was overspent. We have learned a lot and hope to continue—again with the help of the Foundation. The photograph of volunteer Darlene McTaggart and Memory Care resident Linda Kabakjian reflects the warm feelings that pass between the arrangers and the volunteers. The Mirabella Magic is profound.

Barbara Porter.

Zentangles

Tuesdays, July 2, 9, 16 and 30; 1–3 pm, Art Studio 507; registration required

NOTE: The first class is shortly after *The Mirabella Monthly* is distributed, so act quickly to sign up for this class!

Continue your journey into the art of Zentangling or begin that artistic journey by trying your hand at calming meditational drawings. The Zentangle movement is a popular art form that can be used to reduce stress, increase well-being, and enhance relaxation (hence the “Zen”). You don’t need to know how to draw. It uses simple patterns (called “tangles”) and forms such as dots, lines, and orbs

STAGE AND OTHER CRAFTS

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to create a unique piece of art. Certified Zentangle teacher Susan Ingham returns with new patterns, forms, and the use of color. If you are a beginning participant, she will introduce you to this fun form of artful doodling. There is a \$12 one-time supply fee for continuing students and \$25 for new students. The class is limited to ten students. Please register in the red notebook in the Resident Business Office. Coordinator: Sandra Jaech.

Writing for the Stage

Friday, July 5, 12, and 19; 10–11:30 am; Thursday, August 1, Friday August 9; 10–11:30 am, Conference Room A, registration required

Charles Kocher is back and this time his presentation will be “Writing for the Stage.” The class will offer opportunities to create a script that will then be edited and finally cast and presented as a reading. There will be three writing classes followed by one week for editing. Then the script will be rehearsed and finally performed. Join him for this exciting project.

Coordinator: Barbara Porter.

Jewelry Making: Tiny Mosaics

Tuesdays, July 23 or August 6; 1–2:30 pm, Art Studio 507; registration required

Do you like making things using a new technique? Do you love small treasures? This summer, resident



Beaded Jewelry – photo, S. Jaech

Sandra Jaech is offering another one-day make-and-take project. You will leave the class with a tiny mosaic of your own design set into a small metal frame that can be used as a pendant or a key fob. The mosaic is made with small

beads, stones and objects set in a non-toxic epoxy. Attendees must be able to use fine-tipped tweezers and a needle to place the elements into the epoxy.

You will be provided with tweezers, a metal frame, epoxy, beads, and a variety of elements to put into your design. In addition, if you have small items such as charms or an orphan earring, bring them to see if they work into your design. There is a supply fee of \$7.00. Class is limited to six participants per session. Please register for one of the sessions in the red book in the Resident Business Office. Coordinator: Sandra Jaech.

Creative Writing

Friday, August 2; 11 am–12:30 pm, Conference Room A; no registration required

Janée Baugher returns to offer her challenges to our creative writing. She continues to open our minds to a variety of writing possibilities. Each class is different and each is worthwhile. All are welcome. Coordinator: Barbara Porter.

ART COMMITTEE

Linda Berkman, Chair

Junior League Northwest Art Show Returns

The current Art Show is presented by the Junior League of Seattle. Dee Dickinson, for many years an active member of the League and a resident of Mirabella Seattle since its opening in 2008, founded the League’s Northwest Art Project in 1960 to bring visual art education to school children in King County. For bringing this show to Mirabella each summer when it is not in use in the schools, Dee has our utmost respect and gratitude.



Dee Dickinson standing by two of her favorites in the Seattle Junior League Northwest Art Collection – photo, L. Berkman

Linda Berkman

ART, DRUGS, DEVICES, AND OUR VOTE

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

Debra Boone and Betty Heycke, Cocurators

Reminder: Do you have art which displays any kind of motion? Are you willing to loan it for our new first floor exhibit September 9–December 12? If you are, contact: Betty Heycke, x 1619, bettyheycke@yahoo.com; or Debra Boone, x 1836, boonelutz@comcast.net.

HEALTH AND WELLNESS COMMITTEE

Bob Lewandowski, Chair

“Deprescribing” by Dr. Stephen Thielke, MD, MS, MA

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



Dr. Stephen Thielke

Medical guidelines recommend medication treatment for various conditions, which can lead to patients receiving “too damn many pills.” Some of these medications may be ineffective and some may no longer be needed. Interactions are common.

Yet it is often more difficult to stop than to start a medication. This talk will discuss the challenges with the deliberate and structured discontinuation of medications, known as “deprescribing.”

Stephen Thielke, MD, MS, MA, is an attending geriatric psychiatrist and Professor of Psychiatry and Behavioral Sciences at the University of Washington. He has conducted research about medication safety, dementia, pain, technologies in health care, and how to improve the delivery of mental health care for older adults. Coordinator: Bob Lewandowski.

LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

Technology Café Is Back

Wednesday, July 10 and Wednesday, August 7; 3:30–5 pm, Bistro

We will meet again because technology presents us with new problems faster than we might have imagined possible. The resident and guest facilitators at the tables are there to help residents clear up misunderstandings or learn about details of their new device. The facilitators at the tables in the Bistro will serve not as experts but rather as residents or guests willing to share what they know. We will have tables set up for concerns with iPhones, iPads, MacOS, Windows, Microsoft Office products, and Android devices. Join us to help make your technology work for you! Coordinator: Pat Harris.



Tech Café in action, June 2024 – photo, A. Mathis

Voting Ballots Project

Monday, July 8; 3:30–4:30 pm, Emerald Hall and Zoom

Scott Allard’s talk will help us better understand the Washington State Ballots Project. He will explain why, in 2022, the State Auditor’s analysis of the 2020 election suggested that not all signature verification actions may result in the same outcome. While the state is known for



Scott Allard

LIVENING WALLS AND BALCONIES

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having effective voting practices, and rejected ballots are a low percentage of the ballots cast, the final report states, “... Voters of Color have higher ballot rejection rates than White voters.” Scott can share some insights into this problem with us and remind us that elections are just around the corner. He will explain how important it is to get your ballot in on time and follow up if you get a message that your ballot is rejected. Scott is the Daniel J. Evans Endowed Professor of Social Policy at the University of Washington with expertise in social welfare and urban policy. Coordinator: Pat Harris.

Rebecca Albani Lecture on *Poke in the Eye: Art of the West Coast Counterculture*

Monday, July 15, 10:45 am–12 pm; Emerald Hall and Zoom

“It was almost like anti-art...A Rebellion” said Patty Warashina, known for her imaginative ceramic sculptures. A new Special Exhibition at the Seattle Art Museum offers an alternative art history you may not know. The exhibit celebrates the aesthetic practices that emerged across the West Coast in the 1960s and 70s. Reacting against the sleekness, formality, and coldness of East Coast movements like Pop Art and minimalism, artists on the West Coast—particularly in Seattle and the Bay Area—began creating artwork that was intentionally off-beat. These artists used traditional craft techniques and bold color, centered figuration and narrative, and often employed an irreverent sense of humor. *Poke in the Eye* draws primarily on SAM’s collection to present an inclusive view of the counter-cultural style that continues to reverberate today. Coordinator: Sylvia Fisher.

Year-round Gardening and Flowers

Emerald Hall will feature a two-part series on Wednesdays, July 17 and July 24. Part 1 is on planning a container garden with plants that are suitable in the Pacific Northwest. A horticulturist will demonstrate a hands-on example. Part 2 is

a talk from a Master Gardener about her large home garden that holds over 750 flowering plants during the year, January to December. Coordinator: Barbara Daniels.

Part 1: Riz Reyes, Horticulturist, *Year-Round Container Gardening*

Wednesday, July 17; 3:30 pm, Emerald Hall and Zoom

Riz Reyes has over twenty-five years’ experience working for public gardens and private clients. His garden-writing and design work has been featured in the magazine,



Riz Reyes

Fine Gardening. Riz is the author of a children’s non-fiction picture book, *Grows: A Family Guide to Plants and How to Grow Them*. His class will cover the basics of gardening in very limited spaces. Learn to choose the right pots and plants that look great year-round and put them all together. Watch a live demonstration of a container being assembled and see stunning examples to inspire your own creations. Riz will also cover proper care and ongoing maintenance to keep your plants looking their very best.

Part 2: Cleo Raulerson, *Watch a Colorful Garden Change*

Wednesday, July 24; 3:30 pm, Emerald Hall and Zoom

Cleo Raulerson, a King County Master Gardener, has gardened for more than forty years, focusing on perennials and flowering shrubs. With over 750 varieties of flowering plants, her garden has been included in the Northwest Perennial Alliance (NPA) Open Garden Tour for ten years.

Cleo will take you on a virtual tour of her garden as it changes through the year. She designed her

LOCKS & LOOKS

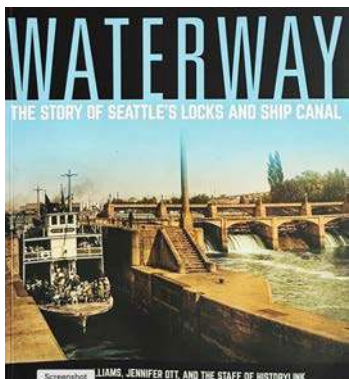


Cleo Raulerson

exuberant, colorful garden to bloom every day of the four seasons. Cleo says, “I love the spontaneity of self-seeding plants, which I thin to create pleasing compositions. Watch for my inclusion of the color blue to connect the garden through time.” Photos will illustrate both the changes and the continuity in the garden through the seasons. If some flowers catch your eye, you might want to experiment with them on your deck or in your garden.

Ship Canal, Locks, and Today’s South Lake Union

Wednesday, August 14; 3:30–4:30 pm, Emerald Hall and Zoom



At the beginning of the twentieth century, Seattle’s civic and business leaders believed the city’s continued growth and prosperity depended on attracting heavy industry. The best remaining undeveloped sites were along the shores of Lake Union and Lake Washington. Locks and ship canals were built for use by the expected oceangoing ships delivering raw materials to support lakeside industry. The huge construction project did not attract heavy industry. Instead, the North Pacific fishing fleet, boat building, and marine service industries crowded the lakeshore and changed the social, economic, and environmental development of Lake Union and Lake Washington. Our speaker, David B. Williams, is a local naturalist,

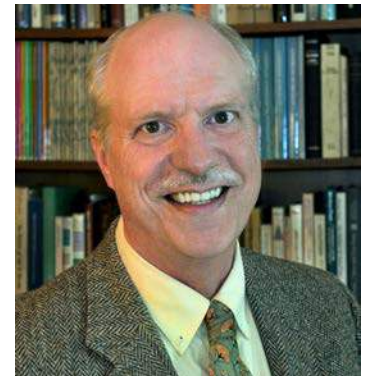
tour guide, and author of *Waterway, The Story of Seattle’s Locks and Ship Canal*. Coordinator: Mike Hahn.

exuberant, colorful garden to bloom every day of the four seasons. Cleo says, “I love the spontaneity of self-seeding plants, which I thin to create pleasing compositions. Watch for my inclusion of the color blue to connect the garden through time.” Photos will illustrate both the changes and the continuity in the garden through the seasons. If some flowers catch your eye, you might want to experiment with them on your deck or in your garden.

Three Lectures on Dressing for Life: How Clothing Expresses Human Meaning

Mondays, August 19, 26, and September 9; 10:30–11:30 am, Emerald Hall and Zoom

You must be wondering what Paul Kidder, a popular speaker here at Mirabella, is going to talk about this time. Is he going to tell us how to get dressed? Is he going to suggest that we dress differently? Paul is a philosopher and writes about understanding what it means to be human so he is not going to tell us what we should wear. Instead, he will explore certain periods in Western history to see how changes in dress expressed human’s understanding of themselves.



Paul Kidder

Lecture 1, *Seeing Through Clothes* will explore the place of clothing in art and society in ancient times.

Lecture 2, *The Painter and the Dresser* explores how styles of dress have influenced and have been influenced by painting styles from the sixteenth through the nineteenth centuries.

Lecture 3, *Clothes as Social Commentary* will look at how, in the twentieth century, clothes became a way of expressing attitudes toward society. Paul Kidder is Professor Emeritus of Philosophy at Seattle University. Coordinator: Natalie Siegel.

The Kenmore Air Story

Wednesday, August 21; 3:30–4:30 pm, Emerald Hall and Zoom

A highlight of summer Mirabella dinners with visiting grandchildren is seeing the arrival of

TRIPPING

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Kenmore Air’s yellow-and-white, Kraken-liveried, and wild Orca-styled seaplanes. The planes fly south directly toward Mirabella, bank east, and glide north down to a water landing on South Lake Union.

How do seaplanes safely land and take off from a city lake filled with boat traffic and surrounded by high-rise buildings? Our speaker Chuck Perry, a retired Kenmore Air Chief Pilot, will discuss the origins, operational challenges, and continuing innovations needed to operate the largest seaplane airline in the United States. Family-owned Kenmore Air also operates a seaplane flight instruction school and a restoration service for the famous de Havilland Beaver bush planes. Coordinator: Mike Hahn.

To Make or Cancel a Reservation: To reserve a place for any of the events scheduled by the Outside Activities Committee—listed here below, and also 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 and allow someone who is waitlisted to use the space. You should cancel your reservation by calling the Front Desk at x 1400.

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.

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, 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.

Grocery Trips



Ballard Market/Safeway, Fridays, July 5, 19, August 2, 16, 30; 10 am–12 pm

Costco, Wednesdays, July 10, 24, August 7, 21; 9:45–11:30 am

Fred Meyer/PCC/Trader Joe’s, Fridays, July 12, 26, August 9, 23; 10–11:45 am

Metro Market/CVS, Mondays, July 1, 15, 29, August 12, 26; 10–11:45 am

QFC/University Village, Mondays, July 8, 22, August 5, 19; 10 am–12 pm

Walks

Saturdays, leaving at 9:30 am and returning at 11:30 am

July 6

Des Moines Farmers’ Market & environs

MARKETS AND MORE

- July 13 Luther Burbank Park (Mercer Island)
- July 20 Edmonds Waterfront & Farmers' Market
- July 27 Arboretum
- August 3 Queen Anne Viewpoint & Parsons Gardens
- August 10 Volunteer Park
- August 17 Ballard Locks & environs
- August 24 University District Market / UW Campus
- August 31 Myrtle Edwards Park

Coordinator: Ardelle Knudsen, x 1811.

Sunday Church

Sundays, July 7, 14, 21, 28, August 4, 11, 18, 25;
leaving at 9:15 am and returning at 10:30 am
 The bus goes to Christ Our Hope. Other church trips are by reservation only.

Cultural Events

Fifth Avenue Theatre: *Clue—The Musical*
 Thursday, July 18; leaving at 12:45 pm and returning at 3:15 pm

Golf

Thursdays, 9 am–1 pm

- July 11 Nile
- July 18 West Seattle
- July 25 Lynnwood
- August 1 West Seattle
- August 8 Nile
- August 15 Lynnwood
- August 22 Jefferson Park
- August 29 TBD

Coordinator: Dean Temple, x 1820.

Special Activities and Excursions

Pike Place Market

Wednesdays, July 3; leaving at 9:45 am and returning at 11:30 am

The Pike Place Market probably needs no introduction or justification for a visit. What does need explanation is why we don't regularly offer transportation to it. After all, it's a year-round local resource—and not *just* a photo-op for tourists! We are thinking about making this a regular monthly trip, with time for shopping, exploring and maybe a bite to eat. Let's see if there is enough interest to do so. Coordinator: Marilyn Campbell, x 1587.

Queen Anne Farmers' Market

Thursday, August 29; leaving at 3:30 pm and returning at 5:30 pm

QAFM features an extensive roster of vendors with Washington-grown farm-fresh produce, baked goods, and tasty food-to-go. Filling blocks off Queen Anne Ave., the market has something for everyone; you can always head over to the nearby Trader Joe's if you want what they have. Coordinator: Jean Hall, x 1579.

Ballard Locks Concerts

Sundays, July 14 and 28, August 4 and 25; leaving at 1:15 pm and returning at 3:45 pm

The summer concerts at the Ballard Locks are free. Bring a folding chair or blanket to sit on. Coordinator: Nickie Askov, x 1858.

Alderwood Mall

Friday, July 19; leaving at 10:30 am and returning at 2:30 pm

This trip north will offer a chance to do some serious shopping, including time for a sit-down lunch, if you're so inclined. Coordinator: Ardelle Knudsen, x 1811.

Luncheonaires: Razzi's Pizzeria

Monday, July 22; leaving at noon and returning at 2 pm

We'll journey to Greenwood to enjoy lunch at Razzi's on their "patio," an effect created when they open their full-sized windows allowing us to enjoy lunch as if sitting outside on Greenwood Avenue

FARM AND CITY OFFERINGS

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North. The regular and special lunch menus are available and feature all kinds of Italian favorites (including pizza). Gluten-free and vegan are options. Coordinator: Jean Hall, x 1579.

Mundy Farms (Cle Elum)

Wednesday, July 31; leaving at 9 am and returning at 3 pm

Our Mirabella neighbors Bill and Mary Ann Mundy have invited us to their farm and winery outside Cle Elum, where we will enjoy a break from the city, a drive over Snoqualmie Pass (with a rest stop, probably at the summit), and a tour of the farms and lunch. You may recall Bill's Resident Revelations talk earlier this year. In addition to a variety of wine grapes, the farms raised timothy hay, but now specialize in organic vegetables and fruits. We will also get an introduction to the ways of organic farming from the owner of the organic operation. Other details and pictures of the farms can be found at: www.mundyfarms.com.

There will be a \$5 charge for this trip, to cover additional costs for the Mirabella bus. Coordinator: Míceál Vaughan (206-326-8658).

Pancake Breakfast: Swedish Club

Sunday, August 4; leaving at 10:45 am and returning at 12:30 pm

The monthly pancake breakfast at the Swedish Club has been a long-time Seattle favorite. Join us for a feast of pancakes covered with lingonberries or strawberries and whipped cream, with a side of ham. The cost (payable at the door) is \$13 for nonmembers and \$11 for members, plus sales tax. Coordinator: Judith Peterick, x 1683.

SLUCC Meeting

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

The monthly meeting of the South Lake Union Community Council. Coordinator: Julie Holland, x 1819.

SIFF Surprise Movie

Sunday, August 11; 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 names of the movies are known. At that point we will also know the start- and end-times 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.

Luncheonaires: BMG (Mill Creek)

Wednesday, August 14; leaving at 10:30 am and returning at 12:30 pm

Join us for lunch at a fun Thai/Chinese restaurant in Mill Creek, a new city for many of us. Did you guess? BMG stands for "Be My Guests." Co-owners Pom and Noy promise good food, and we will be the guests. You'll also enjoy a delightful surprise. Coordinator: Jean Hall, x 1579.

Mariners Senior Day

Wednesday, August 28; leaving at 11:45 am and returning 15 minutes after the last out

A busload of Mirabellans enjoyed last year's Senior Day at the Mariners, and we'll try to repeat that as the Mariners host the Tampa Bay Rays for an afternoon game. We'll have specially priced Club Level tickets (\$49 each), which will include a pregame lunch on the Terrace Club Patio. (Group tickets will be purchased in advance and those registered for the game—at the Front Desk, x 1400—will have charges made to their Mirabella accounts.) Coordinator: Míceál Vaughan (206-326-8658).



DOG DAYS & SUMMER MUSIC

PROGRAM COMMITTEE

Sally Hayman and Kitty Dow, Cochairs

How Dogs Age: Sound Familiar?



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

We often hear that dogs and owners tend to look alike. Is it possible there is also a correlation between them as to health and life span? Our speaker, Dr. May

Reed, gerontologist at Harborview Hospital, will discuss a fascinating research study called the Dog Aging Project. It intends to identify environmental factors that affect the health and life expectancy of dogs and possibly their owners. Researchers Daniel Promislow and Matt Kaeberlein, biogerontologists at the University of Washington, initiated this project six years ago and have been gathering and synthesizing data ever since. The NIH's National Institute of Aging funded ninety percent of the project with a five-year grant that has now run out. To date, their database has already yielded new findings and verified old suspicions. A modest example: dogs fed only once a day have lower rates of dementia and live longer. Dr. Reed brings years of medical experience and participation in the Dog Aging Project. Join us to learn more about connections between dogs and their people. Coordinator: Rich Atwood.

Greenwood Concert Band

Sunday, July 21; 3 pm, Courtyard

William Blaney and the Greenwood Concert Band will play a concert in the courtyard of Mirabella, featuring soloists Reis McCullough, concertmaster, and Jim Heffernan, retired solo clarinetist of the Army Field Band. They will perform the *Fantasia for Clarinet Duet*, *La Chanson Des Nids (Birds in the Nest)* by Buot and the trombone section in one

of Henry Fillmore's peerless trombone novelties. The band will also perform the world premiere of a march by resident Stafford Miller. We will hear Broadway melodies, marches by Sousa and Fred Jewell, and the excellent overture by Edouard Lalo, *Rhapsodie Norvegienne*. Mark your calendars! You won't want to miss this annual presentation by the Greenwood Concert Band. Coordinator: Stafford Miller.



*Trombones of the
Greenwood Concert
Band*

Seattle Chamber Music Society, Open Rehearsal

Thursday, July 25; 3–5 pm, Emerald Hall

Four of the musicians in town for the Seattle Chamber Music Society Summer Festival will visit Mirabella for an open rehearsal of Joaquín Turina's *Piano Quartet in A minor, Opus 67*. All four players, Max Levinson (piano), Alexander Kerr (violin), Meredith Kufchak (viola), and Brant Taylor (cello), are notable for impressive resuméés that include national and international symphony and music festival appearances, membership in numerous chamber music groups, solo performances, and recordings. As the Seattle Times described the musicians who have participated in the SCMS concerts in the decades since its founding in 1982, they are "the equivalent of an all-star lineup. A dream team of chamber players." Come to Emerald Hall to experience excellent musicians rehearsing this Spanish composer's work dating from 1931. Coordinator: Sheila Dietrich.

John English Quartet

Thursday, August 1; 3:30 pm, Emerald Hall

John English has performed several times at Mirabella, usually as leader of a trio, but for this

FOOD, MUSIC, & HISTORY IN THE MAKING

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John English

performance he will lead a quartet. The August performance will feature Kirk Roa, vocals; Chris Schindele, piano; Luiggi Chancafe, guitar; and John English, bass.

They will play popular numbers from the Great American Song Book from Frank Sinatra to Duke Ellington, including familiar show tunes in the mix. The group plays regularly at many local music venues including Thirteen Coins, North City Bistro, and Pink Salt Restaurant. Coordinator: Kitty Dow.

500 Ways to Eat Like a Local: The Intriguing Culinary History of American Regional Food with Jon Douglas

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



Jon Douglas

Have you ever wondered how America developed such a wide-ranging cuisine? What are the stories of food that have historical connections to different parts of the United States? What is regional food? Why

should we seek out regional food when we travel? How do we find these regional specialties?

Local author, Jon Douglas, will provide the answers to these questions. A food writer and avid traveler/eater, he was previously the editor for *Smarter Travel*, *MSN Travel*, and *Microsoft Bing Travel*. His journalistic approach to food news, trends, cooking, and restaurants can be found at his website, *SeattleFoodHound.com*. He is also the author of *500 Ways to Eat Like a Local: A Travel Guide to the Regional Foods of the U.S.* He has also written for *USA Today* and *Frommer's Travel*. Coordinator: Eddie Edmondson.

High Class Brass Concert

Thursday, August 15; 3:30 pm, Courtyard

We welcome back High Class Brass who will present an hour of motion picture and television themes. The quintet has played together since 2005 and is made up of Gary Roberts and Mark Anstadt (trumpets), Aiko Watanabe (French horn),



High Class Brass

Tom Hampton (trombone), and Ben Berlien (tuba). The program will include well known selections from *The Sound of Music*, *Spiderman*, *Pink Panther*, and other productions. Come and join us in the courtyard. Coordinator: Carolyn Burton.

China and Taiwan: Can They Co-Exist?

Thursday, August 22; 3:30–4:30 pm, Emerald Hall and Zoom

Zoom Link: <https://us06web.zoom.us/j/85108548622?pwd=EdiJmgAiJ9BOfsqYtUqxb2jPboSSTT.1>

David Fenner returns to talk about the potential Chinese invasion of Taiwan, focusing on the seven-decade-long tension across the Taiwan Strait and on the worldview (世界观 – “shijieguan”) of China’s long-term leader, Xi Jinping, and what his philosophies portend for Taiwan. He will examine China’s absorptive policies toward Tibet, Hong Kong, Xinjiang, and areas in the South China Sea and discuss regional alliances, including the “Quad” made up of Japan, Australia, India, and the United States. Questions and comments are welcome.



David Fenner

SENIORS ABROAD § CELLO RECITAL § WELCOME JUDITH

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David Fenner is affiliate faculty member of University of Washington’s Jackson School of International Studies. Coordinator: Leslie Klein.

Active Senior Aging in Hong Kong

Monday, August 26; 8 pm, Emerald Hall



Kara Chan – photo, L. Klein

Dr. Kara Chan returns to Mirabella, via Zoom from Hong Kong, to talk about the life of seniors in that city. She will discuss how seniors keep healthy in Hong Kong, medical services there, and popular recreational activities for seniors. In many ways, the cities of

Seattle and Hong Kong are much alike in terms of cost of living, wealth, and climate. Dr. Chan will talk about what life might be like for us should we decide to move there. Dr. Chan (PhD Psychology, City University of Hong Kong) specializes in advertising and cross-cultural consumer studies. She has written extensively in her field, receiving numerous awards for her writing, her scholarship, and her teaching. The lecture will be recorded. Coordinator: Leslie Klein.

Erika Pierson, Cello, and Annie Chang-Center, Piano

Thursday, August 29; 3:30 pm, Emerald Hall

Erika Pierson returns to Mirabella for a concert of solo cello pieces and cello/piano pieces with her pianist partner Annie Chang-Center. In their program, we will hear the J. S. Bach *Cello Suite No. 1 in G Major*, Nadia Boulanger’s *Trois Pièces for Cello and Piano*, and Manuel de Falla’s *Suite Populaire Espagnole*, along with several other cello solo pieces.

Currently, Erika performs as a recitalist, a chamber musician, and a freelancer with local orchestras. She

is also a proud member of the Ladies Musical Club of Seattle, both as a performer and as a volunteer with the Music In Schools program.

Annie Chang-Center is a chamber music coach for the Cornish Summer Music “Summer Sounds,” and for the Seattle Chamber Music Society’s “Music in the Classroom” program.

Erika and Annie have been performing recitals together in many venues around Seattle as a

piano/cello duo since 2017. Don’t miss this exciting concert by two very accomplished performers.

Coordinator: Donna McCampbell.



Erika Pierson



Annie Chang-Center

WELCOME COMMITTEE

Sue Herring, Chair

Judith Baggs

We welcome Judith Baggs, who joined us in June (Unit 805), adding one more nurse to our roster. She is Professor Emerita at Oregon Health and Science University (OHSU). She formerly studied and taught at the University of Rochester, where we met years ago—I, a new Assistant Professor, and she, a doctoral student.



Judith Baggs

AND SHEILA, RON, BECKY, AND BILL

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Raised in Bellevue, Washington, she attended Reed College (English), where she met her husband. Initially teaching high school English, she transitioned into nursing, focusing on ER/ICU care. After completing her PhD, she joined the nursing faculty, later serving as Associate Dean, first at Rochester and then at OHSU. She has edited two major nursing journals and continues to mentor young faculty.

Widowed last spring, she returned to Seattle, where one son is an ICU nurse at Harborview, another is a surgeon in California, and a daughter is a social worker in Rochester, New York. Judith's interests include reading prodigiously, knitting, walking, watching TV, cooking, and eating out with friends. Please give her a warm Mirabella welcome!

Mary Baroni

Sheila and Ron McConnell

Sheila and Ron moved to Mirabella from Mill Creek in May to apartment 416, having lived in



Sheila McConnell



Ron McConnell

the Northwest for many years. They each have two children from former marriages.

Ron was born and grew up in Flandreau, South Dakota. After two years of college, he served in the Navy for five years, then moved to Seattle where he attended the University of Washington in Urban Planning. The time was ripe for practitioners in that field, and he worked with several developing cities

in the area, later moving on as a consultant in city planning and as a hearing examiner. In his younger years he hiked and backpacked. In retirement he took up the ukulele. He now enthusiastically plays with "STRUM" (Seattle Totally Relaxed Ukulele Musicians).

Sheila was born in Auburn, Alabama, to a Navy family that moved often as she was growing up. After graduating from high school in Florida, she married, had two children, and lived on a pig farm in North Carolina. However, when the market went down, they sold the farm and moved to Seattle to be near relatives. Sheila returned to college in Chemistry, Environmental Science, and Occupational Safety, earning her certificate and finding employment as an Industrial Hygienist. Her hobbies include sewing and gardening. A number of plants from her yard have moved here to adorn their deck in pots.

Laura Bailey

Becky Novelli and Bill Broesamle

The Mirabella community welcomes new residents, Becky Novelli and Bill Broesamle, who moved



Becky Novelli and Bill Broesamle

from Seattle's Magnolia neighborhood to Unit 612 on May 29, 2024. Both grew up and lived in the Los Angeles area. There Bill served as senior

WELCOME SALLY AND BOB

associate dean and senior lecturer at the Anderson School of Management, University of California, Los Angeles, and as president and CEO of the Graduate Management Admission Council, the organization that develops and administers the Graduate Management Admission Test (GMAT). Becky also worked at the Anderson School as director of marketing and communications and held positions elsewhere as teacher, editor, writer, and communications consultant.

They retired to Seattle in 2006. Two of their three sons now live in Seattle; the third lives in the Netherlands. Since retiring, both have pursued a variety of interests. Bill volunteers as a consultant to nonprofits, takes classes at the University of Washington, and enjoys reading fiction. Becky's interests include writing, painting, art history, and studying Italian. Her novel, *The Train to Orvieto*, was published by Black Heron Press in 2016. Both are serious painters and have shown their paintings locally, including at Mirabella. Having downsized, they especially look forward to having more time to work at their art studio in Magnolia and to getting acquainted with fellow residents at Mirabella.

Walter Bodle

Bob and Sally Telzrow

Sally and Bob Telzrow moved into apartment 906 on May 13, from their home on Queen Anne. Sally was born in Arlington, Massachusetts. Her father, an Army Air Force Lieutenant, was serving in WWII, stationed in India, while her mother lived with her parents. After high school she attended Wheaton College in Norton, Massachusetts, and then Simmons School of Social Work in Boston.

Bob was born and raised in Cleveland. He received a BS from Xavier University and his MD from Ohio State University with an internship at Boston City Hospital. After his service in Spokane, Bob completed pediatric training at Children's Hospital,



Sally Telzrow



Bob Telzrow

Seattle. He subsequently moved back to Boston with a Fellowship in Child Development. Daughter Sarah was born there. On returning to Seattle, Bob joined the faculty at University of Washington Pediatrics and in 1980 joined Ballard Pediatrics until his retirement.

Sally went to work at Boston City Hospital's neurological ward where Bob was a first-year surgical intern. The Chief Resident introduced them, and they married in 1969 knowing that Air Force service in Japan awaited. After a short honeymoon Bob, left for training in Texas. Sally arrived a week later to learn Bob would miss his port call to Japan, having been hospitalized with mononucleosis. He was reassigned to Fairchild AFB, Spokane, where Jeremiah was born. Their experience there cemented their wish to settle in the Pacific Northwest.

When Sarah was two, Sally returned to counseling in children's mental health first at Seattle Children's Home for nineteen years; ending her time there as the supervisor of the clinical staff. She then spent twelve years at Seattle Public Schools managing two grants. She retired in 2012.

For pleasure Bob and Sally enjoyed sailing on both Long Island Sound and Desolation Sound in British Columbia. They shared an old cabin in the BC wilderness with some mice until they upgraded to their current cabin at Mazama in the Methow Valley, where it is not necessary to chop wood to stay warm.

Mary Jo Taylor

BOOKS § FRIENDS § ROWING BOARD DIRECTOR

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BOOK CLUB

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

July 22 – We have selected *American Sirens* by



Kevin Hazzard for discussion. This book tells of a program that brought a group of young uneducated Black men together in Pittsburgh in 1971 and trained them to become the country’s first paramedics.

August 26 – Jody Picoult’s novel *Small Great Things* addresses the very current issues of race relations in America today. The author examines an incident from the different perspectives of persons involved in the trial of an African American nurse.

September 23 – We will be discussing *The Thursday Murder Club* by Richard Osman. Four residents of a retirement community, not unlike Mirabella, meet to discuss cold case murders and become involved in two live cases.

Everyone is welcome to come to our gatherings.
Coordinator: Tina Moss.

SUPPORTIVE FRIENDS

Carolyn Blount and Natalie Siegel, Cochairs
Tuesday July 2 and August 6; 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 and newer residents are especially invited. Attendees will receive a Menu Selection form in their mailboxes, to be filled out and returned to the Dining Services mailbox. Please

contact either cochair, Carolyn Blount, x 1644, or Natalie Siegel, x 1698, for more information.

WACCRA NEWS

Mandy Wertz, Mirabella Liaison

Friday, July 12; 10 am, Emerald Hall

The Washington Continuing Care Resident Association (WACCRA) will hold its July 12 Board Meeting at Mirabella Seattle. All Mirabella residents and family members are invited to attend.



Kim Hickman, Vice President of WACCRA and active member of the Legislative Committee, will discuss recent efforts of the association on behalf of Washington CCRC residents at the Washington State Legislature. WACCRA officers at Mirabella are residents Nickie Askov, Secretary, and Susan Dillon, Membership Chair.

Mandy Wertz

PROFILES: MIRABELLA SEATTLE BOARD

By Paul Keown and Diane King

A man who loves rowing and is remarkably good at it recently visited Mirabella. He was on three U.S.

Olympic rowing teams and won a bronze medal in the singles World Rowing Championship event in 1983. He is also President of the Mirabella Seattle Board of Trustees. Christopher “Tiff” Wood battled traffic and downpours from an



Tiff Wood

CELEBRATING ART MADNESS

atmospheric river to drive from Portland to meet with residents at the May Resident Association meeting, followed by a lunch in the Bistro.

Tiff said he'd become "addicted" to rowing while in high school in New Hampshire. He admitted he didn't know why but enjoyed competing and working hard. He continued rowing as he earned his AB at Harvard in mathematics and earned a place on several Olympics teams. Tiff's passion for mathematics subsequently spurred him to complete the multi-tiered examinations that led him to a profession as an actuary in Portland, where he later started his own consulting firm. He retired two years ago and lives literally "on the water" aboard a houseboat along the Willamette River in Portland.

Tiff is active on several retirement community boards, including both the Portland and Seattle Mirabella-branded facilities, as well as Holladay Park Plaza, another PRS retirement residence. He also serves on the PRS board at their headquarters in Medford. He joined his first PRS board twenty years ago when he was researching retirement living for his father. Tiff has found it personally rewarding to make positive contributions by applying his skill and perspective as a "numbers guy" to help guide the nonprofits which these boards serve. He has also appreciated collaborative relationships he has developed with his fellow PRS board members.

When asked how he thought the CCRC model would fare in the future, he said that retirement facilities will need to look closely at the evolving economic climate as well as the changing workforce. Retirement facilities, he said, will need to be open to evaluating the changing dynamics in the population and meeting the challenges that arise. Some of the future changes may involve moving toward off-site skilled nursing services and reevaluating the buy-in and refund policy structure relative to the size of apartments and their desirability to prospective residents.

It was a pleasure to hear Tiff's perspective on the future of retirement housing and to have him with us, even for so short a time, to foster a more personal connection.

ARTS NOTEBOOK

By Jean Hall

Mad Studio: Group Exhibition

June 8–July 13; Wednesday & Saturday, 12–5 pm; Thursday & Friday, 12–7 pm, 325 Westlake Avenue North, #101

On Friday, June 7, I went to the opening night of this "Mad Studio: Group Exhibition." I could hear the music and the voices of an excited crowd a block away. This momentous exhibit is a culmination of MadArt Studio's presence in South Lake Union that shows off works by fifty of the invited eighty-four artists who have been associated with MadArt Studio over its fifteen-year evolution.

Every type of sculpture from life-size Japanese guardian ceramic figures standing astride toylike figures below, to small shiny black ceramic women's heads just feet away.

Standing nearby is a wonderful five-foot-wide "Book of Knowledge" constructed from heavy black paper with ethereal cloud and network forms on each page. On the stage in back in a cave-like space is an interactive "fight" scene using black cutout figures against a light screen, popular with guests of all ages. A wooden cylindrical form of square blocks arranged in open grids, woven textiles, a



Reflecting on Heyday Guardians, 2009 and 2024, by George Rodriguez – photo D. McConnell

MYSTERIES GALORE

JULY–AUGUST 2024

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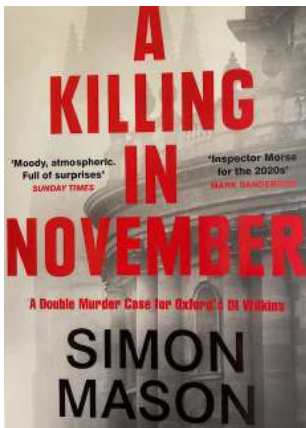
drum shaped out of drinking straws—all hang from the ceiling. On the floor sits a huge pile of cast-off wood painted black with inscrutable phrases stenciled in white, and near it an unusual neon work echoes its angles. Fabrics in all patterns and textures are arranged on walls, hang from the ceiling, and drape on forms as costumes.

Everywhere I looked, as I worked my way around the crowd of excited artists and friends, an artwork popped into view. Upstairs, too, and way back to the alley doors, dramatic pieces revealed themselves. There were bars on three levels that were well used! The entire event gave joyful praise to Mad Art Studio for “fostering artist expansion and generation.” It was the best and most varied exhibit of art and the liveliest audience for such an event that I have seen in a long time. Enjoy the exhibition while it lasts (only till July 13, so don’t delay).

BOOKENDS

By Marsha MacInnes

A Killing in November by Simon Mason



Have you read all eight of Mick Herron’s mystery novels and watched all three seasons of *Slow Horses*, and now you hardly know what to do with yourself? Mick Herron himself recommends choosing the Simon Mason mystery series starting with *A Killing in November*. You won’t be disappointed.

Some mysteries capture our interest with the convoluted way the plot unravels. Some are read for the qualities and interactions of the characters. This is one of the latter. Those of you who spent your professional life in academia may have already met

the Oxford Provost and his long-suffering wife. His ego and self-absorption know no limits. We weep for his wife.

But it is the two detectives that we learn to love. Ray Wilkens is Nigerian born, Oxford educated, impeccably groomed, designer dressed, and a credit to the department. That is until he is paired with Ryan Wilkens, who was born into poverty, survived alcohol-fueled domestic violence, wears nothing but unlaundered track suits and is constantly on thin ice with his superiors. He is also neurodiverse, to which we can attribute his aberrant behavior during interviews as well as his uncanny insight into the circumstances and people associated with the murder. Both R. Wilkens are devoted to family members—Ray to his equally devoted wife and Ryan to his precocious, motherless son.

But the mystery is interesting too. A young woman’s body is found in the offices of the Provost, the same evening he hosted a dinner in honor of a billionaire sheikh who is a potential donor to the Institute for Peace Studies. The paranoid sheikh was served by a young, devout Muslim woman recently employed by the university as part of its Syrian refugee program. The dinner was attended by the university’s contentious curator of all things Arab and a fragile American art historian, expert in Middle Eastern art. Thus, the murder takes on ethnic, political, religious, and, eventually, sexual overtones. In other words, a perfect summer read.

And there are two more R. Wilkens mysteries immediately available—*The Broken Afternoon* and *Lost and Never Found*. A fourth, *A Voice in the Night*, will be published in January 2025. The Simon Mason mysteries already in print are now in the Mirabella Library, thanks to resident Sheila Dietrich.

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

HAPPY BIRTHDAY! JULY AND AUGUST 2024

<p>July</p> <p>2 Charlotte Merritt 2 Dick Parker 2 Fred Short 4 Fred Herzon 4 Gerry Hoshijo 5 Mary Ann Mundy 5 Greg Rueger 5 Karen Wong 6 Alice Arrington 6 Leann Kostek 7 Stephanie Abbott 8 Michael Brunberg 8 Marilyn Hecht 8 Nancy Heymann</p>	<p>8 Ted Taylor 8 Bob Telzrow 8 Gail Temple 8 Ruthe Norton 9 Jean Hall 9 Linda Morrison 10 Lois Braden 10 Elston Hill 10 Sandra Jaech 10 Jo Ann Scott 12 David Rowlett 12 Mary Jo Taylor 13 Debra Boone 15 Lucy Steers 15 Richard Steppic</p>	<p>15 Dan McDonnell 16 Jan Grant 17 Cal Crow 18 Judy McNeal 18 Rhonda Plawner 19 Judy Chermak 20 David Wong 23 Martha Oman 24 Andrea Lewis 24 Charlene Marchant 25 Stan Wiklund 26 Larry Grant 28 Janet Ohta 31 Phil Braden 31 Bill Evenson</p>
<p>August</p> <p>1 Dorothy Rowlett 3 Ellen Ward 4 Bill Ellis 5 Maria Fiore 7 Verla Kwiram 7 Jo-Anne Shanahan 8 Gisela Baxter 8 Deborah Berger</p>	<p>8 Stafford Miller 8 Fred Herb 9 Susan Callegari 10 Marguerite Pough 10 Al Taylor 10 Sylvia McDonnell 11 Mort Berman 12 Nanette Welton</p>	<p>14 Anne Morellato 19 Ray Mathis 21 Sally Telzrow 23 Tim Hill 23 Dixie Jo Porter 24 Darlene Halverson 28 Jack Cahill 31 Sandra Gorohoff</p>

A DAY IN POINT
BARROW
 By Jim Lutz

I saw this woman
 Walking through the ribcage
 Of a dead whale
 She was flensing.

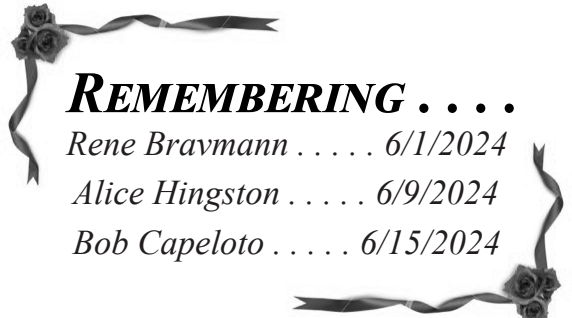
The bones were bloody
 With wet blubber
 As she scraped away

With her ulu knife
 And put the bits
 In a bucket.

Later, as the Inupiaq
 Gathered around a blanket
 And tossed her in the air,
 Her mukluks dancing,
 Her red cheeks full,
 The whole town laughing,
 I thought about the long
 winter ahead
 When we would see

Neither sun nor moon,
 And the stars would become
 The clean white bones
 Of the night.

REMEMBERING
Rene Bravmann 6/1/2024
Alice Hingston 6/9/2024
Bob Capeloto 6/15/2024



TOP RATED MOVIES

JULY–AUGUST 2024

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MOVIE CORNER

BY WARREN ASKOV

The Mirabella Movie Club will show eighteen movies over the Wednesdays and Saturdays of July and August—too many to summarize here. I will highlight two recent movies. The dates, running times, and capsule summaries of all the movies are available on a handout *Movies in Emerald Hall* in the Mailroom, on a poster on the Mailroom bulletin board, and on Google Groups before each movie.

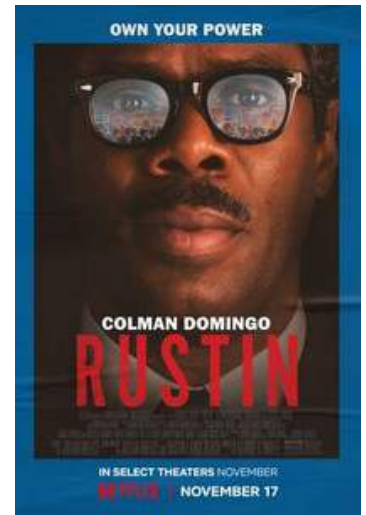


On Wednesday, July 17, we will show *Poor Things*. This was one of the major movies of last year and maybe one of the weirdest. It is a comedy/drama/romance that involves a Frankenstein-like reincarnation. A review on *RogerEbert.com*, says “It’s as if *Barbie* were actually about Weird

Barbie, but even that idea doesn’t quite do it justice. A more apt description is ‘It’s the best movie of the year.’” A large number of critics agreed. The film was nominated for eleven Academy Awards and won four, including Best Actress (for Emma Stone). It won also for Makeup, Costume Design, and Production Design. In Victorian London, Bella Baxter (Emma Stone) is the reincarnation of herself by the eccentric surgeon Godwin Baxter (William Dafoe). Into the body of an adult woman who had committed suicide he transplants the brain of the dead woman’s fetus, thus bringing it to life. The plot involves Bella, an adult with a child’s brain, learning to walk and mature as well as learn social

graces and romantic (well, sexual) relationships. Much of the humor, admittedly dark, stems from her trying to navigate in an adult body with the developing brain of a child. It is a credit to Emma Stone that she conveys that awkwardness and lack of filters in a humorous and believable way. The awards for her and for the movie are well deserved. The movie is long but entertaining.

On Saturday, August 17, we present *Rustin*, a biographical drama showing the influence and leadership of Bayard Rustin on the planning of Martin Luther King’s March on Washington. The movie was produced by Barack and Michelle Obama’s production company Higher Ground and stars Colman Domingo in the title role. Rustin, a civil rights activist, was also a one-time communist, later socialist, black, openly gay, and very effective organizer. He advocated nonviolent resistance and was partly responsible for introducing and reinforcing those views to King. Because some of these attributes were controversial, he was often kept in the background while other black leaders achieved more fame and prominence. Reviewers were almost universal in praising Domingo as Rustin and felt he carried the film. He was nominated at the 2024 Academy Awards as Best Actor but lost to Cillian Murphy who won for *Oppenheimer*. *The New York Times* commented, “You leave the film knowing that you’ve met a hero, but that this remarkable man deserved more.”





The Mirabella Monthly

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



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Guide to Mirabella Publications

The Mirabella Monthly

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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. 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. 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. Put any paper illustrations and sketches in mailbox #801.