

The Mirabella Monthly

www.mirabellaliving.com/Seattle



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OCTOBER 2024

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ADVENTURES IN BUS TRAVEL: OUR TRIP TO MUNDY FARMS WINERY

BY NICKIE ASKOV

Warren and I could not think of a better way to end the month of July than to travel to the farm and winery owned and operated by Mirabella residents Bill and Mary Ann Mundy. We had enjoyed Bill's Resident Revelations presentation and were looking forward to seeing the winery in person. We boarded the big bus driven by Ed Pascual along with fifteen other residents to travel I-90 east to the Cle Elum area. The small bus driven by Sal Angeles followed behind us, carrying an additional ten residents.



Waiting for rides at the Rest Stop – photo, G. Hoshijo

A REAL CORKER

About two miles from the rest stop where we would be able to use the facilities, Ed edged the big bus to the side of the highway. Steam rose from the vehicle's hood indicating radiator problems. Sal pulled over behind the bus and Míceál Vaughan, coordinator for the excursion, called Bill Mundy to report our breakdown while Ed got in touch with Clint Turner, Security and Transportation Manager. Foremost on everyone's mind was getting to Mundy Farms in time for lunch and the winery tour. Sal bused twelve of us at a time to the rest stop and then turned around to gather another twelve.

In the meantime, Bill dispatched cars to the rest stop to ferry residents the rest of the way. Ron McConnell and George and Lucy Steers, who had driven up the previous day to help Bill set up house and grounds for the large gathering, each drove groups of residents to the Farms while Sal took another load in the small bus. Joanne Shanahan and Phyllis Allen bravely climbed into the back jump seat of George's car while the rest of his carload settled in more comfortably. The most memorable moment on arrival at Mundy Farms was Ben Wood, with a flair reminiscent of Rudolph Valentino, lifting Joanne in his arms out of the jump seat.



Bottle Filling Machine, Bill Mundy with Ron McConnell – photo, N. Askov

While we munched on our delicious sandwiches, we didn't know the fate of Mirabella's big bus. Later, we learned that Ed waited with the bus for a tow truck and rode back with the driver and the bus to Mirabella. Sal headed

back to Mirabella after lunch in the small bus with a few residents who wanted to return home.

The rest of us embarked on the next part of our adventure. We walked into the Mundys' modern house, past the bedrooms, and through

a large sliding door that opened almost magically into a winery. Bill drove his forklift into the back of the winery to retrieve a large vat of red wine that he scooped into a bottling machine. Each of us had a chance to bottle our own wine! We were led through the process of bottling, corking, and labelling a bottle of wine with a special machine that glued the Mundy Farms label onto the bottle. We walked away with our freshly bottled pinot noir, which we can drink in three years after it lies on its side in a cool dry place at the bottom of our wine cooler.

Afterwards, we rambled down a steep hill past the irrigated vineyards to some seats in a shady grove. Here we learned about growing potatoes from the enthusiastic owner of Irish Eyes, an organic farm adjoining Mundy Farms. For our return trip, Clint engaged a large touring bus from Yakima to pick us up. We all appreciated the Mundys' hospitality as well as the quick thinking and caring actions of our Mirabella staff. Grateful residents arrived home on schedule at 5:30 on a comfortable bus, having enjoyed a wonderful outing with some surprises.



Bottle Corking Machine, Sue Lane with George Steers and Jim Ohta – photo, N. Askov



FAMILY, FOOD & FUN

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MIRABELLA FIRST-EVER FAMILY ENGAGEMENT EVENT

BY BRI BAILEY AND RUTH BENFIELD



Lining up for the lovely Luau food – photo, E. Hill

On August 24th we had an event intended to start developing ways Mirabella can offer meaningful support for our residents and their significant family members to further the quality of life here at Mirabella. “Family members” include those individuals who support us in resident decision making.

Dining Services developed an amazing all-age Luau menu and managed to serve it despite the loss of the courtyard to rain. The Mirabella Foundation provided a grant so that residents did not need to use dining points for their guests.

Sandy Rensvold and Jerry Roling came up with an array of games and activities. Resident volunteers hosted the activities, including fishing for prizes in a pond, mask making, painting, coloring, origami, corn hole, and bean counting. The Key (our Home Care preferred provider) funded the Balloon Man, who created many balloon characters and even

stepped in to help overcome boredom whenever the food line became long. David Miller filled the pool with water volleyball players for two separate games.

At the panel presentation, Lee Burnside, MD, discussed quality-of-life when considering medical treatment. Bri Bailey and David Miller discussed internal and external resources to optimize wellbeing through aging and health struggles while remaining in Independent Living; Barbara Kleine, MSW, discussed how to have difficult conversations about driving, isolation, and cognitive decline. Each of the speakers offered material to take away. These included Atul Gawande’s book *Being Mortal: Medicine and What Matters in the End*, a resource handout for services helpful through aging challenges, and Roz Chast’s, *Can’t We Talk about Something More Pleasant?: A Memoir*.


Many thanks to the Dining Services team, our resident volunteers, Sandy Rensvold, Jerry Roling, Makiko Doi, Charlotte Lindsey, Jo and Chuck Pope, Louise Lowry, Gloria Hennings, Bertie Perry, David Miller and all the volleyball players, Steve from Facilities, and our speakers. It could not have happened without the whole team.




Water volleyball – photo by E. Hill

WHO DOES WHAT AT MIRABELLA


RESIDENT COUNCIL, 2023–2024 COUNCIL & RESIDENTS’ ASSOCIATION MEETINGS




Mike Waring,
President, 2023–2024,
Box 527, x 1585,
urbandoc@hotmail.com



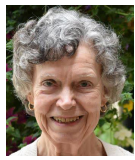
Julia Wan, Vice
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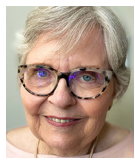
Cathy Short,
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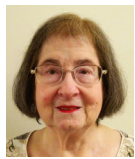
Alice Arrington,
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Nancy Eliason, Member-
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Jane Beer, Member-at-
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Box 734, x 1747,
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Janice Kaplan-Klein,
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jkreachtr@earthlink.net



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	Box 1116, x 1858
	Jerry Smedes	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	Box 828, x 1640
	Kitty Dow	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

October 15; 3–4:30 pm, Northwest Dining Room

Join us for our Community Happy Hour celebrating Oktoberfest. Please come to enjoy live music, wine, beer, light hors d'oeuvres, and mingling!

Health Clinics Available to All



The following clinics for Independent Living (IL) residents are being held in 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.org.

Podiatrist

October 3; 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

October 8; 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@seattlehearingervices.com.

Foot Care Clinic

Call for appointment and rates

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

Resident Services offers two counselors to work with residents experiencing grief, loss, changes in health, anxiety, and depression. Jenna Rumberger, LICSW, is a licensed independent clinical social worker who has been working in the field for over ten years (visit www.agingwithaplan.org for more information). Ashica Demira, LICSW, is a clinical social worker in gerontology (CSW-G) who serves individuals, families, caregivers, and professionals to provide strength-based and culturally responsive care (visit www.essentiallicsw.com for more information). Either counselor 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. For information and rates or to schedule an appointment, please contact Jenna at Jenna@agingwithaplan.org, (425) 270-7336, or Ashica at Ashica@essentiallicsw.com, (206) 445-3926.

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.

Health Center Respite

Mirabella offers respite stays in the health center when a caretaker/spouse needs a rest or needs to

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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 is 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

Sandra Jaech, Chair

Creative Writing

Friday, October 4; 11 am–12:30 pm, Conference Room A

The popular writing class continues into the new season with Janee Bougher bringing more ideas and opportunities to residents interested in broadening their writing skills. Registrations welcome but not required. Coordinator: Barbara Porter.

Sip and Paint

Wednesday, October 9; 3–5 pm, Northwest Dining Room

This wonderful activity has been offered twice a year and is very popular. You will be given instructions by a talented teacher who will help you develop some skills with acrylic paints. And, by the way, our teacher is great fun as well. The paints and brush, a small canvas, and a model painting will be

provided. However, some of us choose to paint our own ideas, which is perfectly fine. It's your choice. The fee, which includes wine and small canapes, is \$28, which will be charged to your account. Register in the red notebook in the business office. If you need to cancel, you must notify Tricia Brink, pwbrink@comcast.net by Friday, October 4, at 3pm or you will be charged. Coordinators: Tricia Brink and Barbara Porter.

Halloween and Thanksgiving Punch and Paste

Thursday, October 10; 1–2 pm, Room 507

Gloria Hennings returns with her punches, this time featuring Halloween and Thanksgiving. She will offer suggestions that will help you create your own holiday cards. Register in the red notebook in the business office. You will see examples on the bulletin board above the notebook. The punches, card stock, and glue will be provided. You are asked to bring a straight edge, pencil, small cloth, small scissors, and a rounded utensil (perhaps a crochet or knitting needle) to help to tamp down your punched out pieces cleanly to the card stock. Coordinator: Barbara Porter.



Zentangling: Artistic Doodling

Tuesdays, October 15, 22 and November 12, 19; 1–3 pm, Room 507

How many unique designs can be made from the various repeated patterns in a Zentangle? It must be millions. Come explore the possibilities of this new art form with Susan Ingham, Certified Zentangle instructor. Learn the basics (if you are new to Zentangling) or expand your knowledge with new patterns and tools if you are a returning student. Zentangling uses simple tools and repeated drawn patterns to create designs. Bonus: it is reputed to aid relaxation and general well-being (hence, the "Zen"

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in Zentangle). This class will be in four sessions: two in October and two in November.

The sessions are open to new and returning Zentangle students. New students will be asked to come an hour early on October 15th for an introduction and to learn some basics of “tangling.” Returning students can look forward to new exercises and learning additional patterns and designs. The supply kit for new students is \$37.00 (\$25 starter kit plus \$12 new session kit). Returning students’ supply fee is \$12.

Class size is limited, so please register in the red notebook in the business office soon. Coordinator: Sandra Jaech.

ART COMMITTEE

Linda Berkman, Chair

Art in Motion at Mirabella

Curating a Mirabella art show is always fun, and an interesting challenge, even for the experienced. Curating this show, Art in Motion, was especially challenging for Debra Boone and me because it was our very first. The experienced hands, who had done so many of these, deserved a break.

Mirabellans own amazing art: art from many times and places, art they have collected over the years, and art they have created themselves. Deb and I love what we found for this exhibition, and we are grateful to the owners and artists who are sharing their beautiful pieces with all of us for three whole months.

There is so much to like in this collection: the shiny sailboats of many colors, the woman joyfully tossing a baby, the perfectly rendered traffic of downtown 1930s Detroit, the dancing children, the Westside train rumbling down the tracks, and many others. There are also some beautiful curiosities: *The Ballard Flying House*, *The Ecstasy of Psert*, and *The Floating Lady*.

We were at first concerned about the number of quite small pieces in the exhibition. Then, however, we realized how wonderful it is to get up close to these art works and to really see them. There is, for instance, resident Sandra Jaech’s small, beaded green sailboat on beaded white water and her beaded snail (shelves across from Conference Room A). There is a little grouping of a vibrating crow, fleeing gold horses, tiny spindly shore birds, and a ballerina: very small works together in a narrow part of the hall across from the library. These small works are best seen close up.

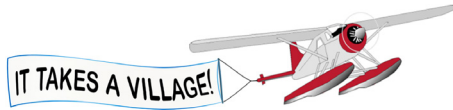
One of my favorite up-close spots is the credenza in front of the B elevators. Look for the tiny, framed birds in spring flight above the two beautiful wooden sculptures. One of those sculptures, you will immediately notice, is a bird. See his tiny twinkling eyes.

You will probably notice interesting juxtapositions in this exhibit. It was fun to decide what to put next to what. But some juxtapositions were accidental. When you look from inside the library you can see Jim Holland’s mobiles, *Turning 1 and 2*, become part of the lovely *Beecher Sailboat* on the opposite wall. Many years ago, I had a drawing instruction book called *Learning To See*. For a novice like me, co-curating this exhibit was a happy, challenging experience of just that. We hope you enjoy these artistic contributions from your Mirabella neighbors. Art in Motion will be up until December 2.



“Sailboat” by Sandra Jaech – photo, B. Heycke

Betty Heycke



READ & LEARN

EMPLOYEE APPRECIATION COMMITTEE

Sally Hahn, Chair

“It Takes a Village”

October 1; 11 am, Emerald Hall

The 2024 Mirabella Employee Appreciation Committee will officially begin the 2024 campaign to raise money for a bonus for Mirabella employees. How do we say thank you to all our wonderful Mirabella employees? As Mirabella Seattle policy does not allow tipping, this is the time of year when we recognize our employees by way of gifts to the Employee Appreciation Fund (EAF). *All* money collected will be distributed to our over 200 full- and part-time employees based on the number of hours worked during the year. (The eight department managers are not included.) All donations are confidential and anonymous.

The goal this year and every year is 100 percent resident participation! Everything you need to know to contribute is contained in the EAF envelope in your mailbox. Also, in your envelope you will find small house stickers signifying our theme for this year’s drive. We hope you will wear these on your name badge to indicate your support for Mirabella’s employees.

The official kickoff of the campaign takes place at the Residents’ Association meeting on October 1 and ends November 14. Come and join in the fun and help give the campaign a rousing sendoff.

LIBRARY COMMITTEE

Martha Oman, Chair

Mirabella Library News

It is exciting to see so many new faces at the Mirabella and we are eager to welcome you in the Mirabella Library. The library is open twenty-four

hours a day, seven days a week, so you may find a book whenever you may need it. Fiction is shelved on the left and organized by author’s last name, and nonfiction is located to the right and organized by subject in the Dewey Decimal System. We operate on the honor system; you may take a book and just return it to the book cart on the left as you enter the library. Library Committee members will date and reshelve the books so we know what is being used and what can be weeded.

We accept donations of current fiction, nonfiction, and biography books that are in good condition, up to date, and of general interest. We do not keep out-of-date historical materials, texts, travel guides, or other personal mementos. Please do not donate more than five books at a time as the cataloging and processing of new materials is very time consuming for the Library Committee.

Welcome to our new Residents and please contact any Library Committee members for a personal tour.

LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

Keep Learning, Keep Growing!

Special thanks go to the Mirabella Seattle Foundation for its continuing support for the Osher Lifelong Learning Institute at the University of Washington (OLLI-UW). The Foundation’s support of the OLLI-UW program means we have access to two monthly Zoom presentations and occasional Lunch and Learn talks here at Mirabella without residents having to pay a fee.

Many residents become members of OLLI-UW. Membership includes the Zoom lectures we get now and other lectures that may be on Zoom or in person. If they have preregistered, members also have access to recordings of Zoom sessions; they



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also have access to low-cost courses taught by UW professors or community experts that may be in person or via Zoom.

OLLI-UW invites adults over the age of fifty to come together to share intellectual interests and make new friends through a range of exciting programs. You can become a member for \$40 annually. For more information check out the webpage at www.osher.uw.edu or call (206) 685-6549. Membership registration is online only with a credit card. OLLI-UW is unable to process memberships or course registrations by mail or phone.

If you need help with preregistration for our free zoom lectures or getting an OLLI membership, please contact Pat Harris, our OLLI contact person, at x 1600 or dox.harris@gmail.com.

The Technology Cafe

Wednesday, October 2; 3–4:30 pm, Bistro

A Resident-to-Resident Sharing About Technology

Lifelong Learning continues its sponsorship of the Technology Café for residents to share their knowledge. This event is part of the Committee's series of activities on technology. The facilitators at the tables in the Bistro will not be selling themselves as experts but rather as residents who are there to share what they know. We will have tables set up for concerns with iPhones, iPads, MacOS, Windows, Microsoft Office products, and Android phones. Join us if you have technology questions or if you just want to share a social time with other residents who have questions or answers. Bring the device about which you have questions if you can. No one wants to bring a full-sized computer, monitor, and keyboard to the Bistro, but bring your questions anyway. Maybe someone will have an answer! Coordinator: Pat Harris.

Resident Revelations, Ron Lewis: An Overland Odyssey Through Africa

Tuesday, October 8; 3:30 pm, Emerald Hall and Zoom

Ron Lewis, a Tacoma native, will start his presentation with a bit about his background. His odyssey began in the fall of 1964, when he headed off to Europe with a friend. In France he met two Canadians and an Australian couple.



Ron and Robyn Lewis

They outfitted a VW van in Gibraltar and soon set out across Africa for a remarkable nine-month adventure ending in South Africa.

He'll share a few pictures of this trek, how he found employment with the 3M Company in South Africa, and met Robyn, his wife-to-be, a nurse and midwife. They married in 1967. After being banned from South Africa, Ron returned and Robyn emigrated to the United States to begin life again.

Plan on returning for part two in a few months when Ron will carry his story forward to the present day.

Coordinator: Judy Waring.

Neoclassicism and Romanticism

Wednesdays, October 9, 16, 23, 30; 1:30–3 pm, Emerald Hall and Zoom

Exploring American and European Art and Artists from the Mid-18th to the Mid-19th Century

Kolya Rice, art historian and popular lecturer, will continue his fascinating exploration of the History of Western Art. This time he will present the Neoclassic and Romantic Periods including art and artists from England, France, Spain, Germany, and the United States. And, as always, Kolya will emphasize how the arts of this time responded to

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their cultural and social contexts and why artists found it important to reach beyond traditional artistic forms and subjects.

Sessions One and Two will focus on the role of the royal academies of France and England and how the artists responded to these institutions through their selection of subjects and changes in style. Key artists will include David, Ingres, and Goya.

Session Three begins with how the aesthetic philosophy of Romanticism developed and responded to select French and Spanish painters working within their respective political contexts. Key artists will include Delacroix and Goya.

Session Four traces Romanticism in England, Germany, and the United States and explores how each country fostered its own subjects and themes. It will conclude with how Romanticism sowed the seeds of modern arts. Key artists include Turner, Church, and Bierstadt. Discussion is always encouraged when Kolya teaches. Coordinator: Sylvia Fisher.

OLLI-UW Lunch and Learn

Gains and Losses in the World of Weight: How the Brain and Hormones Control Your Weight with Dr. William Banks

Monday, October 14th; 12–1 pm, Emerald Hall
Lunch and Learn is starting up again! Bring a lunch or just come for this interesting talk that OLLI-UW is sponsoring for us. OLLI-UW has invited people from our area to join us for this event on weight gains and losses and the role the brain and hormones play in this dynamic. As we grow older, many of us begin to lose weight. In some cases, the amount of weight lost can be tremendous. This is the opposite side of the coin that many face in younger years, battling to keep the pounds off. Both the gaining of pounds and their loss are influenced by many factors, but our brain and its response to the

hormonal signals coming from the body are major players. In this lecture, we will explore the interplay between brain and body, with special emphasis on unwanted weight loss in the later years. Dr. Banks is Professor, Division of Gerontology & Geriatric Medicine, and Associate Director for Research of the Puget Sound Geriatric Research Education and Clinical Center. Coordinator: Pat Harris.

OUTSIDE ACTIVITIES COMMITTEE

Míceál Vaughan, Chair
Sheila McConnell, Vice-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. 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: 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, the concierge will be able to tell you whether you are on the list or 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 also cancel your reservation by calling the Front Desk at x 1400.



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Accessibility: We strive to schedule events suitable for everyone, but in some cases we are unable to guarantee that sites for our events can accommodate those with mobility difficulties. When we schedule, say, walks or special outings that may be challenging for those who need to use wheelchairs or walkers, we mark them here with a double asterisk (**) to indicate that they have uneven or gravel surfaces, or especially hilly or otherwise obstructed paths.

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) 2541400.

Grocery Trips

- Ballard Market/Safeway**, Fridays, October 11, 25;
10 am–12 pm
- Costco**, Wednesdays, October 2, 16, 30;
9:45–11:30 am
- Fred Meyer/PCC/Trader Joe’s**, Fridays, October 4, 18; 10–11:45 am
- Metro Market/CVS**, Mondays, October 7, 21;
10–11:45 am
- QFC/University Village**, Mondays, October 14, 28;
10 am–12 pm

Walks

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

- October 5 Arboretum
- October 12 Myrtle Edwards
- October 19 Alki Beach
- October 26 Lincoln Park **

Coordinator: Ardelle Knudsen, x 1811.

Sunday Church

Sundays, October 6, 13, 20, 27; leaving at 9:15 am and returning at 10:30 am

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

Cultural Events

ACT: Mrs. Loman is Leaving

Saturday, October 26; leaving at 1:15 pm and returning at 4:15 pm

Early Music Seattle: Twelfth Night Ensemble

Sunday, October 13; leaving at 1:15 pm and returning at 4:15 pm

Emerald City Music: American Sketches

Friday, October 18; leaving at 7:30 pm and returning at TBD

MET Live in HD: Les Contes d’Hoffmann

Saturday, October 5; leaving at 9:15 am and returning at TBD

MET Live in HD: Grounded

Saturday, October 19; leaving at 9:15 am and returning at TBD

Seattle Opera: Jubilee

Sunday, October 13; leaving at 1:15 pm and returning at TBD

Seattle Repertory Theater: The Skin of Our Teeth

Sunday, October 6; leaving at 1:15 pm and returning at 4:15 pm; Wednesday, October 16; leaving at 1:15 pm and returning at 4:15 pm

Seattle Symphony: Brahms’s Double Concerto

Thursday, October 3; leaving at 6:45 pm and returning at 9:45 pm

Seattle Symphony: Mozart’s Jupiter Symphony

Thursday, October 17; leaving at 6:45 pm and returning at 9:45 pm

Seattle Symphony POPS: Cirque Noir with Troupe Vertigo

Sunday, October 13; leaving at 1:15 pm and returning at 4:15 pm

Golf **

*Thursdays, 9 am–1 pm
October 3 Nile*

OUT & ABOUT

- October 10 Lynnwood
- October 17 West Seattle
- October 24 TBD
- October 31 TBD

Coordinator: Dean Temple, x 1820.

Special Activities and Excursions

SLUCC Monthly Meeting

Tuesday, October 1; leaving at 4:30 pm and returning at 6:15 pm

Details about the monthly meeting of the South Lake Union Community Council—location, agenda, etc.—are regularly distributed by Julie Holland (its president) in advance on Google Groups. Coordinator: Julie Holland, x 1819.

Seattle Aquarium: Ocean Pavilion

Wednesday, October 2; leaving at 1 pm and returning at 4 pm

We'll see the newly opened Ocean Pavilion at the Seattle Aquarium. Regular admission to the Aquarium on this day will be \$36.95, and tickets may be purchased online in advance. NOTE, however, entry is *free* for holders of Seattle's Gold Cards, which may be obtained from the City of Seattle, in person at various sites—or online at <https://civiform.seattle.gov>. Coordinator: Sheila McConnell, x 1621.

Tulalip Casino and Outlet Mall

Tuesday, October 8; leaving at 10 am and returning (from the Casino) at 2:30 pm

The Outlet Mall or the Casino? Both are fun places to leave your dollars—or win enough at the Casino to shop at the mall, which has a rich assortment of brand-name shops. Good walkers can walk between them. For others, the bus will drop and pick you up at both places. *Tulalip Casino is 100 percent nonsmoking.* Coordinator: Jane Beer, x 1747.

Luncheonaires: FareStart

Wednesday, October 9; leaving at 11 am and returning at 12:30 pm

Enjoy a wide choice of lunch offerings at FareStart's flagship restaurant, a half mile to the west of Mirabella. FareStart is a nonprofit established in 1992 to help youth and adults develop on-the-job skills and work experience. Having trained more than 15,000 students over its thirty-plus years, it currently works with about twenty students who are developing practical (and marketable) culinary skills, while preparing meals for paying customers and for local non-profits, schools, and shelters. One of their cafés is two blocks from Mirabella, in Amazon's Houdini North building.

Besides their soups, salads and burgers, you might try some crispy polenta fries, potato gnocchi, or a fried green tomato sandwich. Support FareStart's social change mission by dining in its airy, friendly atmosphere. Coordinator: Jean Hall, x 1579.

Bainbridge Island Museum of Art: Dennis Evans and Nancy Mee

Wednesday, October 23; leaving at 9 am and returning at 3 pm

This joint show will feature solo and collaborative works by this well-known husband-and-wife team of Seattle artists. The show covers more than five decades of their productive work, ranging from painting to ceramics, printmaking to stone and bronze sculptures.

We'll bus to and from the Bainbridge Island ferry, with time for lunch and/or shopping in Winslow. BIMA is a short, uphill walk from the ferry; admission is free. Coordinator: Míceál Vaughan, (206) 326-8658.

SIFF Surprise Movie

Sunday, October 27; leaving at 3:30 pm and returning at 6:30 pm

SIFF's movie schedule at the SIFF Cinema Uptown is revealed about a week in advance. Residents who sign up (x 1400) will be notified as soon as the names of the movies are known. At that point we

STORIES TO TELL ♦ TUNES TO PLAY

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will also know the starting and ending times of the movies. Residents are responsible for purchasing their own theater 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

Charismatic Carnivores

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



Ed Dominguez

One of Mirabella's favorite speakers, Audubon naturalist Ed Dominguez, returns to Emerald Hall for a talk on the carnivores that inhabit our cities and suburbs. Ed is Lead Naturalist for the Seward

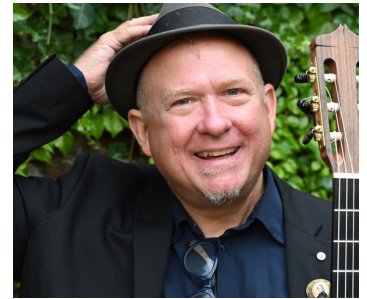
Park Audubon Center and has led lucky Mirabella residents on park tours. His previous talks have enlightened us about cunning corvids and wise owls, and he is sure to be engaging on the subject of meat eaters. Mark your calendar! Coordinator: Dixie Porter.

Mark Hilliard Wilson, Guitar

Thursday, October 10; 3:30 pm, Emerald Hall

Mark Hilliard Wilson will present a concert of classical guitar from the seventeenth, eighteenth, and nineteenth centuries, while also exploring contemporary composers from Latin America. He will feature classic tangos plus experimental music from Venezuela—all of it derived from folkloric influences. Mark teaches his students and develops concert programs in a way that draws from history and his desire to relate contemporary interests to universal themes. Based in Seattle since 1995, he founded the Seattle Guitar Orchestra in 2000 and

became the cathedral guitarist at St. James Cathedral in 2006. He has taught at Whatcom Community College, Bellevue College, and Rosewood Guitar, and is currently at Holy Names Academy. Recently Wilson premiered a



Mark Hilliard Wilson

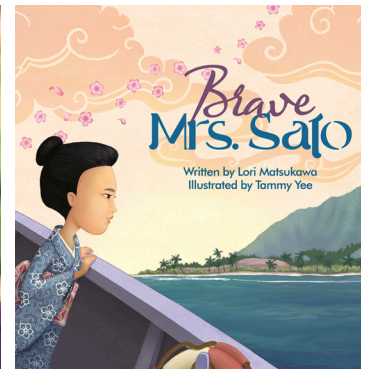
concerto written for him by the Ukrainian composer Oleg Boyko and directed guitar ensembles in the premier of a work he commissioned from Boyko in 2023. Coordinator: Eddie Edmondson.

Lori Matsukawa, Author and TV News Anchor

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



Lori Matsukawa



Brave Mrs. Sato

Anyone who has lived in this area for any length of time will remember Lori Matsukawa, a four-decade-long evening news anchor at KING-TV. Lori won two Emmys and numerous honors for her regional and national broadcasts, which covered everything from the imprisonment of Japanese Americans in World War II to the Olympic Games in Salt Lake City and Vancouver. Her last broadcast was in June of 2019, and *The Seattle Times* featured Lori's retirement on its front page.

Now she has taken on a new career as an author of children's books. On October 17 she will tell us about her newest, beautifully illustrated

MORE MUSIC

book, *Brave Mrs. Sato*—a heartwarming story of intergenerational friendship, immigration, and bravery. Coordinator: Diane Holmes.

Ladies Musical Club: Songs from Latin America and Schubert Sonata

Saturday, October 19; 2 pm, Emerald Hall



Laurel Sprigg

Summer vacation is over, and Ladies Musical Club is back! The first part of Mirabella’s October concert will feature soprano Laurel Sprigg with pianist Lisa Lanza in a collection of songs from Latin America.



Lisa Lanza

Laurel studied vocal performance at the San Francisco Conservatory of Music and performed widely in the Bay Area. She recently moved to Poulsbo and now brings her talent to our region. Lisa earned a Master of Music in Piano Performance from the University of the Redlands. She has performed across the United States and in England and is in demand as an accompanist for musical theater and opera, including Seattle Opera.



Diana Gao

The second part of the concert will be a performance of Schubert’s beautiful *Sonata in C Minor*, written near the end of the composer’s life. Our pianist will be Diana Gao, already known to Mirabella audiences. Diana holds an MBA from the University of Washington and is employed by Microsoft, but in

her other career, she studies with Dr. Robin McCabe and performs regularly around town. It will be a lovely afternoon of music. Coordinator: Sue Herring.

Puget Sound Piano Trio

Thursday, October 24; 3:30 pm, Emerald Hall

The Puget Sound Piano Trio is the ensemble-in-residence at the University of Puget Sound School of Music in Tacoma. The trio has presented hundreds of concerts in a multitude of venues locally and throughout the United States.



Puget Sound Piano Trio

Maria Sampen (violin), Alistair MacRae (cello), and Ronaldo Rolim (piano) bring distinguished musical backgrounds and a rich variety of professional experiences to their work as an ensemble. Individually and as an ensemble, the trio has appeared with orchestras and at major music festivals across the US and abroad, such as in Aspen, Ravinia, Brevard, and Banff. Additionally, the trio has a deep commitment to educational outreach, performing concerts, workshops, and master classes at public schools, youth music groups, and colleges. The concert will include piano trios by Mozart and Arensky. Coordinator: Eddie Edmondson.

Amazing Piano Duets

Saturday, November 2; 3:30 pm, Emerald Hall

Allan Park has been a premier piano instructor in the Seattle area since 1990, having produced many award-winning pianists. Four of his students will play duets—four hands at one piano. These pianists have each won multiple gold and silver medals at several local, national, and international competitions and festivals. Individually they have also performed as soloists with area orchestras.

WELCOME, JUDY & HOWARD

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This will be an exciting opportunity to hear young, accomplished musicians.

Kwon Siblings: Jane Kwon, twelve years old, attends Forest Ridge School of the Sacred Heart in Bellevue. She volunteers as a pianist at her church and also enjoys reading and playing soccer. Jason is sixteen years old and attends Newport High School. He hopes to start a music initiative to provide free music classes to young students.

Lakeside Piano Duet: Alexander Vollmer is in the ninth grade at Lakeside School. He was accepted at the 2023 Seattle Piano Institute. Kaitlyn Gia Lee is a sixteen-year-old student at Lakeside. She has expanded her musical endeavors to support fundraising initiatives for various causes.

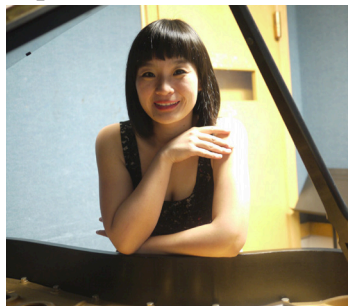
The program at Mirabella will include pieces by Glinka, Faure, Bach, Mozart, Rimsky-Korsakov, and Piazzolla. *NOTE: This program is on Saturday, not Thursday.* Coordinator: Bill Ferguson.

Sonatas for Violin and Piano

Thursday, November 7; 3:30 pm, Emerald Hall



Emily Acri



Li-Cheng Anna Hung

Emily Acri, violin, and Li-Cheng Anna Hung, piano, will play sonatas by Beethoven, Schubert, and Prokofiev.

Li-Cheng earned her Doctor of Musical Arts degree under the tutelage of Dr. Robin McCabe at the University of Washington. She has won several piano competitions, leading to recitals at Carnegie Hall and being the soloist in a concerto with the UW Symphony Orchestra. She has toured with

the Seattle Symphony and is currently a rehearsal pianist and teaching artist at the Seattle Opera.

Emily also earned her doctorate at the University of Washington. She taught at the Aspen Festival, was concertmaster of the High Country Sinfonia, and founded the Sopris Quartet. In addition to being a busy freelance performer, she continues to teach viola and violin, and she coaches violinists and chamber music groups in the Seattle Youth Symphony Orchestra.

We are fortunate to have such outstanding musicians coming to play for us. Coordinator: Carolyn Burton.

WELCOME COMMITTEE

Sue Herring, Chair

Judy and Howard Chermak



Howard and Judy Chermak – photo by D. Holmes

Prior to moving into 1224, Judy and Howard Chermak’s apartment was extensively renovated by Chermak Construction, a very personal job for them that was supervised by daughter Dana Chermak, who is now the director of the company.

Howard was raised in northern Minnesota and he moved to Edmonds with his family in 1962. He graduated from Western Washington University with majors in Elementary Education and Speech Pathology and served in the army in South Vietnam. Following his discharge from the army, he taught

WELCOME, MEREDITH & DAVID

for two years in Minnesota but then returned to Edmonds to pursue work in residential construction. Judy was born and raised in Walla Walla when it was known for wheat instead of wine. She attended the University of Washington, married her first husband, and raised two children in Bellingham. Howard launched Chermak Construction in 1980. Judy, now single, joined the company in 1988, adding business acumen and skill in managing people. They married and together built a nationally recognized and award-winning construction company.

The company was sold in 2017, and retirement has been enjoyable. As their thoughts turned to a home for the future, it was providential for all involved that Howard's sister, Diane Holmes, was a happy long-term Mirabella resident.

Mary Jo Taylor

Meredith and David Regal



David and Meredith Regal

Meredith and David Regal moved into apartment 530 in August from their long-time home in the Ravenna neighborhood of Seattle. They have one elderly cat, Annie, and an extended, much-loved family in the Bellingham area.

Meredith grew up in the Los Angeles area, where her father was a Hollywood movie producer and her mother was an artist. She followed in her mother's footsteps—after two years at the University of

California Berkeley, she moved to Memphis, Tennessee, to attend the Memphis College of Art, where she earned a Bachelor of Fine Arts degree. She then moved back to the West Coast and received an MFA in printmaking at the University of Oregon. From there she moved to Seattle where, tired of being a starving artist, she got a job as an editor at Microsoft. Since retiring fifteen years ago, she has devoted herself to her art.

David was born in New York City. His family's frequent moves offered David two years of junior high in Japan and two years of high school just outside of Paris. In Paris he learned almost no French but was successful at consuming alcohol significantly sooner than would have been possible in the United States. His early training was in mechanical engineering, which was interesting but taught him very little about what the world was like. After a stint in the army, he switched fields and went into experimental psychology, studying the development of visual abilities in infants at the University of Washington. After several years, it became clear that permanent jobs in the area of infant vision were hard to come by, so another change in trajectory ensued, leading first to work on the manned space program and then to research and development work at Boeing.

Judy Waring

Chris Hamilton and Marsha MacInnes

A warm welcome to Chris and Marsha, who joined Mirabella on September 10th, moving from their home of thirty-seven years in Washington Park. With them are Lexi and Lucas, their cats extraordinaire.

Chris grew up in Kalispell, Montana, graduating from Montana State University where he received a Master of Architecture degree. He put himself through school by working as a Hotshot firefighter for the US Forest Service and did his architectural

WELCOME, MARSHA & CHRIS ♦ CLUBS

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*Chris Hamilton and Marsha MacInnes
– photo by C. Hamilton*

internship in Canada, where he still has landed immigrant status. In 1979 he moved to Seattle, spending twenty-five years as a partner at Callison Architecture as Principal in charge of global financial clients.

Chris's main hobby is vintage European sports cars. He is past president of the Porsche Club of America and the 356 Registry and has served as a judge at the Concours d'Elegance. He also loves to cook and is currently compiling a cookbook.

Marsha grew up in Colorado. She received her BA in Art from Colorado College and her MA in Counseling Psychology from Denver University. She began her career as a high school counselor and ended it as a career and business coach for adults making midlife career changes. Somewhere in the middle of all this she took a twelve-year detour into her first love, interior design, as a manufacturer's representative for contemporary furniture lines.

Marsha loves books above all else and has been writing the Bookends column for *The Mirabella Monthly* since January. Interior design remains her serious avocation, and she continues to indulge in the associated art of tabletop design.

We are delighted to have Chris and Marsha join our Mirabella community!

AnnBritt Mathis

BOOK CLUB

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

October 28 – *Braiding Sweetgrass* by Robin Wall Kimmerer will be the subject of our discussion. The author blends her indigenous heritage of plant knowledge with her training as a botanist to enhance our understanding of our relationship with nature.

November 25 – We have selected *Train to Orvieto* by resident author Rebecca Novelli for this month's meeting. This is a family saga of an American woman studying art in Florence when her life is totally changed by the chance meeting of her future husband on a train.

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

OPERA CLUB

Donna McCampbell, Chair

***West Side Story* by L. Bernstein, J. Robbins, and S. Sondheim**

Monday, October 14; 2 pm, Emerald Hall

The enduring Shakespeare drama *Romeo and Juliet* received a new and glorious interpretation in mid-twentieth-century America when Leonard Bernstein, Jerome Robbins, and Stephen Sondheim collaborated on the now-classic film *West Side Story*. The movie premiered on



West Side Story

October 18, 1961, when the world of the Montagues and Capulets was forever transformed into the mean streets of the Sharks and the Jets. The film won ten

REACHING OUT HOME ART

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Academy Awards, including Best Picture and Best Director. The cast included Rita Moreno and George Chakiris (who won for supporting Actress/Actor), as well as Natalie Wood, Richard Beymer, and Russ Tamblyn. Robert Wise and Jerome Robbins codirected.

Through its brilliant score, dazzling choreography, and street-smart dialogue, the film makes the ballet-dancing, finger-snapping, fast-talking Anglo and Puerto Rican gangs completely believable and oh-so-memorable. The love story of Maria and Tony emerges in beautiful, quiet moments amid the tense action of urban warfare and the unforgettable celebration that is “The Dance at the Gym.”

But is it Opera? Strictly speaking, *West Side Story* is a “musical,” but the legendary nature of the story, the singing, the ballet, the juxtaposition of “reality and dramatic unreality,” and the tragic ending are all qualities of classical opera. Mirabella Opera Club is dedicated to bringing works like this into the fold alongside more traditional operas. Come and relive that moment in the sixties when you first heard the haunting, three-tone whistle over the aerial tour of Manhattan and saw the first Jet make a ballet leap into history.

Upcoming from the Metropolitan Opera Live in HD broadcasts: Saturday, October 5, Offenbach’s *Les Contes d’Hoffman* starring tenor Benjamin Bernheim. Sign up at the front desk x 1400 for the 9 am Mirabella bus to Regal Thornton Place Cinema at Northgate.

Andrea Lewis

RESIDENT-LED GROUPS

Beyond Magnifying Glasses

Thursday, October 24; 2 pm, Administration Conference Room

Residents with any kind of vision difficulties are welcome. The group offers support, and members exchange ideas and aids which make their lives

easier. If you are seeking help for your partner, this is the place to find it. Coordinators: Miriam Charney and Jane Beer.

Mirabella Civic Engagement Project

Saturday, October 5; 2 pm, Emerald Hall

On Saturday, October 5, at 2 pm, Matt Jamin will question city council candidates Alexis Mercedes Rinck and Tanya Woo on the problems and proposed solutions interesting to Mirabella residents. If you have questions of the candidates that the moderator should ask, please email them to Matt at jaminm@uw.edu. Coordinator: Ruth Benfield.

Supportive Friends

Carolyn Blount and Natalie Siegel, Cochairs

Tuesday, October 1; 5:30 pm, Vineyard Room

Mirabella’s Supportive Friends, a monthly gathering for dinner and conversation with respect for privacy for bereaved residents, meets Tuesday, October 1, at 5:30 pm in the Vineyard Room. Menu selection forms for regular attendees will soon be in residents’ mailboxes. All are welcome, and those who have recently lost a partner are especially invited. Please contact either Natalie Siegel (x 1698) or Carolyn Blount (x 1644) for more information.

ELLEN GEDNEY, ARTIST

BY JUDITH BAGGS

Jared Curtis noticed a ceramic object that I have on the shelf outside my door and asked for “the story.” I told him it was a work made by my mother, who was an artist, and he came back later suggesting that I write a piece for *The Mirabella Monthly* about her.

My mother, Ellen Gedney, as she signed all her art, was born Ellen Lindquist to an immigrant Swedish farm family in Osseo, Minnesota. She grew up on the farm, went to school in Osseo, and, after high school, went to business school. There she met her future husband, Robert, a graduate engineering student at the University of Minnesota, when she

LAKE WALK

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“Drummer” by Ellen Gedney, clay figurine, 8” tall – photo, J. Baggs

Corps of Engineers. They lived in Bellevue for about ten years, moved to Bainbridge Island, spent seven years in Manila, the Philippines, then back to Bainbridge.

Ellen Gedney led a quiet life, following her spouse, raising a daughter, working only in the home, except for a couple of years in an establishment making drapery for homes. But in her fifties, she discovered a talent for art. She took a few courses at the University of Washington, made friends with other artists in the community, and produced works in many different forms. She began with ceramics as a member of the Seattle Clay Club, later Pottery Northwest, and worked at Seward Park Studios in the early 1960s. Her initial trademark was a series of unique ceramic fish, which were a favorite item at the Bainbridge Arts & Crafts auctions and with individual collectors. Her other ceramic work included mugs and larger built objects, like the one on my shelf. During her time in the Philippines, she delved into printing. She did some woodblock and fish prints and bought a large heavy-duty manual printing press (now in my son’s home in Lake Forest Park). After I had children, she converted some of their pictures into prints. She created works using needlework techniques, not from patterns, but

typed his thesis. They began married life in Omaha, had a daughter (me), and during World War II, while Bob was in the Navy in the South Pacific, Ellen and Judith moved back to the family farm for the duration of the war. In 1945 they moved back to Omaha, then to the Seattle area, following Bob’s work for the Army

developing her own patterns and creating freestyle abstracts with varied types of yarns and threads. It is important for us to note, I think, that she didn’t begin any of this work until she was in her fifties and continued the work until near her death at age ninety-three in 2007.

WALKING AROUND OUR LAKE: THE CHESHIAHUD LAKE UNION LOOP

BY BETTY HEYCKE

Three of us from Mirabella took a walk around Lake Union on June 29th, a bright and beautiful day. We wished for a tidy trail running along the banks of the Lake, but we took the Cheshiahud Loop, which doesn’t do that. The Loop, named for the chief of the Duwamish village on Lake Union, ambles through neighborhoods, making what seems to us odd detours. But there are many compensations for this perversity. In addition to the bright orange California poppies growing wild where the path is lakeside, you see the madly blue hydrangeas in neighborhood gardens and the fine flowers of the Eastlake P-Patch.

The Loop dips into the Fremont neighborhood near the *Waiting for the Interurban* statue and takes you by the J. P. Patches clown sculpture at the corner of Troll Avenue. With a little detour, you can catch a glimpse of *The Troll* himself lurking under the Aurora Bridge.



Betty Heycke, Judith Baggs, and Nickie Askov with J.P. Patches

Nickie Askov and I have done the Loop in other years. This time we were happy to have with us a

ADVENTURE FOR ANITA

new resident and enthusiastic walker, Judith Baggs. We stopped at beautiful Gas Works Park for our picnic lunch, and then, on our way home, for fancy tea at the Le Fournil French Bakery on Eastlake.

The Cheshiahud Loop Trail is officially six and a half miles long, but with the walk to the trailhead and the walk home to Mirabella, it becomes nine. Somehow, the more often one does this trail, the more interesting and understandable it becomes; you know what comes next.

When I first moved to Mirabella, I heard of a resident who made a habit of doing the trail weekly or even daily. I probably won't do that, but I do look forward to doing it again soon. You can pick up a helpful (necessary!) map at the City Parks and Recreation Office in Denny Park.

ANITA'S SPECIAL VACATION

BY NICKIE ASKOV



Anita Rylander and her mother – photo, A. Rylander

Anita Rylander, a Mirabella housekeeper for almost nine years, anticipated celebrating her mother's 100th birthday for months ahead. She shared her excitement with many residents and staff. She was the one of her family who volunteered to bring all the party supplies in

a large suitcase. Since the birthday celebration was scheduled for July 25 at 3 pm, Anita planned to fly home to St. Lucia on July 23. But the weather didn't cooperate, and American Airlines said that she couldn't fly until the day after the big celebration. Fortunately, a kind airline agent found a way for Anita to arrive in her hometown of Laborie just minutes before the big celebration.

The celebration of her mother's birthday is now available on Facebook and YouTube (*Laborie Celebrates "Fam" on her 100th Birthday*). The celebration included a Catholic Mass, a speech by a government official on her mother's impact on the community, and lots of singing and dancing.

Anita is easily recognized at Mirabella because of her colorful head wrap, called a madras, which is a Caribbean tradition. (Usually, women wear a matching skirt instead of a Mirabella uniform!) Anita came to Seattle from St. Lucia in 1987 to do childcare for a friend and then stayed on. She now has four grown children and three grandchildren, most of whom live in the Seattle area. She tried various occupations until she realized that her mother's early training led her to housekeeping. She worked for Merry Maids for thirteen years where she says she really learned the skills she uses today at Mirabella.

Anita thinks that Mirabella is "an awesome place to work." She loves the residents and the joy it gives her to help residents. She feels welcomed and appreciated here. What does Anita like best about Mirabella in addition to the sense of purpose and satisfaction from her work? Re-Store, of course! In the evenings we might find her dancing (Chicago-style stepping) or walking. At age sixty-two she now lives in a senior community with no plans to retire. We residents appreciate Anita and look forward to expressing our gratitude to all our staff through the upcoming Employee Appreciation Fund drive.

BOOKENDS

BY MARSHA MACINNES

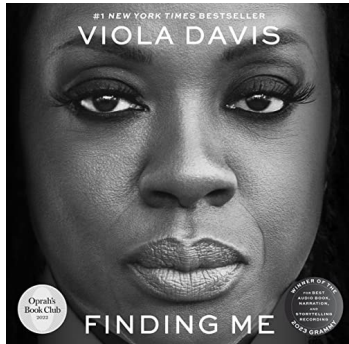
Finding Me by Viola Davis Audiobook

Viola Davis has won a Tony, an Oscar, an Emmy, and now a Grammy. This book was named Audio Book of the Year, and she won the award for Best Narration by an Author at the Grammy Awards. The

FINDING DAVIS ♦ DROPPING PINS

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"Finding Me"
by Viola Davis

honor was well earned. She began by describing the extreme poverty of her early life. It hurt to hear it. The events of her life formed a tangle so tightly woven there seemed no way out. Viola and her sisters loved school, studying, and teaching one another, but

the refuge of school was interrupted when they were sent home for intolerable body odor. The cause was nightly bed-wetting as they reacted to the beating her mother was receiving from their alcoholic father. There was no hot water in their flat for washing sheets nor were there quarters for the laundromat. They were able to reenter school by washing their clothes each night in cold water and putting on the still-wet garments the next morning. Public shame was constant.

The sisters were very close, and this ultimately saved them. Her oldest sister told them education was the only way out and she led the way, graduating from Howard University. It was hard for them to see their way through the day let alone see a way to enter college. People and programs helped. She and her sisters spent their summers during high school on the campus of Rhode Island College in a program to prepare disadvantaged students for the college experience. A science teacher facilitated her entry into a competitive program six states away. Whenever desperation was about to envelop her someone who saw her worth would step up.

Viola ultimately graduated from Rhode Island College in Theater Arts and was tapped for a graduate program at The Julliard School. But the scarcity of her childhood did not end with the earning of two degrees. Roles for a woman with dark skin were few.

We all know of her eventual success. The most heartening part of her working with stars that are household names is their kindness, their lack of ego, and their genuine friendship.

Her talent as an actress, now writer, comes through in her narration. There is not a minute that the listener is not wholly engaged in her struggle for self-actualization. The definitive role for her was in *How to Get Away with Murder*, where she could show her true self, pulling off her wig, wiping her face of makeup, revealing the beautiful Black woman that she is.

ALL THE MOD CONS, CIRCA 1975

BY PAT KUSHMERICK

Before moving to Seattle, we lived in a house in the Boston area that was built in 1875 and we bought in 1975. We restored it mostly with sweat equity. For greater convenience, we moved the washing machine from the basement to the second floor where



*Clothesline and tree fort –
photo, P. Kushmerick*

most laundry originates. Then, with a pulley at each end, we connected a clothesline out the window to a large oak tree in the back yard. In the photo, clothes are drying on the line. Below them is a treehouse built by my husband, Marty, where our four children used to hang out. Often clothespins would fall from the line to the ground, and I'd pay the kids for each one retrieved. This ended when I saw one of them dropping the pins by the handful from the window and then returning them to me with a hand stretched out for the reward.

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

HAPPY BIRTHDAY! OCTOBER 2024

1 – Dennis Pierce	16 – Tricia Brink	20 – Sheila McConnell
3 – Karin Martini	17 – Pat Harris	21 – David Webber
4 – Betty Heycke	17 – Barbara Standal	22 – Kathleen Gill
4 – Francis Muggli	18 – Don Bastian	23 – Ann Kuder
4 – Toni Myers	18 – Marilyn Campbell	24 – Walter Bodle
7 – Ailie Speer	18 – Sheryl Feldman	27 – Sue Lane
8 – Cheryl Cooper	18 – Julie Holland	28 – Betty O’Donnell
9 – Jo Pope	18 – Judy Owens	29 – Michael Vitiello
10 – Brendan Coleman	18 – Liz Anderson	
13 – Julia Wan	20 – Gloria Hennings	

MAN IN THE MOON
BY JIM LUTZ

I stared at the sky
One night
And tried to imagine
The moon on fire,
Smoky and
Incandescent.

The neighbors
Were all standing
In the street
In their pajamas,
Firemen helpless,
Ladders too short.

The man in the moon
Smiled at us,
Like a saint at the stake
One foot in heaven,
Silently telling us
Not to blame ourselves.

And then in the morning,
The sun came up,
Like a kid
Who’s been playing
With matches.
“Don’t look at me,”
The sun seemed to say,
As the dark moon
Set in the west.

Things like this
Only occur in my dreams.
But I know I would miss
The man in the moon,
And I don’t trust the sun
As much as I used to.

**BESIDES THE AUTUMN POETS
SING (131)**
BY EMILY DICKINSON

Besides the Autumn poets sing,
A few prosaic days
A little this side of the snow
And that side of the Haze –

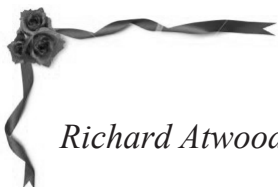
A few incisive mornings –
A few Ascetic eves –
Gone – Mr Bryant’s “Golden Rod” –
And Mr Thomson’s “sheaves.”

Still, is the bustle in the brook –
Sealed are the spicy valves –
Mesmeric fingers softly touch
The eyes of many Elves –

Perhaps a squirrel may remain –
My sentiments to share –
Grant me, Oh Lord, a sunny mind –
Thy windy will to bear!

REMEMBERING

Richard Atwood 9/11/2024 Pat Nishida 9/25/20024 Frank Krentz 9/27/2024



ON SCREEN IN EMERALD HALL

OCTOBER 2024

23

MOVIE CORNER

BY WARREN ASKOV

The Movie Club has chosen nine movies for October. Three of them are highlighted here. On



Thelma

Wednesday, October 9, we will show *Thelma* (2024), a comedy about a ninety-three-year-old grandmother on a mission to recover the \$10,000 she sent to a telephone scammer to ransom her grandson, who of course is safe and knows nothing about the

call. When the police won't help her, she sets out on her own in a make-it-up-as-you-go pursuit of the scammer. Oh, there are the usual tropes: chases, explosions, and guns of course. But the chases are on a two-person electric scooter that Thelma extorts from her friend Ben, who lives in a retirement home. He ends up accompanying her on a trip across Los Angeles by scooter. The twists and turns mainly show off June Squibb, a ninety-four-year-old character actor, and Richard Roundtree. Roundtree, best known for playing the eponymous detective in the 1970s *Shaft* films, died at age eighty-one, a short time after completing *Thelma*. Squibb, displaying her seventy years of acting experience, carries the film and does it delightfully. Both Ben and Thelma are independent elders and warriors against being marginalized by ageism.

On Saturday, October 19, we turn to honesty in marriage and those little white lies we tell each other. What do you do when you hear something you were not meant to hear? In the comedy-drama *You Hurt My Feelings* (2023), Beth (Julia Louis-Dreyfus) is a creative writing instructor trying to

develop her first novel. Her husband Don (Tobias Menzies) is a therapist who is distracted and often unengaged with his patient's problems because of his own concerns about his aging and appearance. Beth's agent has suggested multiple revisions to the book. Don suggests shopping for a new agent. When she accidentally overhears Don give his honest opinion of the book in a conversation with his brother, she simmers for a while until she confronts him.



Wicked Little Letters

We conclude the month on Wednesday, October 30, with *Wicked Little Letters* (2023), a black comedy-drama chronicling real-life incidents from the suffragette movement in 1920 in Littlehampton, England. Someone is sending hate mail laced with profanities to Edith Swan (Olivia Coleman), a devout Christian spinster. Suspicion falls on Rose Gooding (Jessie Buckley), an Irish immigrant already known for her tendency to swear very creatively. As the movie unfolds, we begin to suspect who is sending the letters, but proving it becomes difficult. Only near the end of the movie do we begin to understand why the letters are being sent.

As usual you can see capsule summaries of the month's movies on a sheet labeled *Movies in Emerald Hall for October*, in weekly postings on MIRANET, and on posters on the bulletin board in the mailroom. See you at the Movies.



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Guide to Mirabella Publications

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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 Laura White at angharadalbanes@gmail.com.

MS Word or RTF documents work best. Pages documents should be “exported” to Word format before submission. A submission composed as part of your email to Laura White at angharadalbanes@gmail.com is also acceptable.

Tips for a successful submission:

- » Use the Enter or Return key only at the end of each paragraph.
- » Use one font, all in 12 point size.
- » Avoid elaborate text formatting, like columns, boxes, or effects.
- » Show emphasis by *italics*, never ALL CAPS, even in titles.

How to Submit Photos

A printed image requires a high pixel count to ensure a high resolution photo. 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 Laura White angharadalbanes@gmail.com.