

# The Mirabella Monthly

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



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## WHAT'S ON TAP

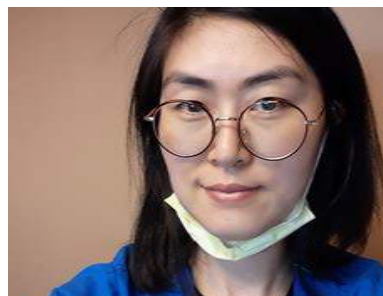
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## SUPER STAFF SCHOLARS

BY SUE HERRING

Many Mirabella residents direct part of their annual contribution to the Mirabella Seattle Foundation to the Employee Benefits Fund. One of the most important benefits funded is scholarships to help our excellent staff achieve their educational and career goals.

Every quarter, our Human Resources Director, Gail Carter-Lindberg, solicits scholarship applications from eligible employees. The Scholarship Committee consists of five residents, assisted by Gail. Scholars must study at accredited schools, but the field of study is open. The scholarship covers tuition and required fees up to \$5000 per quarter.



Jiin Park



Glen Norris



Mark Sembatya



Wilson Panoy, RN

# STARS IN OUR MIDST

Scholarship recipients work in many areas of Mirabella and at many levels, some seeking their first college degree, others completing a Master's. The program is a benefit for residents as well as the awardees, because it helps to attract and retain fine staff members. The Foundation would like to recognize their accomplishments and encourage others to apply. To this end, we now highlight some of this year's scholarship awardees. Please congratulate them as they deserve.

For the fiscal year 2023–2024, the following seventeen employees received scholarships for thirty-six quarters of tuition totaling \$58,600:

» *Health Services:* Alem Gurmu, Beatrice Lynce, Giao Nguyen, Jiin Park, Kim Amerson, Kyungok Seo, Mark Sembatya, Rajveer Kaur, Wilson Panoy, and Zitlaly Parra-Maranon

» *Dining Services:* Britney Means, Glen Norris, Marwan Mohamed, Shamay Hughes, and Viktoria Swart

» *Housekeeping:* Holly Covington

» *Marketing:* Anna Heasley

Gail invited a few recipients to provide a photo and to write about their career goals. We have room here for only four of these remarkable employees. In future issues we will highlight some of the others.

**Jiin Park** is a Certified Nursing Assistant who has worked at Mirabella for over four years. Every quarter this year she attended Edmonds College, where she is completing pre-nursing courses. She says, "I will meet the requirements to apply for nursing school in the spring quarter of 2025. My ultimate goal is to work as a compassionate nurse in healthcare for vulnerable people. It would be so hard without your support."

**Glen Norris**, a Mirabella server for almost a year, majors in dance at Cornish College of the Arts and received one quarter of tuition support. He expects to earn his BFA by 2027. After graduation he hopes

to join a modern dance company. Glen believes that "Dance is an extraordinary way to communicate and can connect us all as people." He writes, ". . . without the scholarship I wouldn't be able to stay in school. I would like to extend a huge thank you to everyone . . ."

**Mark Sembatya** has worked here for over a year as a Medication Aide. In his three quarters of tuition support, he completed his nursing prerequisites at Shoreline College and entered nursing school. When he achieves his degree in nursing, he vows to "use it to provide the best care to both residents and patients," with the ultimate goal of advanced training in anesthesia and pain management. Mark writes, "Honestly, no words can express the joy I feel every time I am awarded the scholarship, it feels like someone has removed a heavy load off my shoulder."

**Wilson Panoy** is a Resident Care Manager with over eight years of Mirabella work experience. Already a registered nurse with a BSN, he is enrolled in the Master of Nursing in Leadership program at Western Governors University. He received scholarships all four quarters, earning an Excellence Award from WGU for a study on diabetes management in Pierce County. Wilson says, "I am committed to utilizing this advanced education to enhance the quality of care we provide at Mirabella." He thanks residents "for your generous support and for believing in my potential to make a difference in our community."

We admire the grit of the scholarship recipients as they juggle their work and schooling, and we are proud of each and every one. It is wonderful to see our donations helping them to achieve their goals. The Foundation offers its thanks to everyone who contributes to this worthy cause.

# MAN WITH A VISION

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## **MIRABELLA SEATTLE BOARD DIRECTOR, OLEG ZASLAVSKY**

BY NICKIE ASKOV, MEMBER,  
RESIDENT LIFE COMMITTEE



*Oleg Zaslavsky*

Meet Oleg Zaslavsky, PhD, MHA, RN, who has been a member of the Mirabella Board of Directors since 2016. Not only is he Secretary of the Board, but he is also a member of Mirabella's Resident Life Committee, chaired by resident board member Ruth Benfield. Oleg gave a short summary of his professional life and interests at the University of Washington School of Nursing to the Residents' Association on August 6. He then answered residents' questions about his research and his associations with Mirabella. Following the meeting a small group of residents with common interests enjoyed lunch in the Bistro with Oleg.

Oleg has had a long history with Mirabella (since 2009) because of Rheba de Tornyay, who had retired from the UW to live at Mirabella, where she was active in advocating for residents' rights in governance. Rheba was Oleg's friend and

informal mentor during his doctoral studies (2008–2012). Oleg was supported by a Fulbright scholarship, which required returning to his home country, Israel, to share the knowledge that he had gained in his studies. He taught at the University of Haifa for three years, all the while maintaining his relationships with his colleagues at the UW. In 2015 he returned to the UW School of Nursing, where he is now a tenured Associate Professor. He is looking forward to his upcoming sabbatical leave so that he can concentrate on his research.

The Mirabella Board selected Oleg as a board member recognizing the opportunity to further the relationship with the UW School of Nursing. Nursing students often select careers in acute care and other specialties. Oleg has helped to focus interest in aging and long term care. Oleg has sponsored Doctor of Nursing students in selecting capstone research projects at Mirabella and highlights opportunities for graduate students in research and professional development in healthy aging and long term care. Oleg is director of UW's Digital Health Innovation Hub. The goal is to help innovators develop user-friendly and effective digital tools, including AI, to support healthy aging. The Hub is spearheading nurse-led innovations through technology. He describes many current practices in health technology as "using a hammer to hit all nails," as if all solutions were the same rather than tailoring products to the individual needs of the client. Oleg's vision is for health innovations in technology to be available to improve the quality of life for all, not just for those with a technological bent. To this end, Oleg is involved with Mirabella's Technology Task Force, chaired by David Webber, and with the Aging in Place project. He is looking forward to the Family Engagement event on August 24 and plans to bring his family, including his two young children.



# APEX WINNERS ◇ UKE STRUMMERS

## ***THE MIRABELLA MONTHLY***

JARED CURTIS, PUBLISHER AND EDITOR-IN-CHIEF

### **Eighth and Ninth APEX Awards**



In December and January of the last eight winters, the editorial board for our community newsletter has deliberated over the past year’s issues to determine the four “best” issues to represent the year’s publications.

**B**y February the chosen issues for that year are submitted to the annual APEX Awards competition (<https://apexawards.com/>).

In July 2024 we received word that *The Mirabella Monthly* won two 2024 APEX Awards for Publication Excellence. One of the awards is for the entire issue of a “Magazine, Journal, or Tabloid” in print form up to thirty-two pages in length. This award was made based on the issues published in 2023 that were submitted by the *Monthly’s* Editorial team. The second award is for “Campaigns, Programs & Plans – Age Specific Marketing (Senior Citizen, Gen X, Gen Z, Youth, etc.),” which was based on a submission of the same 2023 issues of *The Mirabella Monthly* by Michael Allen of the Mirabella Marketing Department.

In his letter to award winners, Ken Turtoro, the executive editor for the APEX Awards, defined “the thirty-sixth annual awards program” by noting first that awards are “based on excellence in graphic design, editorial content, and the ability to achieve overall communications excellence.” There were “more than 1,100 entries,” he wrote, and “competition, as always, was exceptionally intense.”

While we did not win one of the 100 Grand Awards that were presented to honor outstanding work, we did well to win two of the 439 Awards of Excellence that recognized exceptional entries in 100 subcategories. The category for “age specific marketing” was introduced this year. There were five professional editors serving on the panel of judges.

Credit must be given to those many Mirabella residents who write for, edit, produce, and distribute our community newsletter each month. Very soon, I hope to see the plaques for both awards mounted on the “honor wall” in the Emerald Hall Lobby.

## ***STRUMMING AT THE LOCKS***

By Ginny Sharp



*Mirabella Ukes: Janet Ohta, Toni Myers, Barbara Porter, and Ron McConnell – photo, G. Sharp*

**T**he 1960s may be behind us but sing-alongs still delight, as evidenced by the gathering of ukulele players every Wednesday at the Ballard Locks. In June, members of the Mirabella ukulele players joined the city-wide ukulele group, STRUM, for an evening of strumming and singing in the Botanical Garden at the Locks.

# MUSIC FOR FUN AND FRESH AIR

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STRUM stands for Seattle Totally Relaxed Ukulele Musicians. It's a diverse group of people who come from all areas of greater Seattle to share the fun and camaraderie of ukulele playing. They were definitely relaxed, as a group of about thirty-five players, with one mellow dog, formed a circle on the wide lawn, set up their music books and started playing and singing.

Two Mirabella residents, Bill Evenson and Ron McConnell, have been enthusiastic members of the group for a number of years. "I joined STRUM eight years ago," said Bill, "and was delighted to find I could continue playing at Mirabella." Self-taught, Bill bought his first ukulele at age thirteen. Although he didn't play much in public, he learned many of the songs through the music program at Camp Henderson on Lopez Island. A chance meeting with a friend at a party led him to join STRUM. "It makes me happy to see him so involved in music," said his wife, Sandy.

Ron McConnell is another recent resident who has been a member of STRUM since 2015. He says, "I never dreamed I'd have so much fun at this age! The group is very welcoming." Ron bought his first ukulele at the Navy Surplus Store in Pearl Harbor in the 1960s but only began seriously playing and taking lessons at age seventy-six.

So how did STRUM begin? Seattleites Chontel and Eric Klobas, inspired by the Seattle Ukulele Players Association (SUPA) and long-time player Rod Higuchi, organized STRUM in 2012. There are other, smaller groups in the region from Bellingham to Tacoma—some private, some open to all. But Chontel and Eric loved playing outside and thought the Botanical Garden would be ideal for their larger group. Getting permission wasn't easy, however, because the Ballard Locks area is under control of the Army Corps of Engineers, not Parks and

Recreation. After several months of negotiating—permission granted! The group has now grown to about fifty-five members who convene on summer Wednesdays. Anyone who plays at any level is welcome.

The Mirabella group began when Barbara Porter realized that seniors could benefit from playing, just as her students had done when she was teaching music. "I am thrilled with their success, and think they have happily exceeded their own expectations," she said.

Our Mirabella players fit seamlessly into their first gig with the others and bravely stuck it out through a smattering of light rain at the beginning. "A few drops don't deter dedicated players," said Barbara. "We just put plastic over the music books and strummed on."

The three music books were compiled by Eric, a trumpeter and ukulele musician who performed with the Seattle Civic Band for thirty-five years. "The music books are amazing, with great variety in more than 750 songs," said Janet Ohta who first played ukulele in elementary school in Maui. Toni Myers, playing her granddaughter's ukulele, added, "I am so grateful for this group. It got me out into a beautiful setting playing with friends."


We in the audience on that grayish evening loved the variety and energy of the music, singing along to the ones we knew, humming to others and just listening to songs sung in the original Hawaiian. Sheila McConnell, who organized that first excursion, told us that "the music is everything from old time standards to Hawaiian to country to the Grateful Dead. You will love it."

And we did.




# WHO DOES WHAT AT MIRABELLA


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




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




Julia Wan, Vice  
President, 2023–2024,  
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Cathy Short,  
Secretary, 2023–2025,  
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Alice Arrington,  
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Louise Lowry, Member-  
at-Large, 2023–2024,  
Box 607, x 1684,  
[lklowry@aol.com](mailto:lklowry@aol.com)

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

### RESIDENTS’ ASSOCIATION COMMITTEES & CHAIRS, 2024

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

Committee or Group	Chair/Cochairs	Contacts
Active Arts	Barbara Porter Tricia Brink	Box 902, x 1885 Box 600, x 1677
Art	Linda Berkman	Box 513, x 1861
Dining	Gail Temple	Box 1002, x 1820
Emergency Preparedness	Matt Jamin	Box 1028, x 1635
Employee Appreciation	Sally Hahn	Box 1120, x 1755
Environment & Facilities	Nickie Askov Jerry Smedes	Box 1116, x 1858 Box 1021, x 1617
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Bob Lewandowski	Box 408, x 1731
Library	Martha Oman	Box 501, x 1642
Lifelong Learning	Pat Harris	Box 524, x 1600
Mirabella Seattle Foundation	David Webber, Chair	Box 1122, x 1864
Nominating	Laura Bailey	Box 432, x 1813
Outside Activities	Míceál Vaughan	Box 434, x 1639
Program	Sally Hayman Kitty Dow	Box 828, x 1640 Box 517, x 1658
Welcome	Sue Herring	Box 709, x 1556



# HAPPY HOUR ◇ CLINICS ◇ COUNSELORS

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## **RESIDENT SERVICES**

Bri Bailey, Resident Services Director

### **Community Happy Hour**

*Tuesday, September 17; 3–4:30 pm, Northwest Dining*

Come say thank you and best wishes to Travis Duncan before he embarks on his new journey as CEO at Mary's Woods in Lake Oswego, Oregon. 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.org](mailto:bnbailey@retirement.org).

### **Podiatrist**

*No Podiatry In September*

In the future, Dr. Mak Abulhosn, DPM, will be 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, September 10; 9:30–11 am, Suite 726*

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

### **Foot Care Clinic**

*Mondays and Tuesdays in September, weeks three and four; Suite 726; 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 at (206) 940-0748.

### **Counseling Services**

*By appointment only*

Janelle Jensen is no longer available for this service. 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 <https://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 <https://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](mailto:Jenna@agingwithaplan.org), (425) 270-7336, or Ashica at [Ashica@essentiallicsw.com](mailto: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.

# RESPITE ◇ MINGO ◇ JOIN IN

## 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 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.

## HEALTH SERVICES ACTIVITIES

Patricia Wagner, Activities Director

*All Mirabella residents are invited to attend these events.*

### MINGO—Live Music BINGO

*Friday, September 6; 3:30 pm, Health Center Dining Room*

Come play MINGO, a combination of Name That Tune and Bingo. Just like Bingo, a song will play, and you will have to identify it and find it on your card to complete single, double, and blackout

rounds. (Don't worry, we will all play together.) This hosted game will have all of your favorite tunes from the 1950s, so be prepared to sing along. Wine and appetizers will be provided.

### Oktoberfest Party

*Tuesday, September 24; 2–4 pm, Health Center Dining Room*

Kick off Oktoberfest with a party! Come sample Oktoberfest beer and munch on pretzels while you listen to the live music of Do Peterson.

## MIRABELLA SEATTLE RESIDENTS' ASSOCIATION

Mike Waring, President

### Anyone May Join a Committee

Cathy Short, Secretary of the Residents' Association  
In June, the Low-Vision Support Group expressed concern to the Resident Council that its members might not have full access to participate on committees because of vision or other physical limitations. President Mike Waring asked Council members, each of whom is a liaison to two or three committees, to check with their committees about inclusion of residents with access challenges (vision, hearing, mobility, etc.). Council liaisons reported back that all committees indicated openness to any resident who would like to participate and willingness to make accommodations as needed. New committee members and ideas are always welcome; anyone with concerns about the need for accommodation should contact the committee chair.

## ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

### Ukulele Choir Plays Songs of Labor

*Monday, September 2; 1 pm, Courtyard*

The Mirabella Ukulele Choir has grown in size and is eager to play for the Labor Day Barbecue. We



# MAKING ART

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have about eight folk songs which we will perform after the initial surge of diners has cleared the lines. This is background, not a concert. You can come down to hear or open your balcony doors. Coordinator: Barbara Porter.

### Creative Writing

*Friday, September 6; 11 am–12:30 pm, Conference Room A*

Our dynamic writing teacher, Janée Baugher, returns on the first Friday of September. As always, all are welcome to join in on the exercises and ideas that she shares to open your eyes to new possibilities in your writing. Coordinator: Barbara Porter.

### Beautiful Day in the Neighborhood

Your kids did it and your grandkids do it. Can you? *September 16–30; Art Studio 507*



*Lego Houses – photo, Judy Owens*

Be inspired by the Outside Activities Committee’s excursion to MOHAI on September 5 to see the amazing LEGO “Towers of Tomorrow.” Then return to Mirabella and join in Active Arts’

workshops using LEGOS to create our Beautiful Day in the Neighborhood Project, September 16–30. Budding architects can refer to examples in the Art Studio. Plans for individual buildings with the parts ready for assembly will be available, but undoubtedly some builders will strike out on their own to assemble unique creations. Everyone can make a mini house to show off.

On October 1 the Employee Appreciation Committee will launch its fundraising campaign and the little LEGO houses will remind passersby to donate. Last year our generous residents raised over \$450,000 for our wonderful employees’ bonuses. Sign-up sheets will be in the Resident Business

Office in the red notebook. Coordinator: Judy Owens.

### Zentangling: Artistic Doodling

*Tuesday, September 17; 1–3 pm, Art Studio 507; registration required*

Zentangling is a popular new art form that is reputed to aid relaxation and general well-being. It does not require drawing ability but uses simple tools and repeated patterns to create designs. It’s fun and the results are amazing!



*Zendala by S. Ingham*

New to Zentangling or uncertain if you might like to try it? You can visit during this session and then decide if you’d like to register for the four-week series coming in October and November. Susan Ingham, Certified Zentangle instructor, returns for this stand-alone session. Prior attendees who want help or to take a “refresher” should bring their project and/or questions. There is no fee for this single session, but space is limited. Please register in the red book in the Resident Business Office. Coordinator: Sandra Jaech.

### Sip and Paint Rescheduled

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

This wonderful opportunity to try your hand at acrylic painting, with the guidance of our favorite teacher, returns in October. (The teacher has been called away in September.) No need to sign up again but if you must cancel, please do cross off your name.

So many of us have had fun trying our hand at this that we keep bringing it back. Some enjoy coming just for the party and to paint their own ideas instead of what Anne is teaching. She supports that as well.

# SHOWING ART ◊ HELPING STAFF ◊ BEING GREEN

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You will be provided the canvas, paint, brush and, of course, an apron. Wine, other beverages, and small bites will be provided. This is the best \$28 you can spend to try your hand at a new skill or to advance your current skills. If you sign up and find you cannot attend, make sure that your cancellation is received by Patricia Brink (*pwbrink@comcast.net*) by October 4. Coordinators: Barbara Porter and Tricia Brink.

## ***ART COMMITTEE***

Linda Berkman, Chair

### **Coming Soon to the First Floor**

Our first floor will be decorated from September 9 to December 2 with a floating house, a dancing rabbit, windmills, pajama fish, and much more as part of the Art Committee's fall show, "Art In Motion." This entertaining exhibit, curated by Debra Boone and Betty Heycke, is brought to you by the generous contributions of Mirabella residents.

Betty Heycke

## ***EMPLOYEE APPRECIATION COMMITTEE***

Sally Hahn, Chair

### **Learn about The Employee Appreciation Fund**

*Tuesday, September 17; 2 pm, Conference Room A*

Like most continuing care communities, Mirabella Seattle has a strict "no tipping" policy. The Employee Appreciation Fund (EAF) plays an essential role in nurturing a stable and strong staff.

Over two hundred employees clean our apartments, drive the town car and buses, provide valet service for our cars, clean the common areas, prepare our meals, wash our dishes, ensure our security, maintain the building, and lovingly care for those in the health center. The bonus at the end of the year is our way of saying "Thank You" to our hard-working

employees.

We encourage all residents to contribute to the Employee Appreciation Drive, which officially begins on October 1.



But you don't have to wait to find out more. On Tuesday, September 17, in Conference Room A, you can get answers (along with treats)—how to donate, who receives the money, and how this is different from the Mirabella Seattle Foundation Drive.

Each contribution, large or small, makes a difference to our dedicated employees. The amount each non-management employee receives is based on the number of hours worked during the year, regardless of position and pay grade. The money donated in 2024 will be distributed in the employee paychecks on the first payday in December.

We hope to see you on September 17.

## ***GREEN COMMITTEE***

Carolyn Roe, Chair

## ***DINING COMMITTEE***

Gail Templeton, Chair

### **Kermit the Frog Visits Mirabella**

Kermit the Frog paid the July meeting of the Residents' Association a surprise visit to help Dining Services Director Heiko Zemke kick off the new plan to use reusable takeout containers. Kermit's theme song, *It's Not Easy Being Green*, was a reminder to residents that it is going to take some effort on everyone's part for this to be successful. Instead of throwing away an expensive compostable box, we will now rinse and return the green containers to the receptacles on the tenth floor. Not only will this be better for the environment,

# BEST FRIENDS $\diamond$ FINDING FOSSILS

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*Heiko with Kermit the Frog (Charlotte Lindsey) – photo, M. Jossem*

but it will also save money. Gray cloth bags have been distributed to replace the paper ones. The containers will not be used in the Bistro yet. The Dining and Green Committees ask for your support as we begin this new procedure.

Special thanks to Charlotte Lindsey and Mary Jossem for initiating Kermit’s visit.

Carolyn Roe

## **HEALTH AND WELLNESS COMMITTEE**

Bob Lewandowski, Chair

### **Best Friends Approach to Memory Care**

*Tuesday, September 24; 3:30–4:30 pm, Emerald Hall*



*Marigrace Becker*

Marigrace Becker, MSW, is Program Manager of Community Education and Impact at the University of Washington Memory and Brain Wellness Center. She is also the Director of the Memory Hub: A Place for Dementia-Friendly

Community, Collaboration, and Impact. The Memory Hub is located on the Frye Art Museum campus and offers events and programs for patients and caregivers.

Marigrace develops and facilitates programs for living well with dementia. She produces resources like the Center’s handbook, “Living With Memory Loss: A Basic Guide,” and works

closely with community partners on local initiatives that build understanding. She is a member of the Momentia Seattle Stewardship Team and leads the Dementia-Friendly Communities project team for the Dementia Action Collaborative, which is implementing the Washington State Plan to Address Alzheimer’s and Other Dementias. Coordinator: Darlene McTaggart.

## **LIFELONG LEARNING COMMITTEE**

Pat Harris, Chair

### **OLLI-UW September Zoom Lectures**

*Preregistration is required for all lectures. Lectures are free.*

### **Spirit Whales and Sloth Tales: Fossils in Washington State**

*Wednesday, September 11; 12–1 pm*

**Pre-registration Zoom:** <https://washington.zoom.us/meeting/register/tJwpcu-vpzorHNw9UxhqSc1YE3nYyvm8ZpNs>

No matter where you wander in Washington, you are never very far from the past and the evidence of plants and animals that came before. You can find trilobites near the Idaho border, primitive horses on the Columbia Plateau, exquisite flowers in Republic, giant bird tracks near Bellingham, and curious bear-like beasts on the Olympic Peninsula. With abundant and well-exposed rock layers, Washington has fossils dating from Ice Age mammals only 12,000 years old back to marine invertebrates more than 500 million years old.

Join co-author of the book *Spirit Whales and Sloth Tales: Fossils in Washington State*, David B. Williams, as he discusses this amazing array of past life. David will provide background on what inspired him and co-author Dr. Elizabeth Nesbitt to write the first book ever on fossils in our state, why they chose the fossils they did, and some of the new



# FDA ◇ ACLU ◇ CLOTHES TALK ◇ OIL FACTS

science that has allowed paleontologists to tease out the 500-million-year story of life in this region.

### **The FDA: What It Does and What It Doesn't Regulate**

*Wednesday, September 25; 12–1 pm*

**Pre-Registration Link:** [https://washington.zoom.us/meeting/register/tJlkdOivrzoqGdPFrtzh8SvcLYFd\\_qhW\\_nTdal](https://washington.zoom.us/meeting/register/tJlkdOivrzoqGdPFrtzh8SvcLYFd_qhW_nTdal)

Find out how products make it to market and what the Food and Drug Administration (FDA) does and doesn't do once the products are on the shelves. In twenty-seven years of working in this field, Dave Hammond has seen a lot of things go well and has funny stories of those that did not. Dave is an Associate Teaching Professor of Pharmacy, University of Washington, and an expert in biomedical regulatory affairs. He consults for medical product companies interacting with the FDA.

### **The American Civil Liberties Union: Past, Present, and Future**

*Wednesday, September 4; 3:30 pm, Emerald Hall*



In the first of two stimulating presentations, learn how the ACLU safeguards fundamental rights in our country.

Joan Hsiao, a longtime member of the ACLU of Washington State Board, will

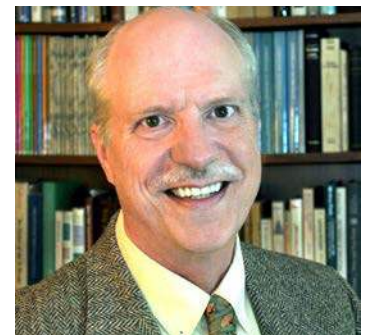
speak about the founding and history of the ACLU, nationally and here in Washington State. She will discuss what the ACLU does and does *not* do, and how the ACLU responds when constitutional rights are threatened.

Ms. Hsiao is a Seattle native and daughter of immigrants from China. A graduate of Lakeside School and Harvard University, she also has graduate degrees from Yale and the University of Washington. Coordinator: Deborah Berger.

### **Dressing for Life: How Clothing Expresses Human Meaning – Clothes as Social Commentary**

*Monday, September 9; 10:30–11:30 am, Emerald Hall and Zoom*

The third lecture in this series will look at how, in the 20th century, clothes became a way of expressing attitudes toward society. Have you thought about the possibility that how you dress or how others dress might be expressing such



*Paul Kidder*

attitudes? Paul Kidder, a philosopher, will continue to explore with us this recent period in Western history to see how changes in the images people make of themselves through dress express changes in their self-understanding. Paul Kidder is Professor Emeritus in Philosophy at Seattle University.

Coordinator: Natalie Siegel.

### **Resident Revelations, Mort Berman: United States Oil Supply and Consumption—FACTS**

*Tuesday, September 10; 3:30 pm, Emerald Hall and Zoom*

For the last few years, pundits have made statements on the adequacy of US oil production, but almost never with a comprehensive view. We hear assertions that we should be independent in oil production, or we shouldn't buy oil from country X, or we should use our oil reserves to improve the economy, and so on. Mort used his



*Mort Berman*

# TECH CAFE ♦ TROLLEY ROLLS

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research background to perform a comprehensive analysis of two major questions: (1) Can the US reach oil independence? and (2) Can the US exploit our oil reserves to gain economic advantages?

Mort's expertise comes from his forty-two-year career examining resource allocation issues. He served twelve years in the US Air Force as a commissioned officer and then joined the RAND Corporation's "Project Air Force." Here his research was on questions of supply and demand to maintain flying units. Later he was selected for a PhD Program in Public Policy Analysis. Mort and his wife Rose lived in many places, and he traveled extensively in his job. After retirement they lived in Maple Valley before moving to Mirabella in 2017. Coordinator: Judy Waring.

## **ACLU: The Road Ahead**

*Wednesday, September 11; 3:30 pm, Emerald Hall*

In this second presentation about the American Civil Liberties Union, Vanessa Torres Hernandez, the Integrated Advocacy Director of the ACLU Washington State, will focus on the organization's strategic plan. She will also discuss how the ACLU decides on the cases they pursue, sometimes alone, often in collaboration with other organizations.

Ms. Hernandez, a member of the ACLU's leadership team, works to develop strategies to protect and promote the civil rights and civil liberties of all Washingtonians. She is a graduate of the University of Washington School of Law, where she was a Gates Public Service Law Scholar. Before coming to the ACLU, she worked at the Northwest Justice Project and clerked for Judge William A. Fletcher on the Ninth Circuit Court of Appeals. Coordinator: Deborah Berger.

## **The Technology Café: A Resident-to-Resident Sharing About Technology**

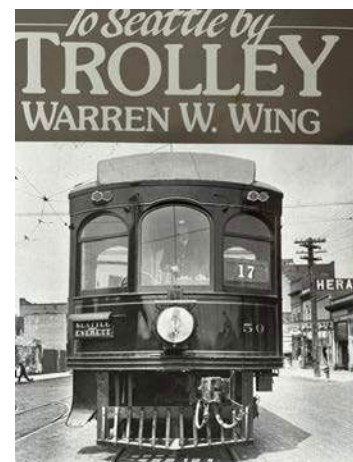
*Wednesday, September 18; 3:30–5 pm, Bistro*  
Lifelong Learning continues its sponsorship of

the Technology Café for residents to share their knowledge as 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 question anyway. Maybe someone will have an answer! Coordinator: Pat Harris.

## **Puget Sound Streetcar Systems, Interurban Rail Cars, and the Pacific Northwest Railroad Archives**

*Wednesday, September 25; 3:30–4:30 pm, Emerald Hall and Zoom*

Mike Bergman, Seattle streetcar historian, returns to complete his review of early streetcar travel in western Washington. He will discuss streetcar systems in Puget Sound cities and the Seattle-Everett Interurban rail service. The vintage streetcar photographs in his lecture are from the collection of the Pacific Northwest Railroad Archives in Burien, Washington. Mike is a volunteer at the archives and will review how old railroad records and photographs are discovered, organized, and made accessible to the public. Coordinator: Mike Hahn.



*Seattle Trolley – Archival image*

# KEEP IT MOVING

## ***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. 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, 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. To cancel your reservation, call the Front Desk at x 1400.

**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 will mark them here with a double

asterisk (\*\*) to indicate that they have uneven or gravel surfaces, or with especially hilly or otherwise obstructed paths.

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

### **Grocery Trips**



- Ballard Market/Safeway**, Fridays, September 13, 27; 10 am–12 pm
- Costco**, Wednesdays, September 4, 18; 9:45–11:30 am
- Fred Meyer/PCC/Trader Joe’s**, Fridays, September 6, 20; 10–11:45 am
- Metro Market/CVS**, Mondays, September 9, 23; 10–11:45 am
- QFC/University Village**, Mondays, September 2, 16, 30; 10 am–12 pm

### **Walks**

- Saturdays, leaving at 9:30 am and returning at 11:30 am*
- September 7      Ballard Locks
  - September 14     Golden Gardens
  - September 21     Pioneer Park (Mercer Island)
  - September 28     Magnolia Boulevard\*\*
- Coordinator: Ardelle Knudsen, x 1811.

### **Sunday Church**

*Sundays, September 1, 8, 15, 22, 29; 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.



# BRUNCH, LUNCH, AND MORE

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## Cultural Events

**ACT: POTUS**, Saturday, September 21; leaving at 1 pm and returning at 3:45 pm

**Pacific Northwest Ballet**, *The Times Are Racing* Saturday, September 21; leaving at 1 pm and returning at 4:15 pm

**Seattle Symphony**, *Ravel and Shostakovich* Thursday, September 19; leaving at 6:45 pm and returning at 9:45 pm

**Seattle Symphony**, *Tchaikovsky Symphony #4* Thursday, September 26; leaving at 6:45 pm and returning at 9:45 pm

Sunday, September 29; leaving at 1:15 pm and returning at 4:15 pm

## Golf \*\*

Thursdays, 9 am–1 pm

- September 5 Lynnwood
- September 12 The Club at Newcastle (putting course)
- September 19 Nile
- September 26 West Seattle

Coordinator: Dean Temple, x 1820.

## Special Activities and Excursions

### Andalucia Brunch

Sunday, September 1; leaving at 10:45 am and returning at 12:30 pm

We had such positive reviews for our previous trip to Andalucia that we are heading there again and look forward to having Phil provide us with personal service for breakfast. A repeatedly high-ranked restaurant, Andalucia offers tempting meals ranging from an All-American Breakfast to Bread Pudding “French Toast” to Turkish Apricot Waffles. Start Sunday, and September, with a special breakfast/brunch in this quiet, stylish venue, and as an added treat observe Phil in action away from the Mirabella bar! Coordinator: Marilyn Campbell, x 1587.

### SLUCC Monthly Meeting

Tuesday, September 3; leaving at 4:30 pm and returning at 6:15 pm

Attend the monthly meeting of the South Lake Union Community Council. Details of the current agenda are regularly distributed by Julie Holland in advance on Google Groups. Coordinator: Julie Holland, x 1819.

### MOHAI: Towers of Tomorrow

Thursday, September 5; leaving at 5 pm and returning at 6:30 pm

MOHAI provides a doorway to an impressive trip through Seattle history, with regular admission at \$20 for non-members. Our planned trip, however, has a narrower focus, and is scheduled to take advantage of the free first-Thursday admission, including (thanks to Amazon) its current special exhibit, “Towers of Tomorrow with LEGO® Bricks.”

Constructed by Lego professionals, scale models of twenty of the world’s most famous buildings are on view until September 29. These structures are built with off-the-shelf Lego bricks to replicate the buildings. There are over 200,000 loose Lego bricks available if you feel an urge to build your own creations. This outing is arranged as a kick-off to this year’s Employee Appreciation fundraising campaign and Lego-related activities of the Active Arts Committee. (See Judy Owens’s article under Active Arts in this *Mirabella Monthly*.) Coordinator: Sheila McConnell, x 1621.

### Luncheonaires: SpiceUp Szechuan

Wednesday, September 11; leaving at 12 pm and returning at 2 pm

Like it spicy? Or not? Discover with us this popular Chinese Szechuan restaurant, located nearby in Belltown. We’ll enjoy delicious Szechuan and other dishes (each including soup and tea), a roomy seating area, a bar, good food, and fast friendly service. Coordinator: Jean Hall, x 1579.

# MOVIE ◇ MARKET ◇ ZOO ◇ GREEK TREAT

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## **SIFF Surprise Movie**

*Sunday, September 22; leaving at 3:30 pm and returning at 6:30 pm*

SIFF's movie schedule is revealed about a week in advance at the SIFF Cinema Uptown. 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 starting and ending time 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.

## **Pike Place Market\*\***

*Wednesday, September 25; 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.

## **Woodland Park Zoo**

*Wednesday, September 25; leaving at 1 pm and returning at 4 pm*

When was the last time that you went to the Zoo? Let's go check out our animal friends. Over 800 animals await us! Woodland Park Zoo's ninety-two acres are divided into bioclimatic zones, featuring different natural habitats ranging from humid tropical rain forests and coastal deserts to temperate rain forests like those of the Pacific Northwest. A friend (docent in training) will provide guidance for those who want it. Purchasing admission tickets online at least four days in advance guarantees the best price. Senior price is \$23.52; seniors with

disabilities pay \$21.52. Coordinator: Nickie Askov, x 1858.

## **St. Demetrios Greek Festival\*\***

*Friday, September 27; leaving at 11:30 am and returning at 2:30 pm*

The delightful St. Demetrios Greek Festival, which has become a Mirabella favorite, is coming up at the end of the month. This festival has been popular in Seattle since its beginning in 1960. Here is a chance to go to Greece without paying for airfare! You will enjoy wonderful food for lunch cooked onsite, freshly baked Greek specialties that you can take home, Greek wine tasting, music, and dancing. You can even do a docent-led tour of the church if you wish. Only credit cards are accepted as payment. Coordinator: Nickie Askov, x 1858.

## **University Congregational Church: Carla Bailey Memorial**

*Saturday, September 28; leaving at 1:15 pm and returning at 3:45 pm*

We are invited to join Laura Bailey and her family in the memorial celebration of the life of Laura's daughter Carla, who was a well-beloved presence at Mirabella for many years. A reception will follow in the Church Hall.

## **PROGRAM COMMITTEE**

Kitty Dow and Sally Hayman, Cochairs

### **Everyday Buddhism in Seattle**

*Thursday, September 5; 3:30 pm, Emerald Hall*  
Have you ever wondered how Buddhism can be useful in your everyday life, even if you do not "become a Buddhist"? The Venerable Taijo Imanaka, Chief Priest of Seattle's Koyasan Buddhist Temple, believes that Buddhism is "like a sturdy walking stick that you can use to face and overcome human suffering." Join us to hear more about his work, his teaching, and his views on both the philosophic and religious aspects of Buddhism. We'll also hear

# TEMPLE ◊ TUNES ◊ TALES

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*The Reverend Taijo  
Imanaka*

about his background and his fascinating journey to becoming a priest. Reverend Imanaka received his training and ordination at a Shingon Buddhist Monastery on Mount Koya in Japan. Named after Mount Koya, the Koyasan Temple in

Seattle’s Central District regularly holds a variety of services, dharma talks, guided meditations, and a vegetarian Buddhist cooking school. Reverend Imanaka calls the temple a “field hospital for the soul.” Coordinator: Andrea Lewis.

### The Tune Tourists—Folk Fiddlers

*Thursday, September 12; 3:30 pm, Emerald Hall*



*Ruthie Dornfeld, W. B. Reid, and Bonnie Zahnow  
of The Tune Tourists*

Ruthie Dornfeld, W. B. Reid, and Bonnie Zahnow, formerly the Ruthie Dornfeld Trio, return to entertain us with a new name and a lively mix of fiddle tunes from all over the United States, Europe, and Mexico, seasoned with Western swing, Cajun songs, and

blues. Ruthie is a champion fiddler. In the trio W. B. plays guitar and banjo; Bonnie plays guitar. They can all sing and fiddle. Enjoy! Coordinator: Rosa Lea Taylor.

### Stories from Nathan’s Bus and More

*Thursday, September 19; 3:30 pm, Emerald Hall*

Nathan Vass is an artist, filmmaker, photographer, and author by day, and a Metro bus driver by night. He’s been driving for Metro for seventeen years, the challenging #7 route from downtown Seattle to Rainier Valley, 5 pm–1 am. He enjoys interacting

with strangers, listening, and defusing tough situations, and knows hundreds of passengers by name. His book, *The Lines That Make Us*, was a Seattle bestseller and a finalist for the 2019 Washington State Book Awards.



*Nathan Vass*

Nathan’s community-building work has been showcased in *The Seattle Times*, on KING 5, and has landed him spots on *Seattle Magazine*’s 2018 list of the Most Influential People in Seattle and *Seattle Met*’s 2021 list of Power Players. Coordinator: Judy Waring.

### Julian Catford, Guitarist

*Thursday, September 26; 3:30 pm, Emerald Hall*

Julian Catford, originally from Edinburgh, Scotland, studied jazz and improvisation at Oakland University as well as classical guitar with Carlos Barbosa-Lima and Guillermo Fierens (a student of Andres Segovia) at Grand Valley State University in Michigan. He has more than thirty-five years performing and teaching jazz, Latin, classical, swing, and Brazilian music.



*Julian Catford*

In the Seattle area he performs mostly solo and with ensembles Dos Guitarras, Jazz Trio, and Hot Club Seattle. He has performed at Bumbershoot, Seattle Opera, the Bellevue Jazz Festival, and most of the area’s best event venues. He has taught jazz and classical guitar at Seattle Pacific University since 2000 and previously for over twenty years at North Seattle College.



# WELCOME RON, CHERYL, BARBARA, & ROBERT

Julian will play light jazz, Latin American, and classical music for us. Mark your calendar to come and enjoy this great musician and entertainer in a repeat performance here. Coordinator: Diane Holmes

## 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.

University of Iowa, where they met and ultimately married. While Ron was in medical school there, Cheryl taught elementary school. Ron did his residency at the University of Minnesota and then served a stint in the United States Navy Medical Corps. They moved to Omaha, Nebraska, and lived there for thirty-eight years, raising a family and providing Cheryl opportunities to serve as an event planner and to enjoy numerous volunteer activities. Ron was in practice in Omaha until he semi-retired in 2013.

While enjoying the warmer climate of Sarasota, the Coopers made numerous visits to Seattle, where both their sons and one daughter-in-law are practicing physicians. Sometimes they stayed on the boat they still have moored on Elliott Bay.

We welcome this charming and interesting couple to Mirabella and look forward to getting to know them better.

Bob Hayman

## Barbara and Robert Golden



Robert and Barbara Golden – photo, G. Sharp

In early 2024, Barbara and Robert Golden moved to Mirabella unit 615 from their retirement home on Bainbridge Island, having previously departed Madison, Wisconsin, their hometown for forty years. Barbara graduated with a degree in education from the University of Wisconsin. She and Robert

## WELCOME COMMITTEE

Sue Herring, Chair

### Ron and Cheryl Cooper



Ron and Cheryl Cooper – photos, B. Hayman

Oscar the dog is eager to be fully settled in unit 832. More to the point, Oscar belongs to Ron and Cheryl Cooper, two of our newer residents, who moved here from Sarasota, Florida. They both attended the

# WELCOME AL, LINDA, & ALICE

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raised four children in Madison during her career as a teacher and counselor. Following her career as an educator, Barbara was honored with both a Distinguished Service Award from the Madison School District and a similar recognition by Dane County.

In 1980, in Madison, Robert successfully developed and ran a new family food distribution and delivery business around his slogan “Big Enough to Serve, Small Enough to Care.” In the fall of 2013, he and Barbara elected to move closer to grandchildren growing up in the Seattle area.

During retired life on Bainbridge, Barbara created a book club specific to cross-cultural literature, sponsored by Cedars, a Unitarian Universalist congregation on Bainbridge. Robert has been investigating his American-Irishness through genealogy, Irish literature, and family refugee roots. The Goldens appreciate the welcome they have received at Mirabella.

Don Drury

## Al (Alvin) and Linda Gutterman



*Al and Linda Gutterman – photo, J. Owens*

We have delightful new neighbors in apartment 1126. They come to us from Phinney Ridge where they moved in 2016 to be closer to their children, Sam and Rebecca, and their granddogs.

Linda hails from Hingham, Massachusetts, and attended the University of Massachusetts (UMass), where a friend persuaded her to go on a blind date saying, “Well, you don’t have to marry the guy.” That’s how she met Al, over fifty-five years ago.

Al was born in Brooklyn and graduated from UMass with a degree in physics before pursuing a law degree at New York University. His first job with the Tennessee Valley Authority took them to Knoxville, where Al worked in nuclear energy law. Meanwhile, Linda pursued her master’s in Piano Literature. This led to forty years as a private instructor in piano. She has brought her grand piano with her on every move since 1976.

Al began his career in private practice with a Washington DC law firm, specializing in compliance with regulations imposed by the US Nuclear Regulatory Commission. Given their home’s location at the back entrance to Arlington Cemetery, each day started with Reveille and ended with Taps. Al cycled from their Virginia home to the Capitol on a route that took him through Arlington Cemetery. Al remains an avid cyclist and is an enthusiastic history fan.

While living in DC they were tennis buffs, enjoyed movies, and took advantage of the museums. They now look forward to integrating into Mirabella life.

Judy Owens

## Alice Lobenstein

Alice Lobenstein and Moki, a Dachshund/Papillon mix, moved from Magnolia to #708 in July. She grew up in Utah, graduated from Kansas State University and then the University of Colorado College of Nursing, followed



*Alice Lobenstein – photo, S. Herring*

# WELCOME LUCY & GEORGE ♦ BOOKS

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by graduate work in Parent-Child Nursing at the University of Washington. First in Denver and then in Seattle, she taught in interdisciplinary programs for child/adolescent health and development. Tiring of academia in the 1980s, she went to work for Virginia Mason and later for Jail Health Services (Seattle King County Department of Public Health), a job combining administrative duties and clinical care for prisoners. Alice cofounded and is heavily involved in Guatemala Village Health (*gvh.org*), a nonprofit working to improve the lives of indigenous Guatemalans. Alice owns a thirty-two-foot 1931 wooden boat and built her own workshop for furniture repair. Until recently, she played squash daily. She will be a stimulating neighbor!

Sue Herring

## Lucy and George Steers



*George Steers and Lucy Steers – photos, M. Mundy*

Lucy and George Steers, long-time Mt. Baker residents, are just settling into apartment 1023. George and Lucy met while in college. Deciding that raising a family in Seattle would be preferable to doing so in New York, they happily moved west in 1969. They are avid gardeners, and in the off-season enjoy their family home in Borrego Springs, California. They have two sons. Andrew, employed by the Washington Health Care Administration, lives in Olympia. Toby, a special education teacher, and his wife live in Seattle.

Lucy graduated from the Orme Ranch School and Vassar College and did postgraduate work at

Radcliffe College and Old Dominion University. She worked for several years at Doubleday Publishing Company in New York City. After moving to Seattle, she became active in many civic organizations and served on a number of boards and commissions at the state and local level. These included League of Women Voters, the Municipal League, Washington Greenway Trust, and Futurewise. She also was a public affairs consultant for some years.

George graduated from Yale University and Columbia Law School. After serving two years in the Navy, George and Lucy moved to Seattle where George practiced law with a private firm for thirty-five years. He has also served as an officer and director of several private foundations, as well as a company engaged in Alaska fisheries.

Mary Ann Mundy

## BOOK CLUB



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

**September 23** – In *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.

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

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



# TUNING EYE & MIND ◇ TURNING THE PAGE

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## **RESIDENT-LED GROUPS** *A NEW CHAPTER: THE MIRABELLA*

### **Shining a Light on Low Vision**

*Thursday, September 26; 2 pm, Administration  
Conference Room*

A Low Vision Support group now meets monthly to share helpful tips, aids, and peer support. The group also hopes to invite experts in the field to share their ideas of how to improve the quality of life for people with low vision. There are many causes of limited vision, as well as different levels of vision among residents. If you might benefit from this support group, please join us on the fourth Thursday of the month at 2 pm in the Administration Conference Room. Please share this information with others who may be seeking support for low vision. Coordinators: Miriam Charney and Jane Beer.

### **Supportive Friends**

*Tuesday, October 1; 5:30 pm, Vineyard Room*  
Mirabella's group for bereaved residents meets the first Tuesday of each month for a meal and discussion. We are bringing photos of our loved ones to the October meeting. Menu Selection forms will be distributed to regular attendees. Others who would like to participate, please contact one of the cochairs: Carolyn Blount, x 1644 or Natalie Siegel, x 1698.

### **New Meditation Course**

*Sundays, October 6, 13, 20, and 27; 2–3 pm,  
Conference Room A*

Richard Berger will lead "Meditation 101: And you thought you couldn't do this." It is appropriate for those who have never meditated, who think they can't do it, or who just want a basic review. It can help open new horizons for retired people who want to change old habits and develop new adaptive ones. There will be a sign-up binder in the Mailroom.

## **MONTHLY IN TRANSITION**

By Jared Curtis

You may recall that one year ago I announced my intention to retire from my position as Editor-in-Chief of *The Mirabella Monthly*, ending my fifteen years of service. A year ago, I began looking for ways to step back in December of this year to let others run Mirabella's much admired and award-winning newsletter. It is to all of you and especially the loyal and hardworking volunteers who deserve credit for the kudos the newsletter has received. Your writing and help with editing, proofreading, printing, and distributing *The Mirabella Monthly* have been central to making it all work. Thank you! My first step was to seek support from Executive Director Travis Duncan and his Administrative team to hire a freelance designer to relieve me of tasks related to designing and laying out a paged document to place in your hands and on your screens at the end of each month. Jimena Castria of Highland, New York, became our designer in October 2023 and has successfully fulfilled this role since then.

My efforts to find a resident volunteer to take over the general editor role did not meet with success. Several months ago, I approached the Administration a second time. Persuaded that the newsletter was important enough to our current residents and also to the effort to attract new residents to Mirabella, Travis Duncan, Bri Bailey, Resident Services Director, and Michael Allen, Sales and Marketing Director, all agreed to support my hiring a skilled freelancer to serve as General Editor and take over my editorial and organizational duties. This contract, like the initial contract with Jimena Castria, provides a three-month training

# FINE HIGH DINING



*Jimena Castria, Designer*



*Laura White, General Editor*

period and the prospect of an annual renewal. Our new General Editor is Laura White of Port Orchard, Washington. She attended our August Editorial Board meeting to meet our team and began learning on the job as we prepared the September issue.

How are we doing in this endeavor? As explained elsewhere in this issue, the 2023 issues of *The Mirabella Monthly* have been awarded two 2024 Awards for Publication Excellence, one for the quality of the newsletter

itself and one for its role as a successful marketing tool. All of you are best qualified as readers and users of our newsletter to judge how the year went. Recently, Michael Allen told me that when visitors arrive at Mirabella Seattle just to have a look around and on departure express interest, he hands them a copy of the newsletter, “Just to take home and browse a bit.” Within a few days he gets a request from them for a full tour.

It is early days in this next chapter as it unfolds through the rest of 2024 and beyond, but I am pleased with our progress so far. The changes for residents submitting articles and illustrations will be minimal. You will be reminded each month how to send the text of the article itself to the General Editor, Laura White. You will also send her any images as separate attachments, always being sure to indicate what article they are intended to illustrate. The resident Lead Editor for that issue will be

emailing the reminder notices, thus identifying the inhouse contact with whom any questions can be raised. At the Residents’ Association meeting on September 3, you will have an opportunity to ask me any questions relating to the future of *The Mirabella Monthly*.

## ***FINE WINE DINING AT MIRABELLA***

By Sue Herring



*Ashley is serving the third course (Olive Fed American Wagyu) to diners, who have already started on the wine selection, 2015 Cain Five Bordeaux Blend, Napa Valley. Clockwise from lower left: Tom Roe, Carolyn Roe, Ron McConnell, Sheila McConnell, Gladys Hoshijo, Gerry Hoshijo, Sue Herring, Linda Berkman, Pat Aitken, Al Novack.*

Once a month Dining Services Director Heiko Zemke invites ten lucky Mirabella residents on a waitlist to an elegant wine dinner. The fortunate few are conducted to a large table on the “balcony” of Aria, where they chat and admire the beautiful bouquets and Mirabella’s fine china and fancy serving ware. The July 25<sup>th</sup> extravaganza featured individualized menus detailing four elaborate, imaginative, and delicious courses, each accompanied by a specially chosen wine. Chef de Cuisine Tylor Urias and Pastry Chef Nirav Vashi described their creations, and Heiko gave dramatic readings of the winemakers’ notes.

# GONE FISHING ♦ NAIL TRIMMING

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Resident photographer Elston Hill documented not only the dinner but also the hard work taking place behind the scenes. Chef Tylor worked all day to prepare his dishes and to ensure the highest quality and presentation. The forty-five-point meal was well worth it, and a real bargain compared to a comparable restaurant meal. Heiko would like to have all wine-loving Mirabellans enjoy a wine dinner. If you'd like to be included, just let him know at [hzemke@retirement.org](mailto:hzemke@retirement.org).

## ***STEELHEAD FOR SUPPER***

BY ELSTON HILL



Sean Eveland, Executive Chef, held an informative Chef's Forum on July 11 called "Columbia River Steelhead: A Sustainable Choice." Chef Sean began the presentation by playing a ten-minute video (<https://www.youtube.com/watch?v=RUGjvXneWSk>)

*Chef Sean demonstrating how to filet a fish – photo, E. Hill*

by Pacific Seafood, the company that provides the Columbia River steelhead that is served at Mirabella. Steelhead is not salmon. Rather, it is an ocean-going rainbow trout.

All of us would prefer to eat wild fish. Sadly, 93 percent of wild fish populations are deemed fully fished or overfished. Farmed fish are also more reasonably priced. However, local salmon farms pose a risk to native stocks. Fish escape net pens and could start reproducing in competition with local salmon. Fish farms in British Columbia have been a source of parasites and viruses.

The fish on our menu are not technically steelhead. They are triploid rainbow trout and are infertile, so escapees are not able to reproduce. The feed that

Pacific Seafood uses mimics the steelhead diet in the wild. No hormones, pesticides, prophylactic antibiotics, or artificial dyes are used in the feed. The fish are Best Aquaculture Practices Certified at each step of the production chain. The fish have also received a Best Choice Rating from the Monterey Bay Aquarium Seafood Watch. The product has tested at 2.5 g of Omega-3 fatty acids for an 85 g (3 oz.) portion, higher than wild and farmed salmon. The most interesting question to Chef Sean was about the weight of a steelhead serving at Mirabella—five ounces, checked for consistency. At the end of his talk Chef Sean skillfully filleted a steelhead for all to see, the perfect climax to the presentation.

## ***MIRABELLA "PETICURE"***

By Sheila McConnell

A number of Mirabellans have purr-fectly behaved furry roommates that occasionally require nail trims and other attention. To avoid nips and scratches, we asked the Google group if anyone knew a qualified person to provide such services onsite. Pat Kushmerick recommended her son's fiancée, Rachele Valadez.



*Brielle and Rachel Valadez*

Rachele started in veterinary medicine as an assistant doing house calls and clinic work. She then directed Woodinville Veterinary Hospital before focusing completely on Cozy Cat, her own cat boarding and grooming business seven years ago. During summers and holidays, she is helped by her daughter, Brielle, who is just beginning her sophomore year at the University of Arizona. Although they have visited Pat at Mirabella, they



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have not previously performed nail trimming here. Rachele says, “I have a strong belief that senior communities benefit immensely from their four-legged babies. Providing care in their homes allows them to keep their babies close.” Rachele has always wanted to include a retirement community in her work because she believes that it is a win-win that keeps pets and people happy, healthy, and together.

A little more than one week after our initial conversation, Rachele and Brielle arrived to provide nail trims and sanitary clips for dogs as well as cats in ten Mirabella homes. The schedule allowed for thirty minutes per home; however, while Rachele and Brielle are both very gentle, they are also fast and efficient. They finished early, even though they made a couple of excursions under beds to coax cats out for their trims. Our cat, Maxi, inadvertently released his anal gland; after quickly cleaning up, the Cozy Cat team kept right on going—no muss, no fuss. Throughout each trim they whispered to the pets about how nice they were, snuggled them, and urged them to remain calm. Brielle said she had an amazing time at Mirabella! Afterward, several clients commented on how happy they were with the experience.

Rachele’s next visit is scheduled for Tuesday, September 10, beginning at 10:15 am. Toes and glands as well as nails can be scheduled. About fifteen minutes are needed per pet. We think your furry friend will be very pleased.

## **BOOKENDS**

By Marsha MacInnes

### ***What the Fireflies Knew* by Kai Harris**

What a sweet book. It was such a pleasure to immerse myself in something so well written and constructed, something I looked forward to getting back to.

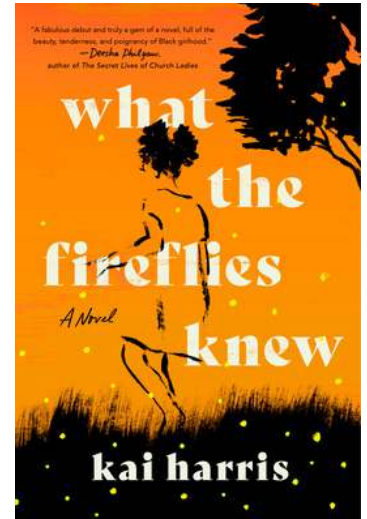
This was a story of an eleven-year-old black girl who was dropped off at the distant home of her grandfather whom she barely knew. This happened after the death of her father, the loss of the family home, and the departure of her mother. Her formerly devoted sister was with her but largely unavailable due to her own grief and emerging hormones.

The book deals very ably with issues of race, addiction, depression, poverty, but mostly love. The situations and people in the middle of these issues were portrayed very authentically. I particularly appreciated the scenes, written as memories, where the daughters interacted with their flawed father.

I was also interested in how carefully the main character watched the behavior of adults to read any situation. Smiles had multiple categories from an “ice cream” smile to the “grocery store” smile. She made careful measurements to assess anger—its degree and its longevity. She measured family wellbeing by how closely it resembled television families.

I saw the love the family had for one another in careful teaching and adherence to manners and rules of safety. The intelligence of the family members was obvious; books and education were highly valued, good grades were encouraged and rewarded. In light of that, I found the dialogue curious. It was horribly non-grammatical but written most charmingly. Cultural? Regional?

The summer and the book end with hope. That is all we can ask for.



*What the Fireflies Knew*

# SWIRL, SHAKE, & WAKE

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## EARTHQUAKE

BY BETTY HEYCKE

My Kansas-born mother  
oldest of eight –  
needed to tell  
her spoiled only-child  
California daughter stories  
of her hard-scrabble Kansas youth  
the endless farm chores  
tornadoes –  
Sometimes, she said,  
the day would seem nice enough  
then we'd see this  
great black twisting cloud –  
Grandpa, hired man and big boys  
would go tie things down  
the rest of us kids  
went to the storm cellar  
with Grandma  
no one cried  
Grandma prayed  
One year our henhouse  
blew away –  
the neighbors  
lost their barn  
When your father and I were married  
he managed a hotel  
in Kansas City –  
we lived in a nice room  
on the top floor  
we were young  
there were parties –  
then came the Great Depression  
the hotel closed  
the only job he could find  
was pin boy/toilet cleaner  
in a bowling alley –  
after a while

we borrowed money  
and drove to California  
there was a job for him there –  
then you were born  
I heard my mother's Kansas story so often  
I knew it by heart –  
like chapter one of Genesis –  
The morning the earthquake hit Long Beach  
I was still curled up in bed  
a grown-up California girl –  
eleven almost twelve –  
who wanted to wear lipstick  
and teenage clothes –  
called my parents  
Mom and Dad –  
The quake wasn't a bump or jolt  
but a thing more frightening –  
my room and all of reality  
turned to slow-moving liquid  
sliding sickeningly back and forth  
going on that way forever –  
I thought of the black spinning cloud  
the henhouse blown away  
my aunts and uncles  
in the storm cellar  
not crying  
my grandmother  
praying –  
Then I screamed –  
Mommy...Daddy!  
my mother came –  
she scooped  
me up in her arms –  
Don't worry she said  
it's not a tornado –  
just a California earthquake

# BIRTHDAYS § POETRY CORNER § REMEMBERING

## HAPPY BIRTHDAY! SEPTEMBER 2024

- |                       |                     |                         |
|-----------------------|---------------------|-------------------------|
| 1 – Bettiann Anderson | 9 – Charles Kocher  | 23 – Mary Ann Napravnik |
| 2 – Barbara Porter    | 10 – Diana Holland  | 23 – Neal Porter        |
| 2 – Stephen Sprenger  | 10 – Joanne Mearls  | 23 – Jane Reich         |
| 3 – Ginnie Chappelle  | 11 – Jack Fiore     | 24 – Donna McCampbell   |
| 3 – Eddie Edmondson   | 17 – Míceál Vaughan | 26 – Artis Leabo        |
| 3 – Irene Hunter      | 18 – Chuck Pope     | 26 – Stevie Bravmann    |
| 4 – Chris Jamin       | 18 – Barbara Brown  | 28 – Richard Cahall     |
| 6 – Alice Park        | 19 – Ed Perrin      | 28 – Helen Roberts      |
| 7 – Judith Baggs      | 20 – Bill Hoppin    | 29 – Phyllis Allen      |
| 8 – Ann LeVeque       | 22 – Sandy Evenson  | 30 – Hugh Sobottka      |
| 8 – Larry Hallgrimson | 22 – Tina Hooko     |                         |

### EMPATHY

BY JIM LUTZ

I know how a barn feels  
When the ridge beam sags,  
And the paint peels.

I know how a car feels  
When the seals leak  
And the muffler howls.

I know how a tree feels  
When autumn winds blow  
And leaves lose their grip.

I know how a man feels  
When his knees grow soft  
From the winter in his bones.

I know the fear of the drifting canoe,  
And the waterfall  
That makes no sound.



*“There is no Frigate like a Book,”*  
*Emily Dickinson*  
– photo, J. Curtis, suggested  
by M. J. Taylor

### REMEMBERING . . . . .

Stan Gustin . . . . . 6/17/2024

Patty Berg . . . . . 8/11/2024

Russ Sorenson . . . . . 8/11/2024



# ON SCREEN IN EMERALD HALL

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## MOVIE CORNER

BY WARREN ASKOV

Mirabella movie buffs, we are back with eight movies for September. I will highlight three here. You can pick up all the summaries in *Movies in Emerald Hall for September* in the Mailroom rack and view the posters on MIRANET and the bulletin board.



*Tampopo*

*Tampopo* (September 4) is a highly rated Japanese comedy from 1985 requested by several residents. I thought that Japanese comedy was an oxymoron, but I was wrong. There are many Japanese comedies, just not in popular circulation. This is one of the best. Hal Hinson of *The Washington Post* wrote, “The movie, which [director] Itami calls a ‘noodle Western,’ is a rambunctious mixture of the bawdy and the sublime. *Tampopo* is perhaps the funniest movie about the connection between food and sex ever made.”

In the 2023 *Hit Man* (September 11), a favorably reviewed comedy/crime/romance, Glen Powell plays a straightlaced professor, Gary Johnson, who moonlights as a fake hitman for the New Orleans Police Department. Gary is very good at taking on convincing disguises to entrap individuals wishing to hire a paid killer. But he descends into morally dubious territory when he finds himself attracted

to a beautiful young potential criminal named Madison (Adria Arjona). As Madison falls for one of Gary’s hitman personas, their steamy affair sets off a chain reaction of playacting, deception, and escalating stakes. You will have to see whether the movie earns the disclaimer of “No actor was killed in the making of this movie—well, maybe a few who deserved it.”



*Hit Man*

*The Boy and the Heron* (September 18) is a 2023 Japanese animated adventure/drama that won an Oscar as Best Animated Feature Film. *The Boy and the Heron* was hand drawn by over sixty animators and was over six years in production. It is the most expensive film ever produced in Japan and reported to be the fifth highest grossing Japanese film of all time. After losing his mother during the war, young Mahito moves to the countryside. A series of mysterious events leads him to a secluded and ancient tower, home to a mischievous gray heron. When Mahito’s new stepmother disappears, he follows the gray heron into the tower and enters a fantastic world shared by the living and the dead. He embarks on an epic journey guided by the heron, uncovering secrets of this world and the truth about himself.



*The Boy and the Heron*



# *The Mirabella Monthly*

EIGHT-TIME WINNER OF AN APEX AWARD FOR THE YEARS  
2017–2024



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## *Guide to Mirabella Publications*

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

*Publisher:* Jared Curtis

*General Editor:* Laura White

*Designer:* Jimena Castria

*General Manager:* Diane King

*Production Manager:* Mike Hahn

*Lead Editor, September:* Sue Herring

*Copy Editors:* Sue Herring, Mary Jossem, Louise Lowry, John Russell, Ginny Sharp

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

*Production:* Laura Bailey, Jane Beer, 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

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

If you want information about events added to MIRANET, the printed *Mirabella Weekly*, and

the elevator sleeves, please send details to [mbsrequests@retirement.org](mailto:mbsrequests@retirement.org). Someone from the Resident Services team will filter through that box and make any necessary changes for publication on these media sites. Room bookings must be made in writing on the proper form and turned in to the Front Desk.

### **How to Submit Your Article, Story, News, or Event Report to *The Mirabella Monthly***

Before submitting copy, please proof it carefully for typos, spelling errors, accuracy of dates and times, and possible cuts or changes. Only original writing will be accepted. *The Monthly* is intended to showcase writing and images created by residents. We do not reprint internet captures, widely distributed emails, or previously published writing. The deadline for all submissions is the fifteenth of each month prior to the month of publication. Any piece submitted after this date will risk being held over. The length of your submission is negotiable, but the editorial team must work within the *MM* format and style. Guidelines are available on request. All written submissions will be edited, formatted, and

proofed by *Mirabella Monthly* staff.

Please email your submission to Laura White at [angharadalbanes@gmail.com](mailto: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](mailto: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](mailto:angharadalbanes@gmail.com). Put any paper illustrations and sketches in mailbox #801.