

The Mirabella Monthly

www.mirabellaliving.com/Seattle



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NOVEMBER 2024

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MIRABELLA CLIMBS THE SPACE NEEDLE: STAR CLIMBERS STAIR-STEPPING

BY BETTY HEYCKE AND PAUL KEOWN

We did it! Five Mirabellans (Julie Holland, AnnBritt Mathis, Bill Mundy, Paul Keown, and Betty Heycke) climbed the 832 open steps to ascend the iconic Seattle Space Needle in the *Base 2 Space* event. David Miller, our athletic director, trainer, and cheerleader climbed with us. Jim Holland and Ray Mathis, our supportive buddies, took the elevator and joined us as we celebrated with treats at the top. They took photos of us triumphantly wearing our huge flamboyant finishers' medals.



David Miller, Julie Holland, Bill Mundy, Paul Keown, AnnBritt Mathis, and Betty Heycke – photo by P. Keown

TOWER TOPPING ◇ SOUP MAKING

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Julie Holland, David Miller, Betty Heycke, and Bill Mundy – photo by P. Keown

This is the seventh year of the Space Needle Stair Climb which has raised millions for the Fred Hutch Cancer Center. For some it is a race. This year, the fastest male did it in 4:30, the fastest female in 5:20. It's not a race for us, of course, but our time was a respectable 29:13. We placed 1443, and we are quite sure there were hundreds of climbers behind us. We'd like to do it again next year with additional team members and Mirabella t-shirts. David wants potential Mirabella climbers to know that you can zip up to the top at whatever pace you choose.

What are the best parts of the climb? The views, of course: the artwork on the rooftops and in the Chihuly Garden, the panorama of Seattle seen from the near-sky, and the joyous finish on the top floor with music, treats, and cheerleaders. There is also the feeling that we and our fellow climbers have contributed to the efforts of the Fred Hutch Cancer Center. For those of us who are cancer survivors, the race contribution is simply a small heart-felt thank you for years lived.

THE MIRABELLA SOUP CHEFS

BY ELSTON HILL

The soups at Mirabella are splendid. I was curious about the soups and asked Heiko if I could meet the chefs responsible for making them.

The two men responsible for making the soups are John Breen and Arthur Nearhoff. Both men were on duty on the day I visited. Their schedules are such that one of them is always on duty each day of the week. It was John who was making the soups the day I visited. John has worked at Mirabella for twelve years, and Arthur has worked here for seven years.

The soups are made a day early to be ready at lunch time the next day. On the day I visited, John was making caramelized onion soup. When I arrived at 9 am, John had already chopped the onions, and he began the process of cooking the onions in a very big container designed for cooking foods like soup. During the next four hours various ingredients were added to the soup including spices, chicken broth, beer to caramelize the onions, low sodium chicken base, several pails of water, and corn starch. After



John Breen adds Black Butte Porter beer to caramelize the onions – photo by E. Hill

EYE ON THE BALL

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four hours, the cooking was complete, and John transferred the soup to flat pans on a cart and took them down from the 10th floor to the basement floor refrigerator room.

While John was making the soup, he was also engaged in other duties including frying brussels sprouts and potato fries for the employee lunch. Arthur was similarly engaged in other food preparation including muffins, leg of lamb, chicken, and mixed vegetables. The Mirabella kitchen is a busy place with three dining facilities operating at lunch: the employee lounge, residents on the second floor, and the Dolce Vita Bistro. Jackie went up with me on my first trip of the morning to the kitchen and exclaimed, “It is so, so clean!”

Behind the closed doors of the kitchen is a very complex operation. I am thankful for all the dining employees who work hard to bring enjoyment to our lives.

GETTING PICKLED

BY MARY JOSSEM

Most of our generation understands that getting “pickled” means getting intoxicated. However, Ruth Benfield, Sheila McConnell, and I learned a whole new meaning of the word at an American Association of Retired Persons (AARP) three-hour pickleball clinic held recently at the Rainier Beach Community Center.

Along with seventy other newbies to the sport, we learned how to dink, volley, and serve the pickleball all while avoiding the “kitchen” until such time as the rules allowed us in the “kitchen.” Yes, we broadened our vocabulary while we stretched in a warm-up, participated in drills, and attempted to play the game.

The AARP clinic is visiting many cities across the



Mary Jossem, Chris Clark, Sheila McConnell, and Ruth Benfield – photo by M. Jossem

country to bring communities together, provide a new option for recreation and exercise, and promote healthy living. Toss and Spin, a Chicago based company specializing in connecting people through racket sport programming and events, is implementing the clinics. Its CEO and founder, Chris Clark, organizes the clinics in each city by finding a suitable site and engaging excellent local instructors. The local state AARP organizations provide the volunteers for registration and distribution of AARP-logoed goodies to the participants.

Interesting fact: Barney McCallum, a Mirabella resident now deceased, was one of the three founders who invented pickleball in 1965.

If you want to know what the “kitchen” is, I suggest you go to a clinic or look up the pickleball rules on the internet. But I will tell you that getting “pickled” in pickleball means your team not only lost the game but lost it with a zero score. Skunk!



WHO DOES WHAT AT MIRABELLA

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



Julia Wan, President,
2024–2025,
Box 1110, x 1852,
juliawan1@gmail.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.



Míceál Vaughan,
Vice President, 2024–2025,
Box 434, x 1639,
micealv@hotmail.com

RESIDENTS’ ASSOCIATION COMMITTEES & CHAIRS, 2024–2025

For a committee meeting time & place, consult the calendar, contact the chair, or go to MIRANET SEATTLE>Groups>Committees



Cathy Short,
Secretary, 2023–2025,
Box 1118, x 1860,
cathyashort@gmail.com

| Committee or Group | Chair/Cochairs | Contacts |
|------------------------------|------------------------|------------------|
| Active Arts | Sandra Jaech | Box 306, x 1588 |
| Art | Linda Berkman | Box 513, x 1861 |
| | Ginny Sharp | Box 912, x 1760 |
| Dining | Gail Temple | Box 1002, x 1820 |
| Emergency Preparedness | Matt Jamin | Box 1028, x 1635 |
| Employee Appreciation | TBD | |
| 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 |
| | Nan Morris | Box 819, x 1768 |
| 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 | Mike Waring | Box 527, x 1585 |
| Outside Activities | Sheila McConnell | Box 416, x 1621 |
| Program | Sally Hayman | Box 828, x 1640 |
| | Eddie Edmondson | Box 616, x 1826 |
| Welcome | Sue Herring | Box 709, x 1556 |



John Wertz,
Treasurer, 2024–2026,
Box 531, x 1672,
jwertz61@hotmail.com



Nancy Eliason, Member-at-Large, 2024–2026,
Box 715, x 1842,
nleliason@gmail.com



Jane Beer, Member-at-Large, 2023–2025,
Box 734, x 1747,
lil_jane@hotmail.com



Janice Kaplan-Klein,
Member-at-Large, 2023–2025,
Box 830, x 1779,
jkreachtr@earthlink.net



Sally Hahn, Member-at-Large, 2024–2026,
Box 1120, x 1755,
skhahn424@gmail.com

CLINICS FOR ALL

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RESIDENT SERVICES

Bri Bailey, Resident Services Director

Community Happy Hour

Tuesday, November 19; 3–4:30 pm, Northwest Dining

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

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.

Podiatrist

Thursday, November 7; 8:30 am–3 pm, Suite 726
Dr. Mak Abulhosn, DPM, is available in Suite 726 for morning appointments for IL residents. Health Services residents will be seen in their locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117. You will need to bring Medicare and insurance cards and fill out all necessary paperwork at your first appointment.

Audiologist: Seattle Hearing Services

Tuesday, November 12; 9:30–11 am, Suite 726
Dr. Patricia Munson offers hearing assessments the second Tuesday of every month. For appointments, contact Patient Care Coordinator/Office Manager, Seattle Hearing Services at (206) 937-8700 or at info@seattlehearingservices.com

Foot Care Clinic

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 (206) 445-3926, Ashica@essentiallicsw.com.

Massage Appointments

Wednesday and Thursday; 8 am–5 pm; Saturday and Sunday; 10:30 am–4 pm, Suite 726
Susan Stein, LMT, is available for massage services. Call x 1421 to schedule an appointment.

Acupuncture

Tuesdays and Fridays; 9 am–4 pm, Suite 726
Jennifer Lewis, MTCM, LAC, is available for acupuncture services. Call x 1421 to schedule an appointment.

ART ON THE WALL

Health Center Respite

Mirabella offers respite stays in the health center when a caretaker/spouse needs a rest or needs to be away from home and his or her partner/spouse requires care. Room and board are covered under the temporary stay program for a maximum of ten days in a calendar year, although respite stays can certainly be longer if a resident wishes to pay privately for additional days. All admissions to the health center require a physician's visit, an order to admit, and other clinical documents to be submitted prior to admission. For more information or to schedule a respite stay please call Quynh Truong, Health Center Admissions, at x 1455. If a resident prefers to have in-home care provided during a spouse's time away, that would be an alternative to the health center. Home care does not require the same documents prior to establishing care, but it is not covered under the temporary free stay program and therefore is a private pay cost.

Max Kuhlman, Health Services Administrator.

ACTIVE ARTS COMMITTEE

Sandra Jaech, Chair

EAF: It Takes a Village Lego Houses

*Tuesday, Wednesday, November 5, 6; 1:30–3 pm,
Art Room 507*

You may have already built a mini house for your shelf. But are you ready to test your innovation skills? You are invited to come to the Art Room 507 to assemble your own design. We will have books you can use to gather ideas or let your imagination go wild. If you are not up to building a structure, how about putting together a landscaped lot using trees, shrubs, or flower beds? Or maybe a barbecue for your deck or simply a birdcage with a little blue bird. We have a piano, a bookcase, and other furnishings you might like to work on. We even have pumpkins and a turkey for your Thanksgiving



Lego Building in the Bistro with John Owens, Susan Webber, Carolyn Ferrell, Judy Owens, and Ray Mathis – photo by M. Jossem

table along with the pie and candlesticks. Sign up in the red notebook in the Residents Business Office. Coordinator: Judy Owens.

Acrylic Painting

*Thursdays, November 7, 14, 21, and December 5;
1–2:30 pm, Art Room 507*

Love your Sip and Paint afternoons? Delve deeper into acrylic painting with Anne Woodford. Learn brush stroke techniques, how to achieve texture with paint layering, and color mixing techniques that will aid in creating depth, light play, and visual interest. Supplies for this four-session class will be \$30 deducted from your account. Sign up in the red notebook in the Resident Business Office. Coordinators: Tricia Brink and Carolyn Ferrell.

ART COMMITTEE

Linda Berkman and Ginny Sharp, Cochairs

POP! Our Winter Art Exhibit

POW! WHAM! BAM! What makes an artwork Pop Art? Is it because the images are taken from popular culture and because the simple forms and bright colors pop out at the viewer? The first definition emerged in Britain in the early 1950s, with formation of The Independent Group, led by Scottish artist Eduardo Paolozzi. These post-World War II artists were inspired by emerging visual mass media found in advertising, pulp fiction, movies,

SAYING THANK YOU

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The Red Coat by Nigel Conway – photo by Ginny Sharp

and comic books. They wanted to create art that reflected the daily life of people; art that rejected elitism; and art that was more relevant and accessible to ordinary people. What relates more to ordinary life than soup cans and celebrities? The ideas jumped the pond quickly, taken up by artists like Andy Warhol, Roy Lichtenstein,

Claes Oldenburg, and Jasper Johns. Interestingly, many of these familiar artists started their careers in the commercial world of advertising, magazine illustration, and graphic design.

So, what are the historical characteristics of Pop Art? Pop artists made images that anyone could recognize. Their roots were in mass manufactured products, including “manufactured” stardom like Marilyn Monroe. Words were often included. It was both a celebration of the popular and a satire of popular culture. Fun, yes, but also making fun of fandom and even political figures, like Warhol’s silkscreen series of Mao. Pop Art is ever changing, as our culture evolves. For example, The Simpsons and Spiderman have emerged in recent works.

Our current exhibit will showcase all the markers that make up Pop Art. Simple images, bright colors, lack of perspective, non-emotional or exaggerated emotion (think comics)—all this often combined with aspects of traditional art. Instead of a unique painting in one medium, Pop Art techniques use repetition and mixed media, such as silkscreen and collage. Household objects, especially as sculpture, appear on a large scale, thus reversing our relationship to the ordinary. An example of this is

Oldenburg’s nineteen-foot-high Typewriter Eraser that used to be installed outside Seattle’s Museum of Pop Culture.

Our POP! exhibit is dedicated to the late Richard Atwood, an avid collector of amusing and non-traditional works. His family has graciously gifted us many pieces.

The show will be up from December 9 through the winter holidays so bring your family and friends to view the surprise and fun of Pop Art.

Ginny Sharp

EMPLOYEE APPRECIATION COMMITTEE

Sally Hahn, Acting Chair

“It Takes a Village” Campaign: October 1–November 14

The 2024 Employee Appreciation Fund (EAF) Drive has been underway since October 1st. We hope you have noticed the display in the Resident Business Center and all the wonderful “It Takes a Village” Lego houses. Mirabella residents built the village houses in numerous work sessions sponsored by the Active Arts Committee and led by Judy and John Owens. In addition to Lego donations from the Owens family, the Mirabella Seattle Foundation funded many of the Lego kits in support of the campaign.

Our goals for the drive are to achieve 100 percent participation of Mirabella resident households and to exceed last year’s contribution total. Mirabella Seattle, like all other CCRCs, has a no-tipping policy. The EAF is the only way for residents to say “Thank You” with a monetary gift to the over 200 employees who work at Mirabella around the clock. Every donation received by the November 14th deadline will be included in the 2024 year-end bonus to our employees depending on the number of

TAKING CARE \diamond TECH CAFE

hours each employee worked during the past year. Your donation is in appreciation for all the staff services you receive. Services include security, cleaning, maintenance, transportation, laundry, and food preparation. Consider how frequently these services are provided to you on a daily, weekly, or monthly basis during the year.

Independent Living, Assisted Living, and the Health Center residents may donate to the fund. Packets delivered to mailboxes on October 1st contained a brochure explaining the drive: its purpose, why we do it, and how to make your contribution. A small return envelope for your donation was also included. The envelopes go into the EAF drop box which is just to the right of the US mail drop in the Mailroom. Additional return envelopes are in a slot on the front of the EAF box.

You can follow the drive’s progress toward our goal on a chart in the Resident Business Center. You have two weeks until the *Thursday, November 14th* deadline. Let this be the year we reach 100 percent participation!

HEALTH AND WELLNESS COMMITTEE

Bob Lewandowski and Nan Morris, Cochairs

Anthony Back, MD—Palliative Care: Having a Say in Your Medical Care—How To Focus on What Matters

Wednesday, November 20; 3:30–4:30 pm, Emerald Hall

Many people find as they get older that it becomes harder to talk to physicians. Because of this, people don’t always get the care they need and want. But you can do better. Dr. Anthony Back, a physician who has worked with patients with cancer and other serious illnesses, will be here to give you words you can use when you talk to physicians, nurses, and

your family. Bring your questions! He would like to have a good discussion with us.

Dr. Back is Director of Outpatient Palliative Care at the Seattle Cancer Care Alliance, a Professor of Medicine/ Oncology at the University of Washington, and a Member of the Fred Hutchinson Cancer Research Center. His academic research focuses on improved patient-clinician communication and palliative care. Dr. Back received his bachelor’s from Stanford University and his MD from Harvard Medical School. Coordinator: Judith Baggs.



Dr. Anthony Back

LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

The Technology Cafe: A Resident-to-Resident Sharing About Technology

Wednesday, November 6, 3–4:30 pm, Bistro

Lifelong Learning is continuing to sponsor The Technology Cafe for resident-to-resident technology sharing as part of its 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. I know no one wants to bring a full-sized computer, monitor, and keyboard to the Bistro but bring your questions anyway. Maybe someone will have answers! Coordinator: Pat Harris.

ART HISTORY ◇ BARREN LANDS ◇ OUTINGS

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Seattle Art Museum—Joyce J. Scott: Walk a Mile in My Dreams

Monday, November 11; 10:30–12 pm, Emerald Hall and Zoom

Art historian Rebecca Albiani will introduce us to this wonderful artist's works and make you want to see this show!

She will help us step into the visionary works of this prolific and boundary-breaking artist. Scott upends hierarchies of art and craft, captivating audiences with beauty, humor, and a fearless exploration of pressing issues like racism, sexism, environmentalism, and complex family dynamics. This exhibition features sculpture, bead work, jewelry, textiles, artwear garments, installations, and a new large-scale commission. You will be amazed by Scott's unique artistic vision to challenge unequal social roles, confront traumatic histories, and agitate for freedom! Coordinator: Sylvia Fisher.

Resident Revelations: Elston and Jackie Hill, Adventures in the Barren Lands

Tuesday, November 12; 3:30 pm, Emerald Hall



Jackie Hill on the McKenzie River ice road – photo by E. Hill

Elston and Jackie Hill love the “Barren Lands”—by this they mean the far north. Their first of four barren lands canoe trips was to the Northwest Territories of Canada in 2003. Other trips have been to Churchill, Nome, and Siberia. Mirabella

residents have enjoyed pictures via our Google Groups email from their September 2024 trip to Peterson's Point Lake Lodge, reached by float plane from Yellow Knife. They also traveled there in 2019. Elston will share pictures in consecutive order from their twenty-one years of travel to the far north where they had miles and miles of the planet to themselves. Their revelation will include a journey up the McKenzie River in winter on the ice road and amazing wildlife. Coordinator: Judy Waring.

OLLI-UW October Zoom Lecture

Preregistration is required for all lectures. Lectures are free. Group viewing, if you wish, in Conference Room A

Introducing Parkinson's Disease: Not Just a Tremor

Wednesday, November 13; 12–1:00 pm

Pre-registration Zoom: <https://>

washington.zoom.us/meeting/register/tJYtdOypqz0sH9SIjW4pkK1TcrBmzAxCoenM#/registration

Join us as we learn about how Parkinson's disease is diagnosed and treated. Kimmy Su, our presenter, is an Assistant Professor of Neurology and movement disorders specialist at the University of Washington and VA Puget Sound Healthcare System. She is also the medical director for the American Parkinson's Disease Association Northwest Chapter and is a strong advocate for empowerment through education. Coordinator: Pat Harris.

OUTSIDE ACTIVITIES

COMMITTEE

Sheila McConnell, 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, 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 whether you are on the waiting list. If your plans change and you are unable to make the trip, please cancel by calling the concierge at x 1400 and allow someone who is waitlisted to use the space.

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, November 8, 22; 10 am–12 pm

Costco, Wednesdays, November 6, 20; 9:45–11:30 am
Fred Meyer/PCC/Trader Joe’s, Fridays, November 1, 15; 10–11:45 am
Metro Market/CVS, Mondays, November 4, 18; 10–11:45 am
QFC/University Village, Mondays, November 11, 25; 10 am–12 pm

Walks

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

| | |
|-------------|------------------------------|
| November 2 | Discovery Park |
| November 9 | Magnuson Park |
| November 16 | Golden Gardens |
| November 23 | Highland Ave and environs ** |
| November 30 | Volunteer Park ** |

Coordinator: Ardelle Knudsen, x 1811.

Sunday Church

Sundays, November 3, 10, 17, 24; 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: (No Plays in November)

Emerald City Music: Pauline Oliveros’s Sound Meditations

Friday, November 8; leaving at 7:30 pm and returning at 10:30 pm

MET Live in HD: Tosca Live

Saturday, November 23; leaving at 9:15 am and returning about 12:30 pm

Seattle Opera: Lucidity, chamber opera, Tagney Jones Hall

Sunday, November 24; leaving at 1:15 pm and returning at 4 pm

Seattle Repertory Theater: Primary Trust

Saturday, November 2; leaving at 1:15 pm and returning at 4:15 pm

TRIPS TO TRY

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Seattle Symphony: Debussy “La Mer”

Friday, November 8; leaving at 11:15 am and returning at 2 pm

Taproot Theater: Happy Christmas, Jeeves

Saturday November 30; leaving at 1 pm returning TBD, tickets \$20–\$40, great theater reviews say no bad seats and provocative, fun material

Special Activities and Excursions

SLUCC Monthly Meeting

Tuesday, November 5; 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.

Swedish Club Pancake Breakfast

Sunday, November 3; leaving at 10:45 pm and returning at 12:45 pm

Indulge in a fun morning of pancakes and community at the Swedish Club with three pancakes, ham, lingonberries or strawberries, whipped cream, powdered sugar, orange juice or milk, and all the coffee you can possibly consume. Tickets start at only \$7.72; this is a bargain.

Coordinator: Judith Peterick, x 1683.

Best of the Northwest Art Show Magnuson Park

Saturday, November 9; leaving at 1 pm returning at 3:30 pm

This show is Seattle’s premier art and fine craft show and will be held in Hangar 30 in Warren G Magnuson Park, Seattle. The general admission prices are \$3 advance and \$5 day of the event, with ages twelve and under entering for free during these hours. A variety of Seattle food trucks are onsite through the weekend. Enjoy seeing 115+ talented Northwest artists in all mediums. Find exciting treasures for yourself or a gift for someone special.

Look for artists in action and see how the artwork is made. Coordinator: Sheila McConnell, x 1621.

The Moore Theater, Seattle: The Aunties

Wednesday, November 20; leaving at 6:30 pm, returning about 10 pm

The Aunties is one of the more powerful offerings this season. It’s an insightful performance that you can be a part of. It doesn’t matter if you don’t have Native American ethnicity. These talks are more about women’s empowerment and, on many occasions, the different struggles and realities that the speakers had to face in their own lives. Each memoir has a unique message that is usually uplifting. These testimonies have widely inspired crowds at other venues. It’s truly an experience that you don’t want to miss. Coordinator: Sheila McConnell, x 1621.

Luncheonaires: Las Margaritas, Shoreline

Wednesday, November 20; leaving at 10:30 am and returning at 12:30 pm

High quality Mexican fare including elote asado, chicken chipotle, carnitas, super nachos. This is terrific food. We think you will really enjoy it. Coordinator: Jean Hall, x 1579.

SIFF Surprise Movie

Sunday, December 7; leaving at 3:30 pm and returning at 6:30 pm

SIFF’s movie schedule at the Uptown Theatre 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 will also know the starting and ending time of the movies. Residents are responsible for purchasing their own theatre tickets. We’ve had a good time at prior SIFF movies and filled the small bus. Take a chance that you will enjoy a movie (and popcorn). Coordinator: Nickie Askov, x 1858.

MUSIC TO AMAZE ♦ CARE

PROGRAM COMMITTEE

Sally Hayman and Eddie Edmondson, Cochairs

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 and has taught 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. 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 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 in 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, Fauré, Bach, Mozart, Rimsky-Korsakov, and Piazzolla. *NOTE: This program is on Saturday, not Thursday.* Coordinator: Bill Ferguson.

Sunday Jazz

Sunday, November 3; 2 pm, Emerald Hall



This month's feature is an excellent DVD, *The Glenn Miller Spectacular*. You will see and hear twenty-four of the band's

greatest hits from *Sunrise Serenade* to *Moonlight Serenade*. Time to go down memory lane tapping your toe to this wonderful music. Coordinator: Stafford Miller.

Sonatas for Violin and Piano

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

Li-Cheng Anna Hung, piano, and Emily Acri, violin, will be playing 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, which led 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 UW. 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.

Chief Amy (Smith) Barden, Seattle Police CARE Department

Thursday, November 14; 3:30 pm, Emerald Hall



Emily Acri



Li-Cheng Hung

PIANO PLEASURES

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*Chief Amy (Smith)
Barden*

CARE, Seattle Police Department's Community Assisted Response and Engagement service, oversees the Crisis Response Team and 911 Call Center. Created in response to the 2020 protests against police violence, it sends behavioral

health specialists alongside police responders or independently of them.

Barden was confirmed as Chief in July of this year. She will talk about reimagining public safety response and how to balance compassion with accountability in our policy and intervention designs. Holding advanced degrees in ethical leadership, administration, and organizational leadership, she brings formidable credentials to the project.

Thanks to Julie Holland, I heard Barden talk at the South Lake Union Community Council. I was fascinated by her creation of a multidisciplinary team to design and implement the program as well as her plan to use Artificial Intelligence to improve efficiency and protect against bias.

Barden's a lively, engaging speaker, and CARE is cutting edge work. Don't miss. Coordinator: Sheryl Feldman.

Chiao-Yu Wu, Pianist

Thursday, November 21; 3:30pm, Emerald Hall
Welcome to the first performance of a new series, the Mirabella Student Salon, where we will showcase talented students from the University of Washington School of Music.

Chiao-Yu Wu, a native of Taiwan, is studying with Dr. Robin McCabe in the fourth year of a Doctor of Musical Arts in Piano Performance program.

Chiao-Yu received her undergraduate degree from the Royal Academy of Music, her master's degree from the University of Michigan School of Music, and an Advanced Certificate in Piano Performance and Pedagogy from New York University.



Chiao-Yu Wu

Chiao-Yu has won numerous prizes, including the American Protégé International Concerto Competition, the UW Piano Concerto competition, the Taiwan 2nd International Classical and Traditional Music Award, the 4th Annual Camerata Concerto Competition, and the Delius Prize of the Royal Academy of Music. As a UW teaching assistant in piano for four years, she was a finalist for the Excellence in Teaching Award in 2023. She loves sharing the beauty of music with others. Apart from playing in professional concert venues, she enjoys playing at senior living facilities, hospitals, and churches.

Chiao-Yu Wu's program will include Scarlatti sonatas, Brahms piano pieces, and selections from Ravel's *Miroirs*. Coordinator: Eddie Edmondson.

Ladies Musical Club: Solo Piano and a Piano Trio

Saturday, November 23; 2 pm, Emerald Hall
Get ready for a lovely pre-Thanksgiving concert from the Ladies Musical Club. Solo piano music is featured in the first part of the program. Our artist, Silas Berlin, teaches at Cornish College of the Arts. He was a medal winner at the 2021 Seattle Bach festival and the 2022 Seattle Russian Music Competition. String instruments will be added in the second part of the concert, a performance of two movements from Arensky's romantic *Piano*

WELCOME, HEINKE, CATHERINE...



Silas Berlin



Kathy Zufall



Erika Fiebig



Sophia Chou

Trio No. 1 in D minor, Op. 32, composed in 1894. Strongly influenced by Tchaikovsky, Arensky was a student of Rimsky-Korsakov and a teacher of Rachmaninoff, among others. This trio is one of his best-known works. Our performers will be Kathryn Zufall (violin), Erika Fiebig (cello), and Sophia Chou (piano). Come and enjoy beautiful music on a Saturday afternoon. Coordinator: Sue Herring.

Karen Iglitzin and Roger Nelson Return with Violin and Piano Music

Thursday, December 5; 3:30 pm, Emerald Hall
Mark your calendar to save the date. Read next month's December *Mirabella Monthly* for further details on a great concert you won't want to miss. Coordinator: Judy Waring.

WELCOME COMMITTEE

Sue Herring, Chair

Heinke Clark

Heinke, our new neighbor in Unit 626, grew up in Hamburg, Germany, in a family of lawyers. She became a lawyer too. After several years in practice,

she received two offers to change careers—a job with the German Federal Reserve, and a year doing translational work for a Chicago law firm. Chicago won.

Heinke's desire to experience America stemmed from receipt of a CARE package in the needy post-war years. She remains involved in CARE and other humanitarian organizations.



Heinke Clark – photo by S. Herring

Accepting the Chicago law firm's offer for a year, Heinke returned to Germany to work for the Federal Reserve. Chicago was fun, but the Federal Reserve was not. Heinke returned to Chicago, married a firm lawyer, and had a daughter. After several career changes, a divorce, and a new partner, she retired in 2006 and followed her daughter (Director of Clinical Research Trials for Kaiser Permanente) to Seattle.

Heinke speaks four languages and has already joined the German and Italian tables. She enjoys travel, art, history, and classical music. Welcome!

Sue Herring

Catherine Ellis

Drawn by family and Seattle's vibrant arts scene, Catherine Ellis moved at age ninety-one from Bend, Oregon, where she spent the past sixty years. Though born in Missouri, she completed high school in Richland, WA where her father worked at the Hanford Site. She graduated from the University of Washington with a BS and met and married her husband Bill who subsequently graduated from Northwestern Medical School and moved to Bend in 1964.

...BILL, AND PAT!

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Catherine Ellis – photo by AB. Mathis

After raising six children, Catherine explored international cultures, geology, and history on every continent, including three visits to China. She looks forward to new experiences and being closer to children and grandchildren in the Seattle area. Despite severe hearing loss, learning is her passion.

She is grateful to the Mirabella residents who have shared with her their own hearing challenges. Having recently attended the Seattle Symphony with its fine acoustics, she was overjoyed to hear music for the first time in many years and eager to attend more performances.

We extend a warm welcome to Catherine who can be reached on her mobile phone in Apt 424.

AnnBritt Mathis

Bill Ferguson



Bill Ferguson

Joining us at Mirabella is Bill Ferguson, who moved into apartment 409 after living many years in the Maple Leaf district of Seattle's North End. Bill grew up and went to school in Altoona, PA prior to getting his Pre-Med degree at Juniata College. Medical school at Thomas

Jefferson University medical school followed, and he completed his internship at Allentown General Hospital. An article in National Geographic featuring Seattle after our World's Fair in 1962 led

Bill to a three-year residency in adult then children's psychiatry at the University of Washington.

In 1972 Bill joined the Air Force and was in Japan followed by a stint in the Philippines working with Prisoners of War. He was then in Weisbaden, Germany where he served as Chief of Psychiatry. Returning to Seattle, Bill entered private practice at Highline West Seattle Mental Health Center where he worked with severely disturbed patients for several years.

Upon retirement twelve years ago, Bill continued in the healthcare field working as a hospice volunteer. He loves working with geriatrics and feels that coming to Mirabella was a good move for him.

Judy Owens

Pat Kizer

A warm Mirabella welcome to Pat Kizer who is moving into 829. Born and raised in Seattle, Pat graduated from West Seattle High School and the University of Washington. For a year she taught home economics in Aberdeen, Washington.



Pat Kizer

Restless after being in a school room, she decided to see the world, becoming an airline hostess with TWA. She was promoted to Supervisor—Hostesses & Pursers International, first based in New York City, then Los Angeles. She resigned to marry Bert and settled in Chicago, becoming secretary/treasurer for his small placement business. She remained in Chicago after his death twenty years ago, working in the administration office of Hinsdale School District and traveling the world a bit more. She has decided to move back to her roots in Seattle to be near her

BOOKS & OPERA

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son and his family. Pat is an avid bridge player, loves the theater and symphony, and being with her family.

Judith Baggs

BOOK CLUB

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



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 whose life is totally changed by the chance meeting of her future husband on a train.

We will not meet in December.

January 27 – We will discuss *Portrait of an Artist* by Laurie Lisle, a biography of Georgia O’Keeffe. The author interviewed many who knew O’Keeffe from childhood to her late years. Although O’Keeffe gave the author permission to write the book, she chose not to participate herself.

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

OPERA CLUB

Donna McCampbell, Chair

***Otello* by Giuseppe Verdi (1813-1901)**

Monday, November 18; 2 pm, Emerald Hall

Otello, Verdi’s tragic masterpiece and his penultimate opera, was completed in 1887 when the composer was at the peak of his dramatic power. In this opera, Shakespeare’s famed tragedy is compressed and streamlined into a “stormy sea

of music which...fuses with the drama more completely than Verdi had ever done before” (Sir Denis Forman in *A Night at the Opera*). At age seventy-four, Verdi fully transformed his familiar solo/duet/recitative operatic structure, as heard in *La Traviata* and *Aida*, to write a continuous stream of powerful music that elevates the clarity and passion of every line of the libretto.

Verdi wrote *Otello* after a ten-year break from composing, following the success of *Aida*. Together with librettist Arrigo Boito, the score required two-and-a-half years to complete, but when the opera premiered at La Scala in Milan in February 1887, it was an instant hit. The Act III finale (a scene not in Shakespeare) is one of the most majestic closing scenes in all of opera, with seven individual vocal parts, a huge chorus, and complex orchestration.

We will see a Metropolitan Opera performance from 1995 starring Plácido Domingo and Renée Fleming as Otello and Desdemona, with James Morris as Iago. The conductor is James Levine. Domingo, who had already sung the role over 200 times, brings a thrilling level of vocal drama and insight to this performance.

Upcoming from the Metropolitan Opera Live in HD broadcasts: Saturday, November 23, Puccini’s *Tosca* starring Lise Davidsen in the title role. Sign up at the Front Desk (x 1400) for the Mirabella bus, leaving at 9:15 am for the Regal Thornton Place Cinema at Northgate.



Plácido Domingo as
Otello

Andrea Lewis

VETERANS ♦ WACCRA ♦ SPILLS

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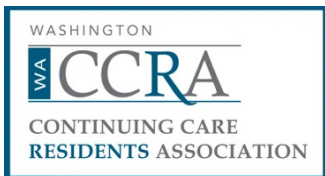
RESIDENT-LED GROUPS

Veterans Day Observance

Monday, November 11; 4 pm, Emerald Hall

On Veterans Day, Monday November 11, 2024, Mirabella will again recognize the service of veterans of all services with a program starting at 4 pm in Emerald Hall. High Class Brass will provide live music, and the service of past and present residents will be recognized. All residents, families, and friends are welcome. If you are a veteran or surviving spouse/partner, please check with Bri Bailey to be sure that all names and branches of service are included. Coordinator: David Webber.

WACCRA Annual Meeting



The Washington Continuing Care Resident Association is holding its Annual Meeting on Saturday, November 9 at

Emerald Heights CCRC in Redmond. Mirabella is providing our big bus transportation for any interested resident (membership not required). The bus will leave Mirabella at 1 pm and return in the late afternoon. Please call the Front Desk to reserve a space.

Featured speakers will be the Deputy Secretary of the Long-Term Aging Administration, retired State Senator Karen Keiser, and WACCRA's Olympia lobbyist Donna Christensen. They will provide valuable insight for shaping our legislative requests in the coming session of the WA General Assembly. There will also be a short business meeting.

In years past, we have had an enthusiastic group that enjoyed getting firsthand experience with the organization and its leadership. It has also been an opportunity to socialize with residents of other CCRCs and say hello to old friends.

Mandy Wertz
WACCRA Mirabella Liaison

SPILLED MILK

By Ingrid Steppic

Recently I shared my thoughts about some memorable spills I witnessed (and participated in). One of *The Mirabella Monthly* editors suggested that I expand on that and write it up for *The Mirabella Monthly*. I was ambivalent, but fate intervened. Within ten minutes of our conversation, on returning to my apartment, I found our aide frantically mopping up a pool of water on the living room floor. I grabbed more towels and got down on my knees. Was this a sign? Karma? Actually, it was a large basin with a solution of Epsom salt that tipped over. Epsom salt helps relieve foot pain due to gout. And it does a decent job cleaning the floor, although that isn't listed on the package. Paper towels can't handle spills of this magnitude no matter what the ads tell you, so I keep some large towels (Re-Store rejects) stashed in strategic places. We have had several opportunities to use them lately. One major spill I remember happened years ago. I was carrying several bags of groceries, heading for the freight elevator on the main floor, when I dropped a gallon of milk, which burst upon impact. At that time, Travis Duncan, Mirabella's former Executive Director, was a relatively new employee in charge of maintenance. He was coming down the hall when this happened, and he must have thought it was hilarious because he just laughed and laughed. I quickly grabbed the plastic bottle, which still was half full, and dumped it into the sink in the Crafts Room (presently our mailroom). Everyone knows it is no use crying over spilled milk, but did he have to *laugh*?

Our trusty janitors take care of many spills whether they be milk, overflowing toilets, or that unspeakable mess that was in the trash room several weeks ago. I still don't know what it consisted of: Paint? Oil? But it has all been cleaned up. Just after

ASIAN HALL OF FAME

that horrible mess, we had a more fortunate spill in our apartment. Richard had a large mug of cherry juice and soda sitting on the arm of his chair. He accidentally pushed it off. He didn't knock it over: It stayed upright and landed in a small trash container next to his chair. Sure, some of the juice splattered on the floor and his chair, but most of it stayed in that mug. Amazing!

I have become an expert on spills. Water is easy as long as the volume is limited. Such was the case underneath our sink recently. The hose to the faucet was loose, so whenever we turned on the water, some of it would drip under the sink. No real puddles, but everything had to be taken out, cleaned, and dried. Maintenance fixed the drip, but I did the cleaning. Wine and juice are worse because they need more than just wiping. They leave a sticky residue and that requires water and detergent. And when your wineglass breaks in the process, you risk a cut, adding blood to the mix. Picking slivers of glass out of spilled wine while kneeling on the floor isn't my cup of tea.

Speaking of which, cup of tea—will that be the next thing to end up on the floor?

20TH ANNIVERSARY CELEBRATION OF ASIAN HALL OF FAME

BY KAREN WONG

2024 is the 20th anniversary of the Asian Hall of Fame. It started in Seattle in 2004 as a special program of the Robert Chinn Foundation and is now a global brand of its own. This year's Founders Gala was held on September 27 at the Washington Athletic Club. The following Pacific Northwest honorees were inducted in 2024 into the Asian Hall of Fame: Aisha Ibrahim, executive chef of Canlis; Bruce Harrell, Seattle mayor; Seo Eunji, Counsel General Republic of Korea; David Yang



Carolyn Roe and Linda Morrison hold the medallion honoring Karen and her song

Wasielewski, owner of Din Tai Fung; Jacqueline Yang, owner of the Seattle Superhawks; Johnathan Sposato, media trailblazer; Preston Singletary, glass artist; and Daniel Nguyen and Katherine Lam, Oregon civic leaders.

To celebrate the 20th anniversary, a limited-edition medallion with Grammy logo and a Chanel necklace are available. Proceeds from tax-deductible donations for these mementos benefit the Asian and Native Women Impact Fund.

Also in celebration, a new song called “Sisterhood” was launched. I wrote the lyrics, and the music was composed by Ed Roth, a Grammy Award-winning pianist. The song has recently been released. You can help promote the song by playing and listening to it on any of the streaming platforms like Spotify, Apple, Pandora, etc. You can listen to the song for free on YouTube with this link: https://www.youtube.com/watch?v=Xi_D6c1bk-4. “Sisterhood” will be submitted to the Grammys in the spring of 2025 for consideration in the 2026 Grammy Celebration.

I was inspired to write the lyrics to this song to honor the women in my life: women in all walks of life as wives, mothers, grandmothers, advisors,

SONG OF SISTERHOOD WHO WE ARE

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mentors, peers in law, community leaders, both within the Asian and mainstream communities, who became my friends and sisters. We shared our hopes and dreams, suffered through adversity, hardship, sorrow, and failure, but we've also had joy and success. Through it all we have been there for each other and produced lasting friendships; that's sisterhood. I dedicate this song to all my sisters and sisters throughout the world. This one's for all of you.

“Sisterhood”

Way of life so kind, peace of mind, that's sisterhood

Sisters having conversations, sharing in hardships

“That's sisterhood”

Sisters and their loving families, supporting each other

“That's sisterhood”

Reaching high for their dreams, struggling to see

“That's sisterhood”

Reaching out with a hand, taking a stand

“The promised land”

Sisterhood joy, holds us together

Sisterhood love, lasting forever

Way of life so kind, peace of mind

“That's sisterhood”

Sisters as the leading ladies, saying their say

“That's Sisterhood”

Sisters with determination, leading as ladies

“That's sisterhood”

Sharing so many dreams, going upstream

“That's sisterhood”

Reaching out with a hand, taking a stand

“The promised land”

Sisters with their conversations, dreaming their dreams

“That's sisterhood”

Working it out together, there for each other

“That's sisterhood”

Sharing so many dreams, going upstream

“That's sisterhood”

Sharing dreams with each other, coming together

“The promised land”

Sisterhood joy, holds us together

Sisterhood love, lasting forever

Way of life so kind, peace of mind

“That's sisterhood”

ABOUT US

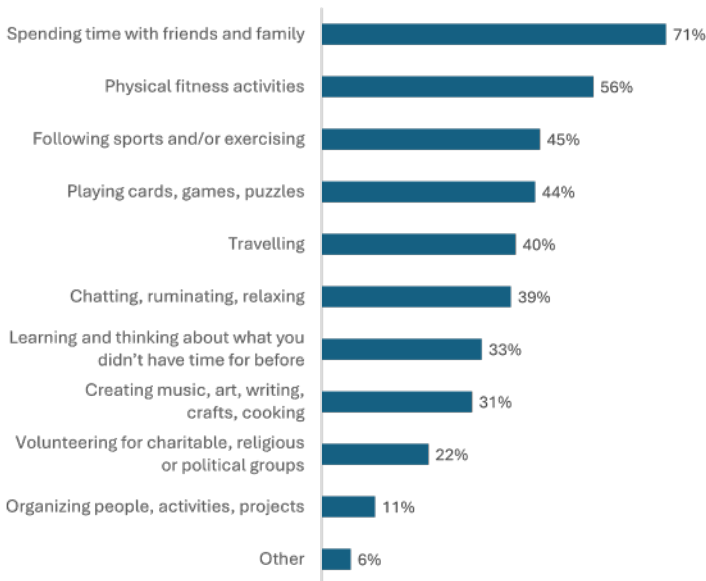
BY SHERYL FELDMAN

Most of us agree that Mirabella is a particularly warm and welcoming community. And now we have a clue as to why.

A few months ago, Ann Kuder and I put out “A Totally Voluntary and Anonymous Cultural Survey” to the Mirabella community. We remind you that the survey was not scientific. We didn't hire professionals to design, distribute, extrapolate, analyze, etc. One could check multiple boxes in answer to any one question. And while we had a good response—34 percent of the residents answered—that's still only 34 percent. The idea was simply to get a rough sketch of who we are. The picture which emerges does seem to align with the way we talk about ourselves.

After analyzing the survey responses, our outstanding finding was that 40 percent of respondents ticked education as their profession before retirement. Furthermore, 54 percent checked Child and Youth as a charitable interest. I looked up characteristics of educators. Artificial

PICKLEBALL MIRABELLA STYLE



What Do You Most Enjoy Doing Now

Intelligence (AI) says they tend to be empathetic and compassionate, patient, adaptable, good communicators, passionate about learning, and dedicated. Seems a likely basis for a compatible community.

Thirty-five percent of us were either/or also homemakers, which is likely another force for the comfortable feeling in Mirabella. Or am I getting soft here? Maybe/maybe not: 72 percent of those who answered said they “prefer to dine with others here.” (And a bigger Adagio may take that number higher.) One last note on professions. Surprisingly, we have a bigger percentage of creatives than of people with expertise in analytic and technological work.

We are predominantly white with United States or European heritage; 73 percent of us speak only English. When we travel, we go first to the US, then to Europe, and third to Asia. About half of us travel once or more per year. Yet, we are by extension, becoming more diverse. Twenty percent of us have children/grandchildren of a race different than ours. And while our in-house LGBTQ+ percentage is

small, 12 percent of our children/grandchildren are queer.

Our curiosity extends beyond our personal margins. Forty-seven percent of us are particularly interested in Asia, 23 percent in Central and South America, and 25 percent in the Middle East and North Africa. But altogether, no surprises, although we did note what seemed like a high percentage of Catholics for a Seattle demographic—16 percent. More predictably, 47 percent identified with a Protestant denomination, 7 percent said Jewish, and 6 percent said Buddhist. Intriguingly, 11 percent checked “Other.”

Ann’s keen statistical eye caught one red flag. Twenty-seven percent of respondents indicated that their technology use was occasional or “not their friend.” The same people were less likely to travel, exercise, be creative, etc. The good news is that 83 percent of that group were enjoying dining with others, but we wondered how the administration and the community might better reach out to our more isolated residents.

You should find copies of the survey in your boxes on the first of the month so you can draw your own conclusions. Let us know what you see! And thanks to everyone who participated.

JOIN THE HOTTEST CRAZE

BY MARY JOSSEM

Thanks to Mirabella Wellness Director David Miller, Pickleball Mirabella Style has come to Studio X. Every weekend a portable pickleball net is set up in Studio X along with four paddles and multiple pickleballs. Although the court is not full size, there is plenty of room to “dink” and play a slower-paced game. Residents are welcome anytime on the weekend to try out the new equipment, but if you want some guidance and to play with others, come

LETTERS TO LIVE WITH

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Ruth Benfield, John Owens, Ruth Benfield's granddaughter Ella, and Mike Mardesich try out the Studio X pickleball court – photo by M. Jossem

at 1 pm on Sundays when other amateurs are happy to share what they know about the game.

BOOKENDS

Marsha MacInnes

***Meet Me at the Museum* by Anne Youngson**

One day it occurred to me that so many of my favorite authors are named Ann—Anne Tyler, Ann Patchett, Anne Lamott, Anna Quindlen, Ann Napolitano, Annie Ernaux (well, sometimes). My most recent addition to the favorites list is Anne Youngson.

She first came to my attention in a review of her debut novel, *Meet Me at the Museum*. The review noted that she was seventy at the time of publication. I find stories of late-in-life accomplishment fascinating. It was not as though she was not already very accomplished. She graduated from university with a degree in Medieval Literature, but wanted a job where she could tackle real world issues. Through a series of unlikely events, she landed in the engineering department of Land Rover, the British car company. She rose to the top executive levels, where she oversaw very large

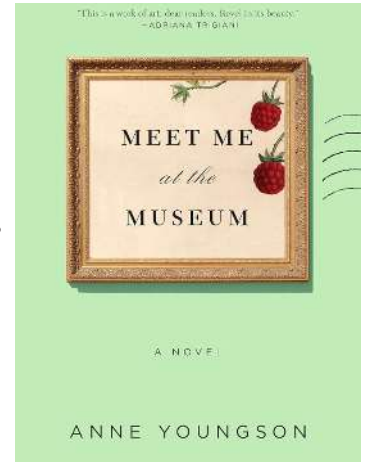
projects manned by huge international/intercultural teams.

Retirement from such an all-consuming job allowed her to get serious about her writing. She enrolled in a writing program at Oxford to channel her energy. She makes it sound almost accidental that this resulted in a master's degree and then a doctorate.

It was while she was in her doctoral program that she brought her mentor the original draft of *Meet Me at the Museum*. He recognized the quality of the work and its commercial potential. His contacts and guidance brought the project to fruition.

Her collection of works of fiction now numbers four. *Meet Me at the Museum*, published in 2018, remains my favorite. It is the story of a woman trapped in a miserable marriage she didn't remember agreeing to and her correspondence with the recently widowed curator of a museum. Their letters grew from professional inquiry to shared anecdotes, to self-revelation, to true friendship when that is what both needed most. And then, dare we say, it became a romance—a very chaste, long-distance affair. The ending didn't please all readers, but I think all admirers of independent minded women will cheer her decision and his response.

Her initial work was followed in 2021 by *The Narrowboat Summer*, also published under the title, *Three Women and a Boat*. Her most recent works, both published in 2023 are *The Six Who Came to Dinner*, a charming collection of short stories, and *A Complicated Matter*, a novel set in 1940 London. All four books are available in the Mirabella Library.



Meet Me at the Museum

BIRTHDAYS § POETRY CORNER § REMEMBERING

HAPPY BIRTHDAY! NOVEMBER 2024

- 1 – Jackline Hill
- 4– Susan Dillon
- 4– Jim Lutz
- 4– John Pehrson
- 5– AnnBritt Mathis
- 6– Rick Berger
- 7– Lynne Iglitzin
- 11– David Ridgway
- 12– Darrell Guder
- 12– Nelia Yurcisin
- 14– Ed Speer
- 15– Cathy Woodburne

- 16– Robert Golden
- 16– John Owens
- 17– Connie Chaplin
- 18– Jo Roberts
- 19– Robyn Lewis
- 20– Nickie Askov
- 20– Bill Hecht
- 20– Ginger Ridgway
- 20– Mary Rogers
- 21– Judith Woods
- 22– Margaret Herb
- 23– Lois North

- 25– Lois Crow
- 25– Clara Poole
- 26– Myrna Loy Zolyomi
- 26– Lenore Pearlman
- 28– Karen Covington
- 29– Ruth Benfield
- 29– Pauli Diafos
- 29– Matt Jamin
- 29– Susan Webber
- 30– Jim Holland
- 30– Nan Morris
- 30– Jerry Smedes

INCURABLE

BY DOROTHY PARKER

And if my heart be scarred and burned,
 The safer, I, for all I learned;
 The calmer, I, to see it true
 That ways of love are never new—
 The love that sets you daft and dazed
 Is every love that ever blazed;
 The happier, I, to fathom this:
 A kiss is every other kiss.
 The reckless vow, the lovely name,
 When Helen walked, were spoke the same;
 The weighted breast, the grinding woe,
 When Phaon fled, were ever so.
 Oh, it is sure as it is sad
 That any lad is every lad,
 And what's a girl, to dare implore
 Her dear be hers forevermore?
 Though he be tried and he be bold,
 And swearing death should he be cold,
 He'll run the path the others went....
 But you, my sweet, are different.

Originally published by Boni & Liveright in 1928, this poem is now in the public domain. Reprinted in Poem-a-day on August 17, 2024.



Rainbow – photo by B. Porter

REMEMBERING

Mort Berman 10/3/2024

Mary Kirkendall 10/26/2024

ON SCREEN IN EMERALD HALL

NOVEMBER 2024

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MOVIE CORNER

BY WARREN ASKOV



Ghostlight

On Saturday, November 9, I hope you will find *Ghostlight* (2024) as moving as I and several residents did when we went to see it a few months ago at a Surprise SIFF showing. Something seems dysfunctional in the Mueller family. Dan (Keith Kupferer) is a road

construction worker with anger issues. His daughter Daisy (Katherine Mallen Kupferer) is acting out and facing disciplinary problems in school. Dan and his wife Sharon (Tara Mallen) worry about Daisy as well as a lawsuit they are pursuing. Only later do we find the reason for Daisy's behavior and what the lawsuit is about. One day Rita (Dolly de Leon), who is directing an amateur play nearby, witnesses one of Dan's outbursts and recruits him as an actor. He is reluctant, but he agrees to meet the cast and participate after hours. One night, Daisy follows him thinking he is having an affair. He owns up to her and to his wife about what he has been doing. Daisy starts accompanying her father to the group and eventually joins them to replace one of the actors. The process of performing together in *Romeo and Juliet*, at the local high school provides catharsis and understanding of their family trauma. My eyes got a little moist at the end of this movie. It might have been a cold, but I doubt it.

Saturday, November 30, we'll feature *Fancy Dance* (2023), which takes place on the Seneca-Cayuga Reservation in Oklahoma. Native Americans have long been caught in the mix of tribal, state, and federal law enforcement. The jurisdiction and



Fancy Dance

investigation of missing and exploited indigenous women has been a long-standing problem for Native American families. Jax (Lily Gladstone) is caring for her niece Roki (Isabel DeRoy Olson) after her sister, Roki's mother Tawi, disappeared two weeks ago. They're getting by with petty thefts and shoplifting. Roki is looking forward to going to the annual Pow Wow in Oklahoma City. However, Indian Child Welfare and Protective Services discover Jax's criminal record and places Roki in protective guardianship with her white grandfather and his wife. Jax abducts Roki, telling her they might find Tawi at the Pow Wow. What happens on that trip calls attention to the discrepancy in law enforcement. The police care more about recovering Roki for her white grandparents than investigating Tawi's disappearance. *Fancy Dance* excels at showing the authentic lives led by Jax, Tawi, and Roki without judgment. Deroy-Olson holds her own in scenes with Gladstone. I suspect we'll see more from her.

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



The Mirabella Monthly

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



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Jean Hall, Betty Heycke, Chris
Jamin, Jim Lutz, Tina Moss,
Bill Poole, 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

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 Articles

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.
- » 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.