

The Mirabella Monthly

www.mirabellaliving.com/Seattle



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APRIL 2025

WHAT'S ON TAP

- 1 *Charity Begins at Home* by Mary Jossem
- 2 *Happy Meals* by Braiden Rex-Johnson
- 4 Who Does What at Mirabella
- 5 Resident Services
- 6 Active Arts Committee
- 7 Art Committee
- 7 Dining Committee
- 9 Environment and Facilities Committee
- 9 Health and Wellness Committee
- 9 Lifelong Learning Committee
- 12 Outside Activities Committee
- 15 Program Committee
- 18 Welcome Committee
- 19 Book Club
- 19 Group Meditation
- 19 Supportive Friends
- 19 Parkinson's Walk 2025
- 20 *What's In a Name?* by Betty Heycke
- 21 *Bookends* by Marsha MacInnes
- 21 WACCRA News
- 22 Birthdays § Poetry Corner § Remembering
- 23 *Movie Corner* by Warren Askov
- 24 Guide to Mirabella Publications

MIRABELLA SEATTLE FOUNDATION

DAVID WEBBER, CHAIR

Charity Begins at Home

Thanks to generous donations from residents to the Foundation, many Mirabella residents, employees, and neighbors received assistance from the Foundation this past year that enriched and enhanced their lives.

Here at home, our second-floor residents received beautiful floral arrangements lovingly prepared by Memory Care residents with the assistance of volunteers from Independent Living. Last summer, the Foundation helped to sponsor the Family Engagement Project, which sought to encourage family and friends of residents to come together to share a meal, be entertained, and be educated on issues of aging. The Foundation helped Active Arts and the Employee Appreciation Fund Committees purchase Legos for the "It Takes a Village Project," the 2024 annual drive to raise funds for employee end-of-year bonuses. Residents also benefited from the Osher Lifelong Learning Lecture Series, again sponsored by the Foundation. Most recently, the Foundation



Brewster Apartments

TREATS TO EAT



*Mirabella Seattle
Foundation*

supported residents with low vision by funding the purchase of twenty small table lamps for 10th floor dining venues.

Again, thanks to resident donations to the Foundation, over twenty employees benefited from almost \$100,000 in Foundation-funded scholarships to pursue their educational goals. A total of almost \$12,000 supported employees needing emergency assistance.

Our neighboring community is also part of our home. This year the Foundation extended its outreach efforts to help more of our neighbors. The Medic One Foundation received \$10,000 to train two paramedics for the Seattle Fire Department. Community Roots Housing Foundation received \$8,700 to renovate the community room at Brewster Apartments, our neighbors on Minor next to the dog park. YouthCare received \$50,000 to renovate the Orion Center on Stewart and Denny, a main resource hub for immediate shelter and basic needs for youth experiencing homelessness.

Soon, residents will again be asked to donate to the Foundation as it kicks off its annual fund drive on Monday, May 5, in Emerald Hall. (Doors open at 3 pm.) *Save the date!* The kick-off event and its theme will be announced in mid-April. You won't want to miss the fun of watching your fellow residents entertain you. Look for some surprise guests to bring tears of laughter to your eyes.

Mary Jossem

HAPPY MEALS

BY BRAIDEN REX-JOHNSON

There were many reasons my husband and I chose Mirabella over other CCRCs in Seattle, but one of the most important was the impressive food and wine program. Even before we moved in, we would wangle invitations from the Marketing Department and enjoy a gourmet dinner on the house at Aria.

We were always impressed by the number of offerings and quality of food, which partnered so perfectly with the thoughtfully chosen wines on the lengthy list. Now that we live here, things have gotten even better, especially when the weekly Adagio dinner menus are posted on Mondays. As a dedicated foodie, I begin my Monday scrolling



Chefs Sean and Tylor sourced premium-quality New England dry-pack scallops as the star ingredient in the seafood entrée on Mirabella's Valentine's Day menu. The scallops were accompanied by Meyer Lemon Beurre Blanc, the perfect seasonal sauce for spring; English Pea Purée; and Butternut Squash. During the holidays, the scallops also starred in a popular appetizer that was a riff on the classic Oysters Rockefeller. – photo by B. Rex-Johnson

PLATING PIZAZZ

APRIL 2025

3

through the Daily Specials and fantasizing about what entrées I will eat in the coming days. “Oh, yummy,” I say to hubby over the breakfast table. “Tonight, I’ll have the Horseradish-Crusted Steelhead; on Wednesday, the Achiote-Marinated Chicken sounds good; and on Sunday it’ll be the veggie pizza.”

Next, I turn my attention to the Starters to see what stands out there. “Blue Cheese Waldorf Salad? Baja Chicken Lime Soup? Yes, please!” The kitchen offers an admirable rotation of side dishes. I’m always up for Herbed Spaghetti Squash, Vegetable Stir-Fry, or Roasted Heirloom Carrots. The Parmesan Potato Gratin is a tasty riff on the French classic, *pommes Anna*, and so rich, it is almost a meal in itself.

And don’t forget the Daily Seafood Special! The many options we’ve enjoyed include shrimp, salmon, black cod, sturgeon, rainbow trout, and first-of-the-season halibut, along with multiple preparations of Mirabella’s house finfish, farmed steelhead.

We aren’t much for dessert, since we prefer to drink our carbs in the form of wine. However, when reading through the daily listing, any offering with the word “cheesecake” in it makes my heart race.

Whenever we want a splurge, I’ll look at the whenever-changing three-course menu at Aria, Chefs Sean’s and Tylor’s chance to shine with exotic ingredients, complex sauces, and trendy garnishes. Pastry Chef Nirav Vashi spins sugar, cream, butter, and chocolate into fantasy creations.

Holidays are a big deal at Mirabella, thanks to the special menus and matching décor. I’ll never forget the Lunar New Year dinner, when the host stand was festooned in red-and-gold lanterns, lucky red envelopes, and an exuberant violet orchid. Many residents, both men and women, got into the swing



Pastry Chef Nirav and his two-person team worked for four days making 210 Raspberry Hearts, one of the two offerings on the Valentine’s Day menu. The dessert comprised six different components including raspberry mousse, vanilla sponge cake, strawberry fluid gel, raspberry meringue, air-brushed chocolate covering for the mousse, and Valentine’s Day white-chocolate wafers.

– photo by B. Rex-Johnson

of things by donning elaborately embroidered jackets and colorful kimonos. Crab Rangoon, Kung Pao Chicken, and Lychée Crème Brûlée were menu standouts.

Valentine’s Day was special, too, with red rose petals scattered on the tables and crimson clothing *de rigueur*. There were many decadent delights to choose from, such as Escargots-Stuffed Mushrooms, perfectly seared Scallops with Meyer Lemon Beurre Blanc, and a romantic red Raspberry Heart finale.

So, I hope you’ll join me on Monday mornings by scrolling through the weekly Adagio dinner menus and fantasizing about all the happy meals to come.

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, (206) 326-8658
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 Ginny Sharp	Box 513, x 1861 Box 912, x 1760
Dining	Gail Temple	Box 1002, x 1820
Emergency Preparedness	Matt Jamin	Box 1028, x 1635
Employee Appreciation	Bill Poole	Box 528, x 1669
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 Nan Morris	Box 408, x 1731 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 Eddie Edmondson	Box 828, x 1640 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

APRIL 2025

5

RESIDENT SERVICES

Bri Bailey, Resident Services Director

Community Happy Hour

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

Join us for our April Community Happy Hour. Please come to enjoy 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

No April Podiatry—Dr. Mak will be in on May 1
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, April 8; 9:30–11 am, Suite 726
Dr. Patricia Munson offers hearing assessments the second Tuesday of every month. For appointments, contact Patient Care Coordinator/Office Manager, Seattle Hearing Services at (206) 937-8700 or at info@seattlehearingservices.com.

Foot Care Clinic

Call for appointment and rates
Bonnie Ackles, RN, CFCS, is a former Advanced Registered Nurse Practitioner and a board-certified Foot Care Nurse Specialist. Bonnie is available for Foot Care Clinic 2-4 days a month in Suite 726.

Call or text (206) 940-0748 for availability, appointments, and rates.

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 more than 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, (425) 270-7336, or Ashica at Ashica@essentiallicsw.com, (206) 445-3926.

Massage Appointments

Wednesdays and Thursdays, 8 am–5 pm; Saturdays and Sundays, 10:30 am–4 pm; Suite 726
Susan Stein, LMT, is available for massage services. Call x 1421 to schedule an appointment.

Acupuncture

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

Health Center Respite

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

SHARING SKILLS

6

APRIL 2025

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

Share Your Skills

Our community is incredibly talented in many ways. Some of us have been willing to share individual artistic skills: Gloria Hennings, Sandra Jaech, Charles Kocher, Makiko Doi, Jared Curtis, Judy Rourke, Jo Pope, Elston Hill, Walter Bodle, Carolyn Ferrell, and Judy Owens have each shared her/his talents with us and we are the better for their efforts.

My reason for today's note is to tempt some of our new residents or reluctant residents to consider stepping forward and volunteering. We are blessed by many artists and thankful for their gifts. Please, if you have an idea for something you can offer and are willing to consider giving it a try, contact me at 3316music@gmail.com or on my cell phone, (206) 799-5241. We could meet and talk about your ideas or simply introduce you to our format for procedures.

And of course, some of you may be interested in learning something that we don't offer. The Active Arts Committee will want to know that as well. There have been several requests to have more singing opportunities. Flower arranging has been suggested. We continue to look for African drumming opportunities. If you know of a possible drumming teacher, let me know.

The arts, each one, will help keep your brain thriving. Help us help you.

Barbara Porter

Creative Writing

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

To celebrate Poetry Month, our teacher, Janée Baugher, will focus specifically on poetry in this session. Join the fun as we explore the breadth of varied works. Everybody is welcome. There is no fee. Coordinator: Barbara Porter.

Origami with Makiko Doi

Fridays, April 4 and 11; 2–3 pm, Art Room 507

Makiko continues her six-session class in the art of paper-folding begun in March. If you missed this series, look for future announcements about new sessions. Coordinator: Sandra Jaech.

Spring/Easter Greeting Cards with Gloria Hennings

Tuesday, April 8; 10:30 am–12 pm, Art Room 507

Once again, residents will have the opportunity to use Gloria Hennings' punches (used to cut out flowers, Easter eggs, and other card decorations) and benefit from her expertise to create greeting cards that suit the season. There is no charge for this class. You will receive Elmer's glue, Q-tips, and colored paper. Please bring scissors, a round tipped tool to tamp down your cutouts on the card, any extras you might want to add, a small cloth, and a ruler. Tweezers may also be useful. Register in our Active Arts notebook in the Resident Business Office. Coordinator: Barbara Porter.

ART AND DINING

APRIL 2025

7

Drawing and Watercolor with Maja Serada

*Wednesdays, April 16 and 23; Drawing, 12–1:15 pm
and Watercolor, 1:30–2:45 pm, Art Room 507*

This is a continuation of the four-class series that began in March. If you signed up and participated in the March sessions, there is no need to re-register. Bring your supplies. Coordinator: Deb Boone.

Ukulele class

Thursdays, April 17 and 24; 11 am, Conference Room A

Practice time April 3 and 10; 11 am, Conference Room A

Our ukulele class will continue to have two sessions to grow its repertoire. Members include new players, players with two-plus years of experience, and several who have played for twelve years or more. Practice sessions are voluntary and available so that you can interact with each other in small groups. Coordinator: Barbara Porter.

Zentangles

Tuesdays in May starting May 6, Art Room 507

Look for more details toward the end of April and a sign-up sheet in the Active Arts notebook mid-April. If you've taken other Zentangle classes or might be new to this fun art form, Susan Ingham returns with more fun projects and designs. Coordinator: Sandra Jaech.

ART COMMITTEE

Linda Berkman and Ginny Sharp, Cochairs

“The earth without art is just ‘eh’.” I recently saw this quote from Demetri Martin and think it is perfect for our Mirabella residents to consider when viewing art in our building.

The Mirabella Seattle Art Committee recently had a field trip to two outside galleries. We had a full bus which first took us to the Lynn Hanson Gallery downtown where we viewed wonderful art and purchased two pieces that are already hung on our

first floor. You can see *Sandy Waters*, a mixed media piece by Sherry Ying Ruden, behind the Reception Desk. The other, *Looks Familiar*, a soft pastel by Barbara Noonan, is hung around the hall corner on the way to the B elevator.

The second gallery we visited, Women Painters of Washington, was close by in the Columbia Tower Building. We wanted to see this gallery as they will be presenting their art in a show on our first floor right after Labor Day, 2025. We loved the art in this Gallery and even recognized the works by some Mirabella resident artists. There we purchased three pieces, which are being delivered on April 5, after their Gallery show closes. We will let you know where these three pieces are located after we hang them.

The Art Committee has a yearly budget for purchasing art and, unlike other committees, any purchase funds left at the end of the fiscal year will be added to the following year's purchase budget. We purposely let it carry over this past year so we would have enough for some major art purchases. We believe you will all love our decisions and enjoy the new fine art.

Linda Berkman

DINING COMMITTEE

Gail Temple, Chair

Getting to Know Dining Services

The meals we enjoy at Mirabella result from the efforts and activities of many unseen people. Executive Chef Sean Eveland graciously agreed to be interviewed to explain some of these efforts



*Looks Familiar by
Barbara Noonan – photo
by L. Berkman*

BEHIND THE SCENES



*Executive Chef
Sean Eveland
— photo by E. Hill*

taking place in our several preparation kitchens.

First, a little about our chef. Chef Sean Eveland grew up in an Air Force family which meant frequent moves. His experience began with helping his mother in the kitchen and planning the

food and logistics involved in Boy Scout camping trips. He attended Johnson & Wales University in Providence, Rhode Island, for its two-year culinary program. Courses included instruction in different cuisines, various cooking methods for such things as sauces and pastries, and classes in nutrition and business management. Chef Sean then completed a six-month internship at a small boutique hotel in Conwy, North Wales. His later employment included golf and country clubs, hotels, and healthcare facilities where he oversaw menus and food preparation with the assistance of a dietician. The most important things to Chef Sean are his passion for the food industry and his enjoyment of the creative aspect of food preparation, which leads to his pride in the end product.

Chef Sean's official title is Executive Chef, and he is ultimately responsible for food in all dining venues, including the Healthcare Center, Memory Care, Assisted Living, employee dining, and all Independent Living dining options. Pacific Retirement Services (PRS), our parent company, is committed to quality dining in all these venues, and the menus in all levels in Mirabella are somewhat similar. As we have seen, many of our residents move to our healthcare units and enjoy the same quality of food they had in Independent Living. All the chefs in PRS facilities have contributed

recipes to a program called "Meal Tracker," which contains ingredients and nutritional value of the food on our menus in Adagio and in Healthcare. Nutritional information can be found on the MIRANET web page (not the smart phone or tablet app). Select Nutrient Grid.

Our Chef de Cuisine, Tylor Urias, manages the kitchen, supervises the line and prep-cooks, and plans the menus for Aria, our fine dining restaurant. Our outstanding monthly wine dinners are also under his direction. Jason Ellison is our evening Sous Chef. A great deal of collaboration occurs between the chefs and the rest of the kitchen team. At times, everyone fills in as needed.

Sous Chef Alex Daily manages the Bistro, operating it separately from our other dining venues. The Bistro kitchen is small, yet it produces a wide range of dishes. Gellila Soloman, "Bubbles" to most, supervises Bistro operations with energy and a welcoming smile.

Heiko Zemke, our Director of Dining Services, is ultimately responsible for everything that has to do with dining, what occurs in "the front of the house." You have no doubt met him as he visits the dining rooms and chats with diners. Clayton Anderson, our Dining Services Manager, is responsible for the waitstaff, their training, and dining services on the tenth floor. Working with Clayton is Sara Gregoire, Dining Assistant Manager, who fills in where needed and is often seen helping out at the Host Station. Andrew Hernandez is a supervisor and handles catering and events.

Residents enjoy getting to know our waitstaff as they cheerfully attend to our needs and wishes. If you think it is easy to satisfy the food preferences of over 400 residents every day, think again. The whole Dining Services team works hard toward that goal, and I think they do a great job.

Gail Temple

GREEN § THRIVE § LEARN

APRIL 2025

9

ENVIRONMENT AND FACILITIES COMMITTEE

Nickie Askov and Jerry Smedes, Cochairs

Reporting Landscape Issues



*Seasonal blooms in
Mirabella Courtyard
— photo by M. Wertz*

Mirabella residents are fortunate to have an urban oasis that provides natural beauty with the plants and trees in our courtyard garden and streetscapes surrounding the building. Many individuals derived considerable satisfaction and pride from the

private gardens they cultivated at their previous residences, and it is understandable that they wish to share their insights with the contracted landscape company responsible for maintaining the plantings.

To provide this opportunity in an orderly manner, Steven Cone, Director of Facility Services, devised a reporting system. Residents who want to report an issue to the landscape team are requested to report comments in a green logbook located at the Reception Desk in the Lobby.

It is important to be as specific as possible in describing the problem and location, for example, “dead bushes along Fairview.” Note: Please do not use Work Orders or Google Groups messages to report landscape issues.

The contractor is now required to check the logbook prior to each onsite visit.

Cochairs of the Green Thumb Subcommittee (of Environment and Facilities), Mary Jo Taylor and Mandy Wertz, are available to discuss general concerns and offer their perspectives on the current status of landscape activity. We appreciate the

knowledge and aspirations of our nature-loving community.

Mandy Wertz

HEALTH AND WELLNESS COMMITTEE

Nan Morris and Bob Lewandowski, Cochairs

Thriving Through the Years: Embracing Aging with Health and Vitality—David Miller, Mirabella Wellness Manager

Tuesday, April 22; 3:30–4:30 pm, Emerald Hall

David will address the following questions to help us all thrive through the years at Mirabella: Why should Mirabella residents be concerned with eating healthy foods?



David Miller

What role does food play in overall health and wellness?

Why is daily exercise important as we age?

What are some ways to make lifestyle changes to incorporate healthy eating and physical exercise?

What wellness programs does Mirabella offer?

What can beginners do to get the most out of the Wellness offerings?

Coordinator: Nan Morris.

LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

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

Wednesday, April 2; 3–4:30 pm, The Bistro

CAVES AND PAINTINGS

Lifelong Learning is sponsoring the Technology Cafe for resident-to-resident technology help on the first Wednesday of the month. If you have questions about using your devices, we have residents and volunteers who will try to help you sort out your concerns. We have tables for anything Apple focusing on MacBooks, iPads, iPhones, and watches and anything Microsoft focusing on laptops, tablets, and a variety of Android phones. Please join us with your questions. Coordinator: Pat Harris.

Resident Revelations: Judy Waring—Did I Find My Husband Mike in a Cave?

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



Oregon Caves
— photo by J. Waring

As the Coordinator of the monthly second Tuesday Resident Revelations, I'll start by offering a plea for residents to volunteer to present their own revelation. This can be a story of your life, about your career, a trip, a hobby, an episode in your life . . . lots of possibilities. Help is available for presenting with PowerPoint if you want to share pictures. Resident Revelations are popular: 107 residents attended Bill and Mary Ann Mundy's March 11 presentation on their bicycling adventures. How could I ask you to present a Revelation if I hadn't done one myself? Over two years ago my husband informed us about his career in aerospace medicine. Now it's my turn. You'll learn a bit about my career as an Air Force officer's wife, the Pinehurst area of Seattle where I grew up, Oregon Caves, and some history of the cabin on Sinclair Island that we purchased over fifty years ago and still own. Coordinator: Judy Waring.

Neoclassicism and Romanticism with Kolya Rice

Wednesdays, April 9, 23, 30, May 7; 10:30 am–12 pm, Emerald Hall and Zoom

Kolya Rice will continue his series of the History of Western Art by tracing key developments and themes explored by prominent American and European artists from the mid eighteenth century to the mid nineteenth century. Kolya is particularly interested in how the artists of this time responded to their culture and social contexts and why they found it important to expand beyond their traditional artistic forms and subjects.



Kolya Rice
— photo by D. Manelski

Sessions One and Two: The Grand Manner and Neoclassical Painting and Sculpture. These two sessions explore the Royal Academies of France and England, their attraction to the Classicism of ancient Rome and Greece, and how the artists of this time responded to their own social and cultural contexts through their selections and changes in style. David and Ingres will be among the artists studied.

Session Three: Romanticism in France and Spain. Kolya will explore the debates in the French Academy between artists who were for the style of Poussin and those who supported Rubens. We will learn how the philosophy of Romanticism was developed and explore in depth the works of key artists in France and Spain and how they responded to their political contexts. Key artists include Gericault, Delacroix, and Goya.

Session Four: Romanticism in England, Germany, and the United States. Kolya will explore how Romanticism was adopted in these three locations

SYSTEMS AND SKYSCRAPERS

APRIL 2025

11

with each country fostering its own subjects and themes. This session will conclude with a discussion of how these key approaches in Romanticism sowed the seeds of modern art. Key artists include Turner, Friedrich, Cole, Church, and Bierstadt. Coordinator: Sylvia Fisher.

OLLI-UW April Zoom Lectures

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

Pike Place to Waterfront: Salish Knowledge Systems on the Overlook Walk with Owen Oliver

Wednesday, April 9; 12–1 pm

Pre-registration Zoom link: [https://](https://washington.zoom.us/meeting/register/VkFljjZCS7yX5UFQTBysPQ)

[washington.zoom.us/meeting/register/
VkFljjZCS7yX5UFQTBysPQ](https://washington.zoom.us/meeting/register/VkFljjZCS7yX5UFQTBysPQ)

Owen Oliver will be discussing his involvement with the Seattle Aquarium’s Ocean Pavilion Rooftop. He will talk about his public art installation on the rooftop and the stories that have been connected to the Seattle waterfront since time immemorial. Owen comes from the people of the Lower Columbia River, Salish Sea, and Southwest Pueblos, and is an enrolled member of the Quinault Indian Nation. Owen works as the Director of Arts and Culture at Headwater People Consulting, an Indigenous-owned and operated firm in Seattle, Washington.

My Grandchild Told Me They’re Transgender: How to Be an Ally for Your Gender Diverse Family Members with Ananda Potter

Wednesday, April 23, 12-1 pm

Pre-registration Zoom link: [https://](https://washington.zoom.us/meeting/register/QxGjbKm8SWSMGRXi5VSm0w)

[washington.zoom.us/meeting/register/
QxGjbKm8SWSMGRXi5VSm0w](https://washington.zoom.us/meeting/register/QxGjbKm8SWSMGRXi5VSm0w)

Join OLLI-UW as we learn more about what it means to be transgender. Why and how do I use pronouns? What is the terminology? What if I make a mistake? Education helps us understand

the topic and the perspective of those who might be personally affected. This lecture will offer an opportunity to learn and ask questions to better understand this topic as a means of becoming an ally. Amanda C. Potter (she/her) works at Harborview Medical Center in the Quality Improvement department, managing one of the first dashboard locations within University of Washington Medicine to add equity demographics into clinical data to look for disparities in care. She will share the experience of her stepdaughter, Colleen, who was given excellent gender affirming care at UW Medicine.

Housing and Architectural Series: Skyscrapers in Seattle

Monday, April 14; 3:30 pm, Emerald Hall

Gwen Lennox, Program Manager at the Seattle Architectural Foundation (SAF), will present a talk on skyscrapers, helping us explore the architecture of these buildings that continue to be built in Seattle and sharing information



*Seattle skyline
– image by P. Harris*

about the design process behind their creation. The idea of exploring the design process came from a family program for children at SAF. The Foundation believes that “connecting the community with its architecture and design instills a lifelong commitment to and a responsibility for the built environment.” Coordinator: Pat Harris.

Creating Beautiful Containers

Wednesday, April 16; 3:30–4:30 pm, Emerald Hall and Zoom

Molly van der Burch will cover container basics, design ideas, and planting tips to create containers that have year-round pizzazz. Specific plant ideas for

BLOOMS § PARKS §



Molly van der Burch

both shade and sun, as well as soil and watering recommendations, are included with photos to inspire the audience to create their own containers. She will introduce her favorite container plants for the Pacific Northwest sun and shade. Those attending will receive a list of sun and shade plants divided into many categories that will complement a container garden. A native Seattleite, Molly van der Burch retired in 2009 after thirty years of teaching and became a King County Master Gardener. She helps staff the Mercer Island and Crossroads Farmers Markets Master Gardener clinics and teaches classes at both the Bellevue Demonstration Garden and Bellevue Botanical Garden. Coordinator: Barbara Daniels.

OLLI-UW Lunch and Learn: Seattle’s Olmsted Park & Boulevard System: From Frontier to the 21st Century

Monday, April 21; 12–1 pm, Emerald Hall
Seattle’s historic park and boulevard system is one of the most complete Olmsted-designed park systems in the country. In 1903, thanks to the Klondike Gold Rush’s influx of money and people, Seattle hired the Olmsted firm of landscape architects from Brookline, Massachusetts, to design its park and boulevard system. This firm was the leading urban design firm in the country at the time. John Charles Olmsted, nephew and adopted son of Frederick Law Olmsted, created a legacy for Seattle starting in 1903. The firm’s last project, the Washington Park Arboretum, was completed in 1938. This talk will cover the history of Seattle from 1897 to the present, through the lens of its parks and boulevards. We will discuss the design principles of the Olmsted’s firm and their philosophy that

open space should be for all people. We will also visit historic parks such as Green Lake, Washington Park Arboretum, Seward Park, Jefferson Park, and Volunteer Park. The Olmsted brothers also designed the iconic Rainier Vista of the University of Washington campus. These remain Seattle’s most historic and beautiful landscapes.

Sue Nicol is a retired horticulturist and consulting arborist with forty-four years of experience in public horticulture. She worked eighteen years for the Seattle Parks Department, seventeen as head of horticulture at the Woodland Park Zoo. She then managed educational programs for the UW’s Center for Urban Horticulture. In 2006 she started a consulting business specializing in tree preservation and care. Sue is a longtime board member of Friends of Seattle’s Olmsted Parks (FSOP) and a Master Gardener. She leads the walking tour program for FSOP. Coordinator: Pat Harris.

OUTSIDE ACTIVITIES COMMITTEE

Sheila McConnell, Chair
Bri Bailey, Resident Services Director
Clint Turner, Security & Transportation Manager
David Miller, Wellness Manager

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,



APRIL 2025

13

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 sometimes we are unable to guarantee that sites for our events can accommodate those with mobility difficulties. When we schedule walks or special outings that may be challenging for those who need to use wheelchairs or walkers, we will mark them with a double asterisk (**) to indicate that they have uneven or gravel surfaces or have especially hilly or otherwise obstructed paths.

Emergencies: If, while on a trip, you experience an emergency, like an injury, medical event, or any other problem that prevents you from getting to the bus, please call the Mirabella Front Desk immediately at (206) 254-1400.

Grocery Trips

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

Walks

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

- April 5 Arboretum (flat & hilly both) **
 - April 12 Golden Gardens (flat)
 - April 19 Seward Park (flat with optional hill) **
 - April 26 Green Lake (flat)
- Coordinator: Ardelle Knudsen, x 1811.

Sunday Church

Sundays, April 6, 13, 20, 27; leaving at 8:45 am and returning at 10 am
The bus goes to Christ Our Hope. Other church trips are by individual reservation only.

Cultural Events

- Pacific Northwest Ballet: *Roméo et Juliette***
Saturday April 12; leaving at 1:15 pm and returning at 4:30 pm
- Seattle Symphony: *Rachmaninov Piano Concerto #3***
Sunday, April 6; leaving at 1:15 pm and returning at 4 pm
- Seattle Symphony: *Dvorak New World Symphony***
Thursday, April 10; leaving at 6:45 pm and returning at 9:30 pm

Special Activities and Excursions

- Seattle Fire Department Joint Training Facility SW Seattle: Seattle Fire Department Trauma Drill**
Thursday, April 3; leaving at 12:30 pm and returning 3:30 pm

While seated in a classroom you will experience first-hand the extraordinary training our Medic One paramedics receive. Join us for Seattle Fire Department’s Trauma Drill, where current paramedic students, including our scholarship recipients, practice assessing, treating, and transporting patients suffering from serious medical emergencies. Coordinator: Glenda Maledy

- Seattle Art Museum: *Ai WeiWei Rebel Exhibit***
Friday, April 4; leaving 12:45 pm and returning at 4 pm

“Everything is art. Everything is politics.” This quote from Ai WeiWei well represents what you will see

OUT AND ABOUT

14

APRIL 2025

in the Seattle Art Museum's (SAM) *Rebel* exhibit, which explores over 130 works created by Ai WeiWei over four decades, from the 1980s to the 2020s. It offers visitors a rare opportunity to engage with conceptual artist Ai WeiWei's wide-ranging body of work. We will have a docent-assisted tour and time for shopping in the gift shop. This trip is for the exhibits at SAM only; there are additional pieces at the Sculpture Park and the Asian Art Museum that we want to visit later this summer. This exhibit is a big show for SAM and Seattle and should be terrific! Coordinator: Sheila McConnell.

Alhadeff Theater (behind Cornish Playhouse Seattle Center): Burlesque Program

Friday, April 11; leaving at 6:30 pm and returning at 9 pm

Ella Jesberger, one of our dining servers and a Cornish School of the Arts graduate, is costarring with a friend in her friend's senior program. Her friend is a senior and so are at least some of us, so it's a match. This promises to be a terrific show. Burlesque! Are we ready? Of course we are. And, these tickets are free! Let's support our local arts college and our exceptional staff! Coordinators: Sheila and Ron McConnell.

Emerald City Music: The Canellakis-Brown Duo

Friday, April 11; leaving 7:30 pm and returning at 9:30 pm

Hilarious storytelling meets visionary programming. The Canellakis-Brown Duo invites you to an unforgettable evening that seamlessly blends chamber music, comedy, and film.

This program ends at 9:30, which may be too late for valet; those who want to go please verify return transportation prior to making plans.

Luncheonaires: Portage Bay Café—South Lake Union

Wednesday, April 23; leaving at 11 am and returning at 12:45 pm

Let's welcome Spring with brunch at this popular nearby café. Featuring Eggs Benedict, scrambles, veggie bowls, Bananas Foster French Toast, pancakes, burritos, etc., all with local, organic, and sustainable ingredients from Pacific Northwest farms. Located about five blocks away at 391 Terry Ave. N. Walk or call x 1400 for bus reservations. Coordinator: Cheryl Marshall, x 1682.

Paramount Theater: Silent Movie Mondays—*The Last Laugh* (1924)

Monday, April 28; leaving 6:15 pm and returning at 9 pm

The historic Paramount Theatre has featured silent movies on Monday evenings occasionally throughout the year commemorating some of the greatest films from 1924 and 1925. The film is introduced by a guest expert knowledgeable about silent films. But perhaps the best part is the guest organist who plays the Wurlitzer Opus 1918 organ before the program begins. (This Publix 1 organ is one of only about forty theatre organs still playing in their original venues.) During the film the organist plays throughout, giving us the experience of an opulent movie palace featuring live musical accompaniment in the 1920s. *The Last Laugh*, starring Emil Jannings, follows the tragic story of a proud hotel doorman whose life is shattered when he is demoted to a lowly washroom attendant. Online general admission is \$12, but tickets may be purchased at the box office at a reduced senior price. Coordinator: Nickie Askov, x 1858.

Seattle: Swanson's Nursery

Wednesday, April 30; leaving 1:30 pm and returning at 4 pm

Brighten your surroundings with a trip to this fabulous nursery replete with pots, plants, gardening supplies, and all things guiding you toward a colorful spring and summer. And, of course, Mirabella buses are large enough to carry them all! Coordinator: Jean Hall.

FILM § FARESTART § CLIMATE

APRIL 2025

15

SIFF Surprise Movie

Sunday, May 4; 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 times of the movies. Residents are responsible for purchasing their own theatre tickets. We've had a good time at prior SIFF movies and filled the small bus. Take a chance that you will enjoy a movie (and popcorn). Coordinator: Nickie Askov, x 1858.

Bellevue: T&T Grocery and Factoria Environs

Wednesday, May 7; tentatively planned to leave at 1:30 pm and return at 4:30 pm

T&T is a new, very large food store in Factoria shopping center in Bellevue. It has many places to sit and eat and all sorts of wonderful items to buy. The Outside Activities Committee has waited since January for the lines to dwindle. We think this will be a fun afternoon with ample time for shopping at this very interesting Asian store, and if that isn't enough, there are lots of stores nearby for your wanderlust, ranging from Target to Nordstrom Rack.

FareStart Restaurant: Guest Chef Night with Chef Brian Clevenger of General Harvest Restaurant Group

Thursday, April 17; tickets go on sale at 12 pm

Thursday, May 15; leaving at 4:45 pm and returning after dinner, no later than at 9:15 pm

FareStart is a Seattle-based culinary job-training program in existence for more than twenty years. The nonprofit supports people eighteen years of age or older who are King County residents and are legally able to work in the US. FareStart says, "You don't have to be perfect, but you do have to give your best every day; be willing to learn, stay with the program, and work hard. If you don't give

up, neither will we." FareStart is supported by donations and preparing and serving meals under the direction of well-known local chefs.

Guest Chef Night pairs local chefs with students to create a three-course meal served by volunteers. All revenue and donations from Guest Chef Night support the job-training programs. Tickets are \$55 plus tax and go on sale at noon on April 17, via Open Table or the FareStart website. They sell out quickly! Mirabella patrons may buy tickets and, as available, may request tables for four or six people near one another. Coffee, tea, wine, and beer are available separately and are paid for at the end of the meal. So, get your group together, assign one person in your party to make the reservations, and purchase the tickets on April 17. The restaurant is open during the hours above, and tables are available at specific times during those hours. Tickets are nonrefundable, and all proceeds benefit FareStart. This may be a close enough destination for people to walk, arrange a town car, or for groups of four or more, we can arrange a bus. Coordinators (but not money changers): Ron and Sheila McConnell, Gloria Hennings, and Jean Hall.

PROGRAM COMMITTEE

Sally Hayman and Eddie Edmondson, Cochairs Living Neighbor-Love: Climate Change and Migration

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

During her years working among and on behalf of refugees, Professor Judith Mayotte became aware of a growing number of the most vulnerable among us being displaced due to the intersection of



Judith Mayotte

MUSIC IN THE AIR

climate and conflict, especially in the Darfur region of Sudan. She will focus on climate displacement as well as on the critical imperative for each of us to live neighbor-love through caring for creation in a changing climate. With so much attention on our southern border, Mayotte will offer insight on the migration pressures that are building from climate change. Coordinator: Sheryl Feldman.

Michael Allen & Friends in Concert—The Man Behind the Marketing

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

Michael Allen describes his upcoming performance:



Michael Allen

You know me as the Marketing guy who runs around the community, usually laughing or talking a mile a minute and always in a good mood! After four years in my role as the Sales & Marketing Director, I want to share another side of my life that is the cause of all that joy and laughter, music.

When I am not at Mirabella, I am singing all over the Pacific Northwest! From the gospel choir I lead at St. Therese Catholic Church, to community events and productions around town, I perform often. Now, I won't give you *too* much detail as this is supposed to be a "teaser," but I want to share the wide range of music that has helped shape the man I am today. Oh, and a wide range of music is exactly what I mean.

This performance will include Motown classics, jazz standards, Broadway ballads and even a few gospel numbers that may cause you to clap your hands and tap your feet! I've invited a few of my close friends and family to join me for this performance, and you don't want to miss it!

Coordinator: Diane Holmes.

Ladies Musical Club: Voice, Viola, and Piano plus Piano Solo

Saturday, April 12; 2 pm, Emerald Hall

April's concert offers a satisfying selection of late classical and romantic compositions. The first half features viola and piano, mezzo-soprano and piano, and all three at once, performing works by Brahms, Fanny Mendelssohn, and Rachmaninoff. Joan Catoni Conlon, pianist and a resident of Skyline, was a University of Washington and University of Colorado music professor. Mezzo-soprano Kathryn Vinson is a frequent international soloist who has performed with Pacific Northwest Ballet, in movie soundtracks, and for various opera companies. Violist



Kathryn Vinson



Carolyn Wyman



Allen Chang

Carolyn Wyman studied at Cornish, UW, Austria's Mozarteum University, and Oxford University, UK; in addition to international performances, she is a former faculty member at the University of Puget Sound. The second half of the concert features two blockbuster piano solos brought to us by Allen Chang. Beethoven's Sonata 26 (*Les Adieux*) is a magnificent example of the composer's middle period. After the Beethoven comes Liszt's virtuosic reworking of Verdi, the *Concert Paraphrase on*

AND IN EMERALD HALL

APRIL 2025

17

Rigoletto, considered one of the most difficult pieces in the repertoire. Come spend your afternoon with beautiful music. Coordinator: Sue Herring.

Mirabella Poetry Fest 2025

Thursday, April 17; 3:30–4:30 pm, Emerald Hall

For this annual poetry reading event, readers will be presenting poems of their choice to an audience of fellow residents, in a wide variety of styles, from modern and classical authors, as well as some works by the readers themselves.

A feast of language! Don't miss it!

For more information, contact Bill Taylor, Apartment 816, or btaylor@seattleu.edu.

French Piano Music

Saturday, April 19; 3:30 pm, Emerald Hall

Come experience *April in Paris* with talented, award-winning students from Allan Park's piano studio. His students were a big hit last November, so don't miss this opportunity. This recital focuses on French piano music—thus, the *April in Paris* theme. Hear wonderful and challenging pieces by Ravel, Poulenc, and Chopin. Yes, yes, Chopin was Polish, but he spent half of his life in France—so the French theme still holds!

Each of these pianists—Alvin Lee, age 11; Lucas Popescu, age 12; Jane Kwon, age 13; Isabel Yang, age 15; Hannah Kwon, age 15; and Alexander Vollmer, age 15—has won multiple awards in local, state, national, and international music competitions. Some have soloed with local and regional symphonies; others have played in Carnegie Hall in New York City. (And, you know how you get to Carnegie Hall: practice, practice, practice!) You will be astounded after reading their biographies in the program. Come to this memorable recital and experience *Avril à Paris*.

NOTE: *This program is on Saturday, not Thursday.*
Coordinator: Eddie Edmondson.



Alvin Lee



Lucas Popescu



Jane Kwon



Isabel Yang



Hannah Kwon



Alexander Vollmer

Works for Viola and Piano

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

Please come to Emerald Hall for a concert of delightful music performed by Leslie Faye Johnson, viola, and Charles Enlow, piano. It will feature the epic Sonata for Viola and Piano by Rebecca Clarke, the Romance for Viola and Piano by Ralph Vaughan Williams, and a solo piano piece by François Poulenc.

Charles Enlow maintains an active teaching and coaching studio in Edmonds, Washington, and can be heard in solo and collaborative performances throughout the Pacific Northwest. Dr. Enlow holds degrees from the Juilliard School, the San Francisco

CUBA § WELCOME ANN & NORM



Leslie Faye Johnson



Charles Enlow

Conservatory of Music, and the University of Texas (Austin). He taught at the University of Texas (Austin), Texas State University, the Austrian-American Mozart Academy in Salzburg, Austria, and Shoreline College.

Leslie Faye Johnson received her performance training at the Juilliard School and her doctorate from the University of Washington. Dr. Johnson performed for many years as principal violist of the Pacific Northwest Ballet Orchestra and Northwest Sinfonietta. Her doctoral dissertation on the Shostakovich Viola Sonata was published by Bärenreiter and is often used in scholarly research. Coordinator: Kitty Dow.

Cuba 2025: Heaven or Hell?

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



*Balcony in Havana
– photo by L. Klein*

Is present-day Cuba heaven or hell for most Cubans? Facts: The population has shrunk by 25 percent in six years. There are daily electrical blackouts. There are food shortages. Yet the Cuban people are

friendly, hardworking, creative, and inventive. With music everywhere, Leslie Klein recommends you experience colorful and lively Cuba, a true slice of heaven for tourists. But you will be able to decide from his presentation if you would describe Cuba as being heaven or hell for the Cuban people.

Resident Leslie Klein has taught American Foreign Policy at the University of Washington. He has visited Cuba four times since 2011 and has traveled all over that country. He has played baseball (the national sport) with a regional team, attended ballets, and spoken to all economic levels of Cubans as part of a people-to-people US visa program. Coordinator: Leslie Klein.

WELCOME COMMITTEE

Sue Herring, Chair

Ann McCartney and Norm Lindquist



Ann McCartney



Norm Lindquist

Welcome to Norm Lindquist and Ann McCartney who will join the Mirabella community in the middle of April in unit 719.

Norm, born and raised in Oakland, California, went to Linfield College (BA) and Oregon State University (PhD) and accepted a math position at Western Washington University (WWU) where he remained, “mostly,” until he retired in about 2009. In 1973–75, he and his family joined the Peace Corps where he taught undergraduate math in Barquisimeto and graduate courses in Valencia, Venezuela.

Ann was born in Seattle, went to high school in Alexandria, Virginia, then to the University of Washington in 1960 for a BA and an MA. Hired to teach speech at Shoreline Community College in 1967, she also taught death and dying and multicultural issues. She used a sabbatical to earn a

GATHERINGS

APRIL 2025

19

second MA at the California School of Professional Psychology in 1975.

With fate and the help of a mutual friend, Ann and Norm met on a blind date one Saturday morning in 1988 and were married on Memorial Day in 1990.

Some of their unique summer and holiday travel adventures include canoeing, kayaking, hiking the Grand Canyon, exploring Southwest Native American Country, driving to Alaska and back, and canal boats in England. They did eight Earthwatch expeditions (you pay to work with researchers) including digging ruins in England, Mallorca, and St. Petersburg, Russia, and doing animal research in the Peruvian Amazon, Ely, Minnesota, and Brighton, England.

After early retirement, Ann earned a PhD, got credentialed and served as a professional parliamentarian, ran the WWU Community College Preparation Program, and has served as a certified mediator with the Whatcom Dispute Resolution center for twenty years. Norm sang for twenty-five years with the Vancouver Bach Choir and since retirement has been actively engaged in genealogy with WikiTree and served as the treasurer of WWU's Retiree Association.

Judith Baggs

BOOK CLUB

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

Apr 28 – *Washington Black* by Esi Edugyan is our selection for this meeting. This story follows the life of a slave in Barbados who becomes the manservant of his master's brother with whom he leads a life of dignity. But he is accused of a murder and the story follows his flight to a remote outpost in the Arctic where he must invent another new life.

May 26 – We will be discussing *The Years* by Annie

Ernaux. This is a personal narrative of the period 1941–2006 reflecting on memories of assorted objects and writings over the years.

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

GROUP MEDITATION

*Mondays, Wednesdays, and Fridays; 10:30–11 am,
Games Room*

Every Monday, Wednesday, and Friday a group of residents interested in mindfulness meditation meets in the Games Room from 10:30–11 am. Some come every time, some once a week, some once a month. No commitment is required.

We usually focus on a lesson from Tara Brach and/or Jack Kornfield, well respected meditation teachers and leaders.

Come give us a try! Leader: Matt Jamin, x 1635
or jaminm@uw.edu.

SUPPORTIVE FRIENDS

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

Supportive Friends is a group for bereaved residents that meets the first Tuesday of the month in the Vineyard Room. It is a time for dinner and conversation with respect for privacy. All are welcome, especially those who have recently lost a partner or loved one. Regulars should submit their menu selection forms to the Dining Room mailbox. If you have never attended, you can get menu selection forms from the Dining Room mailbox in the Mailroom. Coordinator: Carolyn Blount, x 1644.

PARKINSON'S WALK 2025

Once again, in May, Mirabella will hold its own Parkinson's Walk, a fundraiser for the Northwest Parkinson's Foundation (NWPF) and a great way to

YOU NAME IT



Fred Short and Paul Keown modeling their 2024 Parkinsons Walk t-shirts – photo by C. Short

recognize the Parkinson’s community within Mirabella. Save the date: the morning of Saturday, May 31. We will walk, roll, dance, and sit to music in the courtyard with snacks, Parkinson’s information and T-shirts. Donations to NWPf are welcome and encouraged. More information on how to register for our walk will be forthcoming as

we get closer to the date. The Northwest Parkinson’s Foundation seeks to “raise awareness of Parkinson’s and develop self-care tools that help improve quality of life for people with Parkinson’s, their care-partners and families.” The Parkinson’s Walk here at Mirabella is a good time for a good cause. We hope to see you on May 31. Coordinator: Cathy Short, x 1860.

WHAT’S IN A NAME

BY BETTY HEYCKE



In the twenties, thirties, and forties great herds of them roamed free. They seemed to be everywhere. Those Bettys!

Probably the epidemic of Bettys began with Betty Boop, the big-eyed, “Boop a Doop” cartoon jazz flapper whose flamboyant big bust was censored by the Hayes Code. Then came Bette Davis, the fine actress of the

smokey eyes, and Betty Hutton, and Betty Grable, terrific singers and dancers of the big budget

musicals. Betty authors were also big in the 1940s. Everybody had read or at least heard of *A Tree Grows in Brooklyn* by Betty Smith (1943) and *The Egg and I* by Betty McDonald (1945). The Betty-ness began to dwindle in the fifties, but there were latecomers: Betty Ford, wife of President Gerald Ford, Betty Friedan, first president of the National Organization of Women (NOW), Betty White of television sitcom fame, and Betty Shabazz, civil rights activist and wife of Malcolm X.

In my fifth-grade class alone, there were four Bettys, all of them with attached middle names: Betty-Jean, the tomboy, Betty-Lou, the knock-out blonde, Betty-Jo, the hopscotch champ, and me, Betty-Sue, the shy youngest. Pretty Betty Lou annoyed the rest of us by speaking often and pretentiously of her “real” name, “Elizabeth Louise,” making the rest of us feel sort of ordinary. But ordinary or not, in grade school I was glad to have a popular up-to-date name and was especially happy not to have been named after my grandmother, Gertrude.

About ten years ago I read that all Bettys were invited to register for a grand Betty event with drinks and entertainment at a fine San Francisco hotel—a sort of Grand Conference of Bettys. I was tempted for the briefest moment. But what would we all talk about? In any case, by the time I got to college my name seemed faintly silly to me, unserious, a name for a chorus girl, not the scientist or historian I wanted to be.

And now, in 2025, little girls are never named Betty. It has joined the old-fashioned names of my grandmothers and aunts: Agnes, Mabel, Gertrude, Eta, Irene, and Lucille. But wait. In 2012, on Betty White’s ninetieth birthday, a newborn was named in her honor. The Aquarium of the Pacific in Long Beach, California, welcomed Betty, the sea otter.

CONVERSATIONS § KUDOS

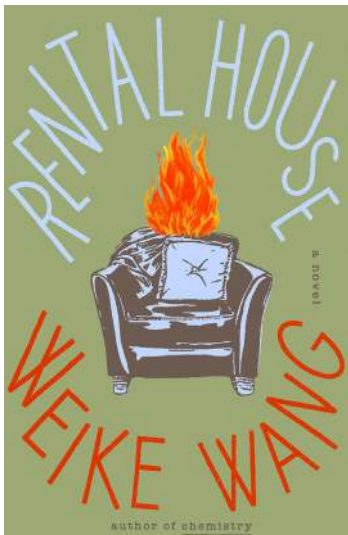
APRIL 2025

21

BOOKENDS

BY MARSHA MACINNES

The Rental House by Weike Wang



The Rental House

May I introduce you to Weike Wang? She is a first generation Asian American who holds a BA in chemistry and an MS and PhD in public health, all from Harvard University. Concurrently with her PhD, she earned an MFA in writing from Boston University. Throw all these credentials into a word processor and you get novels about the Asian immigrant family

experience written in a most entertaining way.

Her debut novel, *Chemistry*, published in 2017, was the winner of the PEN/Hemingway award, and was a Washington Post notable book of the year. It introduces us to a quirky character who has just received a marriage proposal. Such a proposal is problematic to the product of immigrant Chinese parents who dispense an abundance of criticism, set unattainable standards, and who find love inconvenient, excessive, and messy. Helping her unwind her Asian upbringing and decide on a course of action is a best friend and an adorable dog. *Chemistry* also plays a major part.

Joan is Okay followed in 2022, landing on every best-books-of-the-year list. Joan is brilliant, probably on the spectrum, definitely her own person, and exhausted by the expectations of her Chinese family. Joan became a doctor, which pleases everyone except her mother, who compares Joan unfavorably to her brother, the hedge fund

millionaire. Yet, Joan is happy. At the hospital, putting on her lab coat, she feels at home for the first time in her life. The number of hours she works has HR in a tizzy. But she is undaunted; she marches to her own drum.

Wang's most recent work, *The Rental House*, examines family again, this time comparing the experiences of a boy from a Midwestern blue-collar family, the first in his line to go to college, and the life of a girl who is following the expectations of her Chinese parents. Both attend Yale. They could not have come from more different backgrounds, yet they have so much in common in their growing discomfort in their own families. They become a couple.

Graduation is painful, as the Chinese parents hide out in their hotel in fear of meeting strangers, and the Midwestern parents get lost while in search of a parking place. The families meet, uncomfortably, for the first time at the wedding seven years later. The couple survives the event, and their marriage thrives. They don't attempt to mesh their families again but entertain them separately at a rented vacation house. It is the conversations that take place here between parents and their offspring that make up the novel. I found it fascinating, enlightening, and infuriating.

WACCRA NEWS

Mandy Wertz, WACCRA Mirabella Liaison
Congratulations to Mary Baroni, who was elected to the Washington Continuing Care Resident Association (WACCRA) Board at the monthly meeting.

Her experience and energy will enhance the excellent leadership team. Mirabella proud!

 **BIRTHDAYS**  § **POETRY CORNER** § **Remembering**

HAPPY BIRTHDAY! APRIL 2025

- 1 – Pat Chinn
- 3 – Kathy Biever
- 3 – Carolyn Roe
- 4 – Linda Gutterman
- 4 – Sally Hayman
- 5 – Jean Higgins
- 6 – Evalie Berst

- 6 – Carolyn Burton
- 11 – Gennie Thompson
- 14 – Peggy Wells
- 16 – Keith Biever
- 18 – Dieter Heycke
- 24 – Pat Gaillard
- 24 – Sally Hahn

- 24 – Bill Poole
- 24 – Paul Keown
- 25 – Carolyn Ferrell
- 28 – Alvin Kwiram
- 28 – Art Price

A POEM

BY JARED CURTIS

A poem can look ahead, or back, and rail
 Against the silent gods who only stuff their ears.
 Grieving ones may pull their hair and flail
 At enemies who pelt the heart with hail
 And leave the soul a reservoir of tears.
 An angry poem will swell to rail
 At those who aim to hammer in a nail
 That shuts off justice, rights, and steers
 Us back to times where no one wants to sail.
 Other poets tell a different tale—
 Among them is the choir of sonneteers
 Singing songs that do their loves unveil.
 But listen for the quiet music words avail
 To soothe the mind and tame heart's fears.
 A poem that looks ahead with hope won't fail
 To find an ear to please throughout the years.

APRIL BIRDS

BY JIM LUTZ

What's one to make
 Of the first April birds,
 Who show up with songs
 But never with words?
 They show up with melodies
 Under each wing,
 But what is the message
 The April birds bring?
 The songs before dawn
 Keep the darkness awake
 An unbroken chorus
 Of tweet, chirp and hoot,
 A feast made of worms
 And occasional root.

Too bothered by sleep
 I wake up with a yawn,
 To sunlight and flowers
 All silence and smiles.
 Dawn wakes up with color,
 But color is mute.
 Like songs for the eye,
 Like art for the ear
 Like longing for summer
 This time of the year.
 I relish the songs
 Birds sing without words.
 Like trumpets for flowers
 That stand up and sing.
 I think that's the message
 The April birds bring.



ON SCREEN IN EMERALD HALL

APRIL 2025

23

MOVIE CORNER

BY WARREN ASKOV



Inside Out 2

The Mirabella Movie Club has two newer movies to show along with seven older movies for the Wednesday and Saturday nights in April. On *Saturday, April 5*, anyone who has been a teenager, raised a teenager, or attempted the guidance and counseling of a teenager will enjoy an animated trip through the rapidly changing and often conflicting emotions portrayed in *Inside Out 2* (2024). This is a sequel to Pixar’s 2015 *Inside Out* which introduced us to five emotions swirling around in young Riley Andersen’s brain: Joy, Sadness, Fear, Disgust, and Anger. Each emotion has its own character, color, and voice actor. Riley, now thirteen, is developing a sense of self and four new emotions: Anxiety, Envy, Embarrassment, and Ennui. These new emotions often conflict with or override the other emotions as Riley tries to navigate new experiences, competition at hockey camp, and her relationships with friends. There are many wonderful voice actors, including Amy Poehler as Joy, who often takes the lead in Riley’s emotional life, and Maya Hawke as Anxiety, a new emotion who catastrophizes every situation with the stated intention of averting bad outcomes for Riley.

The following *Saturday, April 12*, we will show

the drama *Green Border* (2023). The film earned a basketful of international wins and nominations, including at the Seattle International Film Festival (SIFF). Refugees from various countries meet on the Polish-Belarus border during a 2021 humanitarian crisis in Belarus. There is a family from Syria, an English-speaking teacher from Afghanistan, and a Polish border guard. The group makes several attempts to travel through the exclusion zone at the border, only to be returned to Belarus. The commander of the border guards directs guards to return the migrants to Belarus on the pretext that they are being sent by Belarusian dictator, Alexander Lukashenko, to provoke the European Union by opening the border. Jan, the Polish border guard, becomes gradually sympathetic to the plight of the refugees and conflicted by his orders to return them to Belarus. An epilogue shows Ukrainian refugees entering Poland much more easily after the 2022 Russian invasion of Ukraine in contrast to the treatment of the Middle Eastern and African migrants shown previously.

What’s playing this week? See summaries of these and other April movies on a sheet of “Movies Shown in Emerald Hall” in the mailroom, in *Mirabella Weekly*, on elevator notices, in postings on Google Groups, and in the Business Office outside the mailroom. See you at the movies!



Green Border



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Guide to Mirabella Publications

The Mirabella Monthly

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How to Submit Events

The process for submitting events has been automated at Mirabella. Log onto MIRANET. On the home page, on the lower ribbon, click on “Event Request” (third option from the right). Fill in the boxes, scroll all the way to the bottom, and click on “Submit Form.”

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.