

3550





NANCY MOSS
Editor



JOHN BRIGGS
President

Bistro, Sunday morning. On each table a note asks diners to order at the cash register. This morning there is just one cook, one manager and one agitated server working. Another server called in sick.

But it is not that simple. In her budget presentation, Mirabella's executive director, Sharon Van Eaton, listed under full time equivalents (FTEs) the number of people working in an area: 70.9 for dining services in the fiscal year 2024 but 65 budgeted for 2025 — almost six fewer workers. Sharon said that, "We only decreased the FTE count as we decreased the Bistro service."

The cutback has consequences. One September Saturday, the day after testing positive for Covid, I called the dining room to have our dinners delivered at 5:30 p.m., part of my Covid isolation. At 5:37 I called the dining room, asking voicemail about our dinner. At 5:45 I called again, repeated to voicemail that we could not pick up our meals. At 5:53 I shouted at the dining room voice mail, repeating that message.

At 6, I called the concierge, got Max, who said he would call the dining room office and pick up our meals himself if necessary.

A little after 6, our doorbell rang. A dining room supervisor had our meals and apologized, explaining that the kitchen was short-staffed.

Earlier this year, when my brother and his fiancée visited, I scheduled a family dinner for seven in Aria. Our appetizers were slow in coming, and I had to repeatedly remind our server, one of three in the room, to bring us water. It was embarrassing.

For two nights one September weekend, Adagio had only one server, with a dining room supervisor bustling around to help.

Decreasing the number of workers in dining services does not help residents. It does not help workers, who find themselves with more duties than expected. It may help management balance the budget, offsetting losses in skilled nursing.

But we pay a price.

Whatever the outcome of the November election, we know that Portland City government is in for a major change. A non-voting mayor, a larger city council that represents specific geographic districts of the city and a city manager in charge of all bureaus.

We tell pollsters that we want change yet much of the time we relish the old ways or are concerned about the unknown. Sometimes change is controversial. Vases in the hallways across from the elevators have a mixed review. Sometimes change involves inconvenience such as the major remodel of the 24th floor. Most residents agree that the remodel was successful and worth the disruption. We all appreciate the upgrade.

The Mirabella is faced with another possible change. Medicare rules are changing the requirements and rules for skilled nursing care facilities, increasing their costs while at the same time decreasing their Medicare payments. Stand-alone skilled nursing facilities are facing bankruptcy or closing. Since this is a continuing care retirement community (CCRC), the increased costs for skilled nursing designation will be passed on to all residents, including those in independent living.

Another option the Mirabella could take is to relicense skilled nursing to an expanded assisted living facility. This might meet all needs that the current skilled nursing facility provides. However, our Mirabella contracts specify skilled nursing.

The RAMP Council has established a committee working with Mirabella administration to examine the options. The committee contains members with medical, legal and financial expertise. The primary objectives are: **1.** Review current health care services. **2.** Explore alternative options. **3.** Assess finances assessment. **4.** Consider contracts.

By forming this committee, we aim to foster collaboration and innovation among staff, residents and stakeholders to ensure that Mirabella remains a leader in senior living, known for its commitment to quality care and community well-being.



Front Cover

The fisherman's net is metal, but sculptor Bobby Cohn makes it look light and airy.
Photo: Ron Mendonca



Back Cover

Johanna King says these California sea lions ousted the scuba divers and took over San Carlos beach in Monterey.

~ The Inside Scoop ~

4 In the News

Mirabella Players, Chorus, Knoll Honored, RAMP Rules, SWF Vandalism, MEPS Reorganization, Energy Savings

7 Assisted Living at Mirabella

Nancy Moss

9 Enhanced AL at Heron's Key

Steve Casey

10 Poetry, Echo Check-in

Pete Swan, Nancy Moss

11 Portland's New Management

Ed Parker

12 Wisdom from Memory Care

Marlena Fiol

14 Resident Profile: Cary and Dorothy Lewis

Pamela Lindholm-Levy

17 Photo Essay: Photography of our Environment

Bert Van Gorder

23 Luke Files: Call of the Wild

Mary Finneran

24 Staff Profile: Jeremy Casner

Priscilla Cowell

26 Friendly House: When You Need a Friend

Dorothy Dworkin

28 Cry, Baby, Cry

Rita Brickman Effros

31 Good Day Sunshine

Dorothy Dworkin

32 Portland Diary

Janet Kakishita, Nancy Moss

34 Poetry

Bill Young

35 A Memory for Eternity

Julie Swendsen-Young



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Photo: Stanley Berman

Don Marshall as a Macy's elf in "SantaLand Diaries," by David Sedaris.

Mirabella Players Present Show

On Dec. 17 in Willamette Hall, the Mirabella Players will present "SantaLand Diaries," by David Sedaris. Judy Seubert and Cary Lewis will provide music. Mikki Lipsey and Don Marshall share the role of the Sedaris character.

"SantaLand Diaries" has played in off-off Broadway in Brooklyn, and Sedaris has presented his account of working as an elf in Macy's over National Public Radio.

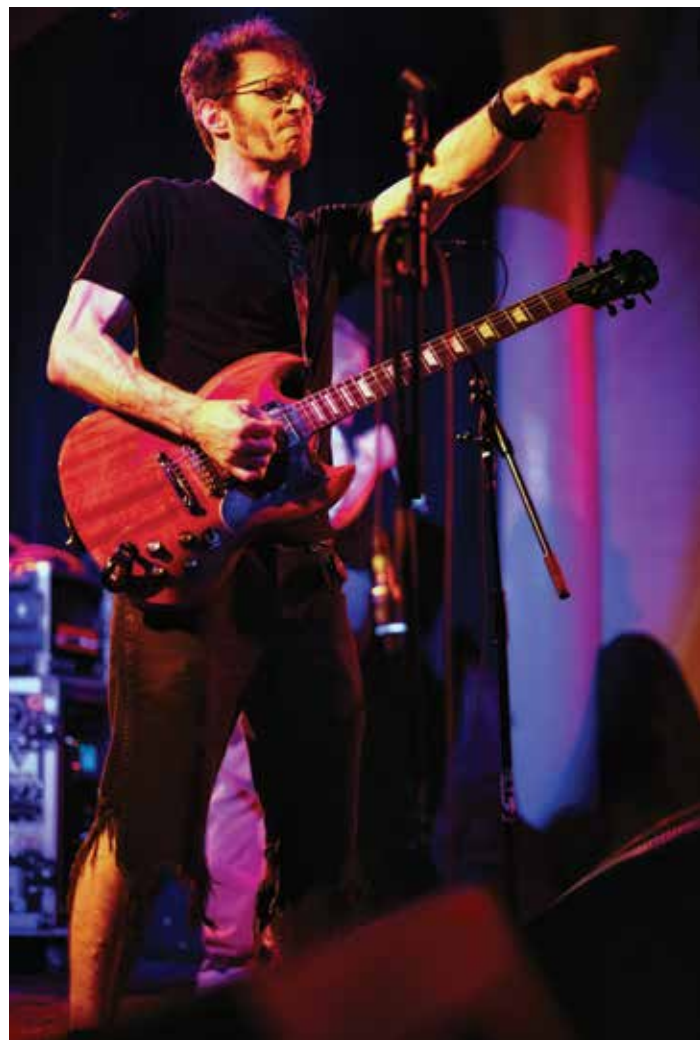
Knoll Gives Keynote Address

In October, Mirabella resident Paul Knoll gave the opening keynote address at the Angelicum University in Rome on the works of Pawel Wlodkowic. The conference covers "Religious Freedom, Just War and Sovereignty of Nations."

Wlodkowic, who lived from 1370–1436, was a lawyer and diplomat who advanced the theory of natural rights, a doctrine that says, in Paul's words, "You can't make a law that says it's OK to wage war on other people."

In addition to giving the conference's keynote address, Paul wrote the footnotes and introduction to Wlodkowic's book, a collection of eight treatises on the "Struggle for self-determination of central Europe," a topic relevant today.

Paul is a medievalist who specializes in eastern central Europe and Poland. He says that "translating Wlodkowic's work into English gives his writings more exposure."



Supervisor's Side Gig: Dining room supervisor Amitai Schwartz with his band, Thrash Course.

Chorus Plans Concert

Mirabella's chorus will give a concert on Saturday, Dec. 14 in Willamette Hall. Once again Peter Freeman of Portland State University will conduct. According to Joan Smith, who worked to make the chorus a reality, the program will include the French carol, "Bring a Torch, Jeanette Isabella," the Hanukkah song "Ocho Kandalikas," "Gloucestershire Wassail" and "Side by Side," by Harry Woods.

New residents interested in joining the chorus can call Joan Smith for a form or contact Marlena Fiol or Jim Fitzsimmons on the chorus' steering committee.

New Rules, New Leaders

The Residents Association of Mirabella Portland (RAMP) overwhelmingly approved amendments to the association's bylaws at its annual meeting on Sept. 18, 2024. The final vote was 169 in favor of the amendments and 2 against.

Association members also elected the slate of candidates proposed by the RAMP nominating committee. As an experiment, members were given the option of voting collectively for all the candidates proposed or for candidates individually. 162 voted for all the candidates collectively while only three chose to vote for individual candidates. It is unclear whether the option to vote for individual candidates will be offered in the future if, as usual, the candidates selected by the nominating committee run unopposed.

The newly approved amendments expand the ability to amend the bylaws at special meetings of the association, set a minimum time of at least five days before an association meeting for notice of a meeting to be given to association members and allow notice to be given electronically.

Some refinements were approved to authorize the council to put proposed amendments into a form consistent with that used for the bylaws and to weed out proposals that are inconsistent with the purposes of RAMP.

The amendments also changed the definition of a meeting of the RAMP council. The change reduced the limitations on discussions about matters of substance by council members outside of council meetings.

Enforcement of the association bylaws and rules was enhanced by the amendments that allowed the removal from office of any RAMP officer, council member or representative if the association determines office holders willfully violate the bylaws or rules of RAMP, if they are absent from two consecutive meetings without an acceptable written explanation or if it finds there is cause for their removal.

RAMP will also be able to enforce the bylaws and rules with an amendment that allows the council or the association to declare void any decision of the Council that was made as a result of a violation of the bylaws or rules.

The new officers and representatives took office with the beginning of the new fiscal year, October 1, 2024. John Briggs, who had been vice president, moved up to be president, and Bob Hopkins moved from president to immediate past president. Bettianne Goetz was elected vice president of RAMP. She will serve as vice president for a year before she becomes president. The three-year progression through the president's office is set out in the bylaws.

Sandy Foreman was reelected secretary. She will serve her second term. Jim Lee was elected treasurer, taking over for the diligent E.J. Finneran. Sue Knoll was reelected as a member at-large. New members-at-large elected were Peg Foulk, Steve Marsh and Glenn Moore. Janet Schmitt was

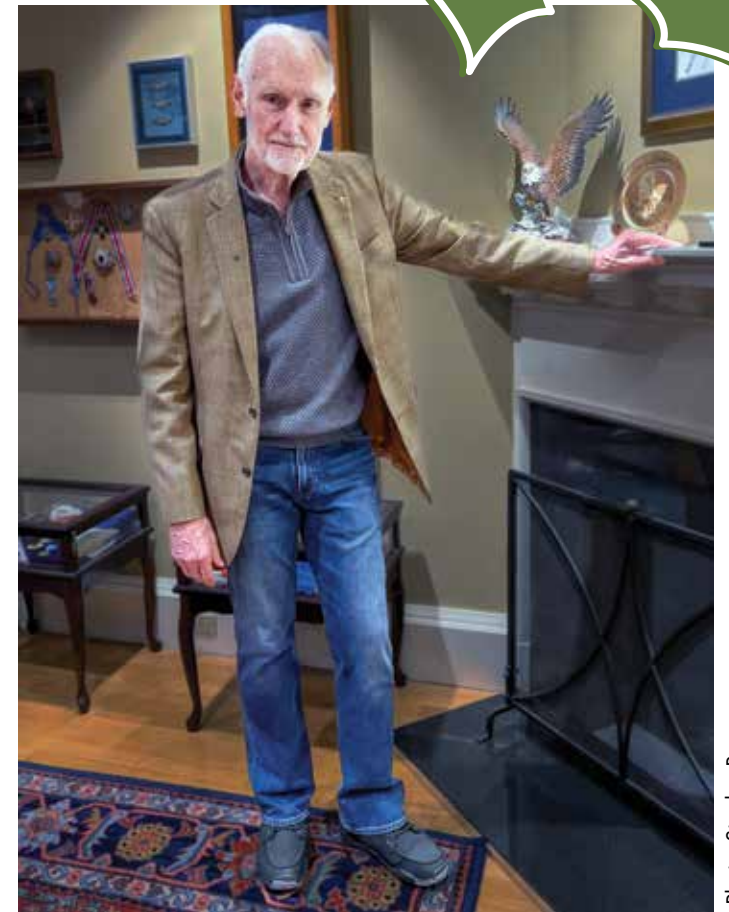


Photo: Stanley Berman

Aviators Room: General Merrill McPeak stands in front of a display in the Arlington Club's Aviators Room, which features awards and memorabilia.

elected as a resident foundation committee member. She will join Lynne De Vries and Jim Fitzsimmons on the committee as it transitions into a committee of the Mirabella Portland Board.

The ballots were carefully tabulated by Linda Mounts, Richard Mounts, Bill Young and Stan Berman, appointed by president Hopkins as election tellers. A clear ballot box at the concierge desk was used this year, which seemed to work well for the collection of the ballots.

Using a new procedure approved last year, 12 members living on the 2nd and 3rd floors who might otherwise not have been able to vote were able to vote this year with help from an assistant approved by the secretary.

— **John Foreman**



Photo: Nancy Moss

A boarded-over door next to the sign "Open."

It's Broken; Can It Be Fixed?

Although there were more acts of vandalism per year in Portland in 2022 and 2023 than during the violent protests of 2020, news reports don't mention the South Waterfront neighborhood in that news, suggesting that it's been spared. Boarded-up storefronts tell another story. For example, Growler Guys, Ovation, Delish Kitchen, Blue Star Donuts, Bambuza, Al Hawr, Urbana Market, Frank Wine Bar, Ecrú and Rex Nails & Spa all have been vandalized in the past two years.

Sharon Wong, owner of Frank Wine Bar, told me that her storefront was smashed down in late 2022, and before she could even get the door fixed, someone broke in through one of her windows. "Both times, when they saw the cash register was empty, they left without taking anything, not even a bottle of wine," Sharon said. When asked what the police were doing about this, she forced a thin smile. "Nothing."

Delish Kitchen was broken into the week before it opened. "We came here to South Waterfront because we thought this was a safe neighborhood, and this was our welcome," the spokesperson said.

What are the motivations for these break-ins? After the riots of 2020, one explanation might be racially motivated protests. This does not appear to be the case. Based on a

KGW list of all criminal cases filed in Multnomah County in 2022, most broken window vandalism appeared to be random acts of destruction with no clear motive other than a desperate search for cash. Many defendants self-reported mental health issues and admitted taking drugs like methamphetamine.

Maybe more important, what can be done in the future? Pete Collins, executive director of South Waterfront Community Relations, is hopeful. One of the challenges for our neighborhood, according to Pete, is that many of the residential buildings have different security companies that do not communicate with one another. The goal is to create channels of communication to foster a better understanding of the criminal activities and to ensure a more coordinated response.

The list of businesses in the first paragraph above suggests the width of the problem. Residents who patronize businesses in the South Waterfront may help keep them here.

— Marlena Fiol

MEPS Reorganizes

After leading Mirabella's Emergency Preparedness Subcommittee for five years, Paul Knoll is being replaced by a number of residents: Katherine Griffith, who will lead fire drills; Sandy Foreman, Great ShakeOut leader; Jim Fitzsimmons as coordinator of earthquake drills, Mona Fitzsimmons as head of the mobile team and Bob Hopkins, who will co-chair the committee for one year with Kent Liebelt, director of facility services.

In addition, Anne Clark will continue her orientation of new residents and Nancy Moss will take notes during meetings.

During the five years that he was MEPS chair, Paul renewed Mirabella's fire drills, which had lapsed for years, oversaw the distribution of 50-year water and wrote and led radio drills to familiarize residents with possible needs during an emergency.

Pursuing Energy Savings

How much does unplugging that once-a-day-used toaster reduce our overall use of energy? Strategic Energy Management (SEM) recently provided the 40 Mirabella residents who attended their presentation with an "energy kit" to encourage continued savings.

At the climate summit for eight continuing care retirement communities on Nov. 1, a panel of CCRC administrators discussed the topic of climate resilience planning for retirement communities. There was time for residents of the different communities to mingle and meet one another.



Photo: Stanley Berman

Rami Bekhet serves John Block lunch in the third floor dining room.

Need An Assist? Read On

By NANCY MOSS

"We are a community," says one resident of Mirabella's 16 assisted living apartments. "We can become a family," Tia Threlfall, assisted living manager, agrees.

Divided into four levels of care, assisted living at Mirabella combines precise rules with intuition in determining the proper level for each resident. A point system determines

the level of assistance each person needs with activities of daily living (ADL). Repeated falling and changing levels of cognition could lead to a need for skilled nursing or long-term care. Aides keep track of each resident's progress and share their observations.

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"We're aware of what's going on with residents," Tia says. She meets with her team every day to discuss how the residents are faring; this discussion can add subtlety to items covered in the point system. Her team includes medical aides, certified nursing assistants (CNA) and caregivers.

Staff handles the medication for all residents: orders pills, communicates with the doctor and administers meds. Residents on the lowest level of care may have a stand-by shower, where the aide helps the resident go in and out but does not assist in actual showering.

Residents get three meals a day, cooked in the second floor kitchen, served in the third-floor dining room. Cooked dishes are brought there in a hotbox and arrive hot. The day of my visit, seven residents were gathered for lunch. One had a bacon burger, another a club sandwich and baked fries. Because they were short of help that morning, the staff had taken residents down to the Bistro for breakfast. "Food was better there," one resident said. Residents can eat in any dining room.

A dining room manager is looking into what happened that morning; a replacement should have been found.

Asked what would make the team decide a resident needs to move to the healthcare floor, Tia mentions the two-person carry. Because assisted living has only one person on duty at night, they cannot help a resident who needs to be moved from a bed at night. Another red flag is "cognition decline," which may lead to a resident's wandering or refusing care. A resident may not be able to use the call button to make needs known or may become more dependent on staff for ADLs.

Tia says that her care team assesses each of these trends. "We have a lot of leeway," she says, adding that any resident on assisted living's fourth level may be ready for

a transfer. Tia's care team reviews each resident's service plan every three months to see if there's a need for change. These factors could indicate need for a higher level of care.

At least one resident believes that 16 rooms are not enough to provide assisted living services for a facility housing over 300 people. "Most places have more room in assisted living," she said. At present, Mirabella's assisted living has a wait list.

"Assisted Living has always had a wait list," Executive Director Sharon Van Eaton says, adding that independent living residents who qualify for assisted living when there is no room can either stay in their apartment or move to the health care floor but pay the assisted living rate for services.

Movement to a higher level of care, both within assisted living or to the healthcare floor, means higher cost. Add-ons to the basic fee include physical therapy, oxygen and extra help, like that following surgery.

Independent living residents who are recovering from a fall, who are finding it difficult to pull down their oven door or to carry in packages from the hall may see assisted living as the next step in their journey. "Everything runs so smoothly," one resident comments. "We have wonderful help on this floor," says another. "We have people to talk to if we have a problem," a resident states.

Residents of this floor meet once a month with Social Services Director Jodi Child, who goes through items such as their dining experiences and health services. "We can talk about what isn't going right," one resident says. "Usually things are going right," another adds.

Given the dual challenges of our country's complex health system and health problems that come with aging, Mirabella's assisted living residents feel confident about the system here. It is, as one of them pointed out, a community. ●

Editor's Note:

Founding Editor Steve Casey

In my first 3550 article, Steve said I had buried the lede — the sentence that states the subject — in the middle of the third paragraph.

I scrambled to rewrite.

Steve's own writing in 3550 was fluid, sometimes humorous, occasionally angry, as when he blasted Live Nation for planning loud concerts in the South Waterfront.

He had the gift of coming up to a red line and running along it, arguing strongly without sounding like your angry neighbor next door.

In this issue Steve discusses Heron's Bay's handling of the problem of skilled nursing today.

— **Nancy Moss**

Skilled Nursing: A Need for Change

By **STEVE CASEY**

More than just social interaction, comfortable apartments and decent food, retirement communities sell seniors peace of mind — the assurance they can face future health issues with confidence and not become family burdens.

But around the country, delivering on that promise is not easy, retirement community executives say.

As described elsewhere in this 3550 issue, Mirabella Portland is coping with big dollar losses in its skilled nursing operations, threatening either the ready availability of services or significant increases in residents' monthly fees.

Three hours up the road in Gig Harbor, Wash., a similarly sized Heron's Key, trapped by state law and regulation, is struggling with its own sizeable skilled nursing losses as it looks for imaginative pathways to a sound financial footing.

Now seven years old, Heron's Key opened with a 30-bed, all-private-room skilled nursing facility (SNF, pronounced "sniff"). It opened under a state "certificate of need," a creature of state law regulating nursing facilities. Heron's Key could admit nursing patients from the outside community, but only for its first five years.

That proviso gave the unit a big financial boost until a time when residents of the new community — mostly younger and healthier than the average retirement community resident — were expected to need nursing services.

So the good times rolled, for a while. Hospitals loved discharging their patients to Heron's Key's five-star rated SNF, and the Medicare and insurance dollars that paid their bills funded the unit.

But when outside patients and their payments were turned away after those five years, Heron's Key residents didn't take up the slack.

For one thing, unlike Mirabella, Heron's Key is a Type A community. That means that (aside from annual increases applying to all residents) monthly fees do not increase as a resident moves to higher levels of care. So while some residents did go to Heron's Key's SNF, their dollars did not follow.

Intended for 30 patients, the SNF now houses about 15, but minimum staffing requirements keep staff expenses relatively high. One entire 15-room wing stands empty.

"Our census is so small because we can't admit from the outside," Heron's Key health services administrator Karen Rose told 3550 in an interview. "If we could, we'd be full. We get calls every day seeking admissions, but we can't because of our licensing."

So potential revenue evaporates.

Heron's Key's executive director, Chris Lucero, told 3550



Karen Rose, health services administrator at Heron's Key.

"there is licensing for skilled nursing and licensing for assisted living, and those are mutually exclusive."

While a SNF operates under both state and federal oversight, an assisted living unit comes under only state rules, Karen Rose said. And while only Heron's Key residents can be directly admitted to the SNF, outside admissions to assisted living are okay.

The complex licensing structure governing nursing facilities has been both a boon and a challenge. The challenge is it's highly restrictive and almost seems as if state approval is required in order to change the color of paint on the walls. The boon is that it may — with state permission — help solve an otherwise intractable problem.

That could mean a new level of high-acuity assisted living, catering to people whose needs are at the upper edge of what is offered in assisted living units, but who do not require the intensive services of a full-on nursing facility.

"There are two separate types of regulations and two different types of care," Rose said. "We want to smash them

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together. So I'm working with the state on that right now. I've never seen it. So I have no template to go off of, nothing, which is difficult."

All of that will require extensive discussion with state regulators. Rose and Lucero are working with industry group LeadingAge, with Heron's Key mothership, Emerald Communities, and with residents and staff.

"I'm excited to go to LeadingAge national, to learn about what other people are doing," Lucero says.

"This is a global issue. If we are going to solve this nationally, we need to expand the umbrella of assisted living." ●

Echo Offers Check-in

By NANCY MOSS

With its commitment to Echo's Serenity device, Pacific Retirement Services (PRS) is offering its communities a back-up safety plan. At an information session Mirabella Executive Director Sharon Van Eaton reminded residents that their pendant remains the first step in getting staff to their apartment for a health emergency, but the message "Echo, check me in" will register them for the day. To avoid a follow-up call by the concierge, residents need to tell Serenity this by 11 a.m. Their device will give four reminders to call.

We are seeing firsthand the potential of AI. An Echo spokesperson explained some of Echo's potential. It can provide music, give Mirabella's daily menus, list the day's activities and repeat specific messages, such as "Echo, remind me to take my meds."

The spokesperson assured residents that Echo does not collect or share our input, questions or conversations. Asked if this new program will require much employee time — concierge and possible follow-up by facility services

Historian

By PETE SWAN

The last piling of a once-proud wharf
Its brethren long gone
Stands alone and neglected
Forsaken but for the visiting tides
Resolute but aging in its watery sentinel post
Taxed by the winter's wrath
Victim of crashing waves and gnawing currents
Its top once creosoted smooth
Now a stubble sun-bleached and brine-starched
Golden in the dawn
Seaweed tendrils drape its murky footing
A barnacled vestment cloaks its sides
Splendid barkentines no longer glide past
Only gulls with eyes uncaring
Float by without salute
Sliding layers of emerald opacity
Crescendo to moon-driven fullness
Then retreat not yet free
The piling stays on destitute but proud
Standing, graying, yet marking history well
Omniscient and mute

personnel, inputting data like menus and activities — Director of Resident Services Megan Huston says the program is a "work in progress;" it is not yet clear how much employee time Serenity will require. Lead concierge Margy Stief says that so far, calling to check on residents has not been a problem.

Mirabella's administration has given some thought to residents with memory issues. In some cases a health care decision-maker will give Echo the daily message. PRS is providing residents the benefits of AI, a back-up check to support resident safety. ●

Under New Management

By ED PARKER

Portland will be a greatly changed city on Jan. 1 when the new form of government voters approved in 2022 takes effect.

The new 12-member city council will be a legislative body establishing policy and approving budgets instead of five people whose main job was managing different city bureaus. Instead of being chosen in a citywide election, council members will each represent voters in one of four new districts.

Residents in each district will have three representatives who, in theory, will advocate for them. Since the council members will not be managing city departments, they may be better able to help their constituents get answers from any city department.

The executive branch of city government will be managed by a city administrator who reports to the mayor, chosen in a citywide election. This arrangement was a compromise between a city manager form of government run by a hired professional manager and government managed by a strong mayor who can be voted out of office if people are unhappy with the executive branch performance.

The mayor is now responsible for hiring, firing and

supervising the city administrator. Advocates argue that this hybrid form keeps the best of both alternatives: professional management by a hired administrator and ultimate authority in the hands of an elected mayor.

The mayor is responsible for recommending city budgets for council approval and may recommend legislation to the council. The mayor does not have a vote in city council decisions, except to break a tie if the council is split equally on any matter.

Previously, city departments, called bureaus, were independent fiefdoms managed by different members of the city council. The result was independent silos and poor communication among bureaus. Now, work is underway to reduce overhead costs by consolidating bureaus into six functional groups, each headed by a deputy city administrator.

This new form of government was intended to include the best features of the most successful city governments. The combination, including the multi-member districts and ranked-choice voting used in the November election, is unique.

Now, it is up to the newly elected mayor and the city council to make it work. ●



Happy Holidays
from the 3550 staff!





Left: Sheldon C. Collins, Right: Willem de Kooning Foundation



Willem de Kooning, *Untitled*, 1984

Willem de Kooning, *Woman and Bicycle* 1952–53

Wisdom From Memory Care

By MARLENA FIOL

When Ed and I moved into the Mirabella several months ago, a friend wagged his finger at us and warned, “It’ll be sad and scary for you to be surrounded by so many people suffering from physical and mental decline.”

At the time, I dismissed his remark as inappropriate ageism.

But I’ve thought a lot about that statement, especially since Ed and I spend time every Thursday afternoon playing tai chi with our fellow residents on the second floor.

To be sure, the debilities of aging — especially mental decline — are no joke. Numerous surveys have shown that

we are more frightened of developing dementia in old age than of any other condition, including cancer. This is especially so in Western cultures, where cognitive capacities and autonomy are core aspects of our sense of self. Memory loss thus seems to threaten the very idea of our identity as human beings. If we believe the measure of our humanity is “I think, therefore I am,” what then is our view of someone whose ability to think is impaired?

For those with dementia or other forms of mental decline, the loss is real and often places a horrific burden on those who care for them. That said, what I’m learning from our friends in memory care is that we have the opportunity

collectively to rethink the value we place on memory and cognitive acuity versus awe and authentic presence.

Consider my encounter a few days ago with Annie on the second floor [her name changed to preserve anonymity].

When I greeted Annie, she asked who I was.

“I’m Marlena, one of your tai chi teachers,” I said.

“Oh, I love tai chi,” Annie said with a wide smile.

I grasped Annie’s hand. She looked me in the eyes and said very simply, “I love you.”

The refreshing simplicity and authenticity of this interaction touched me deeply. Annie’s ability to pare back to essentials of what was important in the moment (be it love or anger and frustration) is something I aspire to, rather than some kind of evidence of mental deterioration.

It reminds me of the life and art of Willem de Kooning (1904–1997), one of the best expressionist painters of the 20th century. Starting in the 1940s, de Kooning became well known for painting dislocated, open-legged, sneering women, which he represented in agitated, dense and dark tones.

Here’s what I find really interesting. De Kooning was diagnosed with dementia in the 1980s, 10 years before his death. His artistic productivity sped up, and, more importantly, a shift in artistic style occurred after his diagnosis. The dark, aggressive paintings of figures changed to light and airy renderings.

The images in his new paintings seem to move all over the canvas. Initially, people tried to make sense of them, searching for a familiar shape, for a hidden meaning — to no avail. The immediate public explanation for the artistic shift, of course, was that with his weakening mind, the artist was no longer able to master his craft. In fact, the art world initially mourned the loss of one of the great painters of the century. Yet only a few years later, de Kooning’s new art again filled museums and exhibition halls. “I think the 1980s will turn out to be one of the great periods of de Kooning’s art,” said then San Francisco MOMA’s chief curator, Gary Garrels, in an interview.

Maybe de Kooning’s new paintings mean nothing. Or maybe the paintings represent nothing more than exuberant and spontaneous outbursts. Certainly, they appear to reveal

a simplicity, a paring back to essentials, a pure statement of awe and emotion.

Like my encounter with Annie.

Here’s the thing. If the only sort of human being we value is someone who thinks lucidly and remembers accurately, then it’s clear that a person with memory loss faces the prospect of social and cultural isolation, in addition to the suffering from the medical condition itself.

And it’s also clear to me that in devaluing people with dementia this way, we are all missing an opportunity they offer us: to learn to slow down and fully experience the awe and wonder (and yes, sometimes the anger and frustration) of the present moment. ●

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When your life is music, and you tend toward the romantic composers, what a thrill it must have been for Dorothy and Cary Lewis to stay twice in Johannes Brahms' summer house in Baden-Baden, Germany.

Dorothy is a cellist and Cary a pianist.

Dorothy began playing at age 10. After she won a competition in high school, she decided to make music her life's work. She began attending the national music camp in Interlochen, Michigan, every year through her college years at the University of Michigan, which offers courses at the camp.

Resident Profile:

Cary and Dorothy Lewis — Lives in Music

By PAMELA LINDHOLM-LEVY

One summer Cary attended while he was working on his doctorate at the Eastman School in Rochester, N.Y. He had signed up as an accompanist, thinking he would work with choral groups or soloists. The only slot left, though, was for a dance class. Call it fate; because of arm trouble after her junior year at Michigan, Dorothy needed a rest from playing her cello and was recuperating in the dance class at Interlochen instead of going to the Aspen Music Festival as planned. She and Cary had actually met at a first night party that year, 1966. Cary was also the rehearsal pianist for the top student orchestra pending the arrival of Van Cliburn, who played every summer at Interlochen.

Dorothy and Cary's strong relationship sent her to Eastman for her master's degree in cello performance. They married after the first semester. The newlyweds then faced separation during Cary's commitment to a 30-performance concert tour through the U.S. Cary was occasionally on the road two to three weeks at a time.

Together again, they finished their degrees. Cary received a Fulbright grant with which he was hoping to study in Spain, since he spoke Spanish, but there was only one award to that county that year and it wasn't to a musician. Based on his one semester of German, it was suggested he apply to Austria. He chose the Vienna Academy of Performing Arts, a magnet for many international students. For two years, 1969–71, the

Lewis each studied with a professor there. When Dorothy was preparing to solo with a student orchestra, her coach was a cellist who had been principle cellist for the Vienna Philharmonic, conducted by Richard Strauss.

How did Dorothy transport her cello to Austria? Her father made a special box and cushioned the instrument in plastic foam. He worked for Dow Chemical and knew the product would do its job. Coming home was another story. The return trip airline thought it was cargo and sent it to Dallas.

It was only a coincidence that Cary was born in Uvalde, Texas. When he was three years old his father, a Baptist preacher, one who spoke Spanish, was sent to Houston, then to Brownsville, and then to teach and be librarian at the Harlingen Baptist Academy. Cary says his first piano lessons that "took" occurred when he was 10. He attended North Texas State in Denton for undergraduate and master's degrees in music before moving on to Eastman for his doctorate.

During the Fulbright years, Dorothy and Cary traveled in Europe when they could, which was not often. Once when they went to Munich to play, Cary's pay was docked. They did get around Austria, plus Rome and Berlin, when the Wall still divided the city.

Home again, Cary accepted a teaching position at Nebraska Wesleyan, and Dorothy taught cello part time. Along with the concertmaster of the Lincoln Symphony, they became the Sheldon Trio. Dorothy and Cary received a mini grant of \$1,000 to give five concerts around the state. The performances were shown on local public television, and in 1976 the programs were picked up nationally.

The Lewises' son, Nathan, was born in Nebraska; the couple think of the five years there as good ones. Nevertheless, a position at Georgia State University called them to Atlanta. The concertmaster of the Atlanta Symphony became a collaborator, and Dorothy and Cary continued to play and record with him as the Lanier Trio when he moved to Washington D.C., recruited by Maestro Mstislav Rostropovich to be the concertmaster of the symphony there.

Eventually another concertmaster of the Atlanta symphony joined Dorothy and Cary, retaining the trio's name. This group toured Europe, playing in major cities and staying in the Brahms House, mentioned above. They couldn't stay in the actual living quarters, but were in an apartment in the expanded house.

The Lanier Trio was named for poet, musician and Georgia native Sidney Lanier, who is considered one of the South's greatest 19th century poets.

The original Lanier Trio had, as Cary says, "that glorious coaching session" of the Shostakovich second piano trio, with Rostropovich himself on the stage of Washington D.C.'s Kennedy Center. Maestro Rostropovich, the cellist who had

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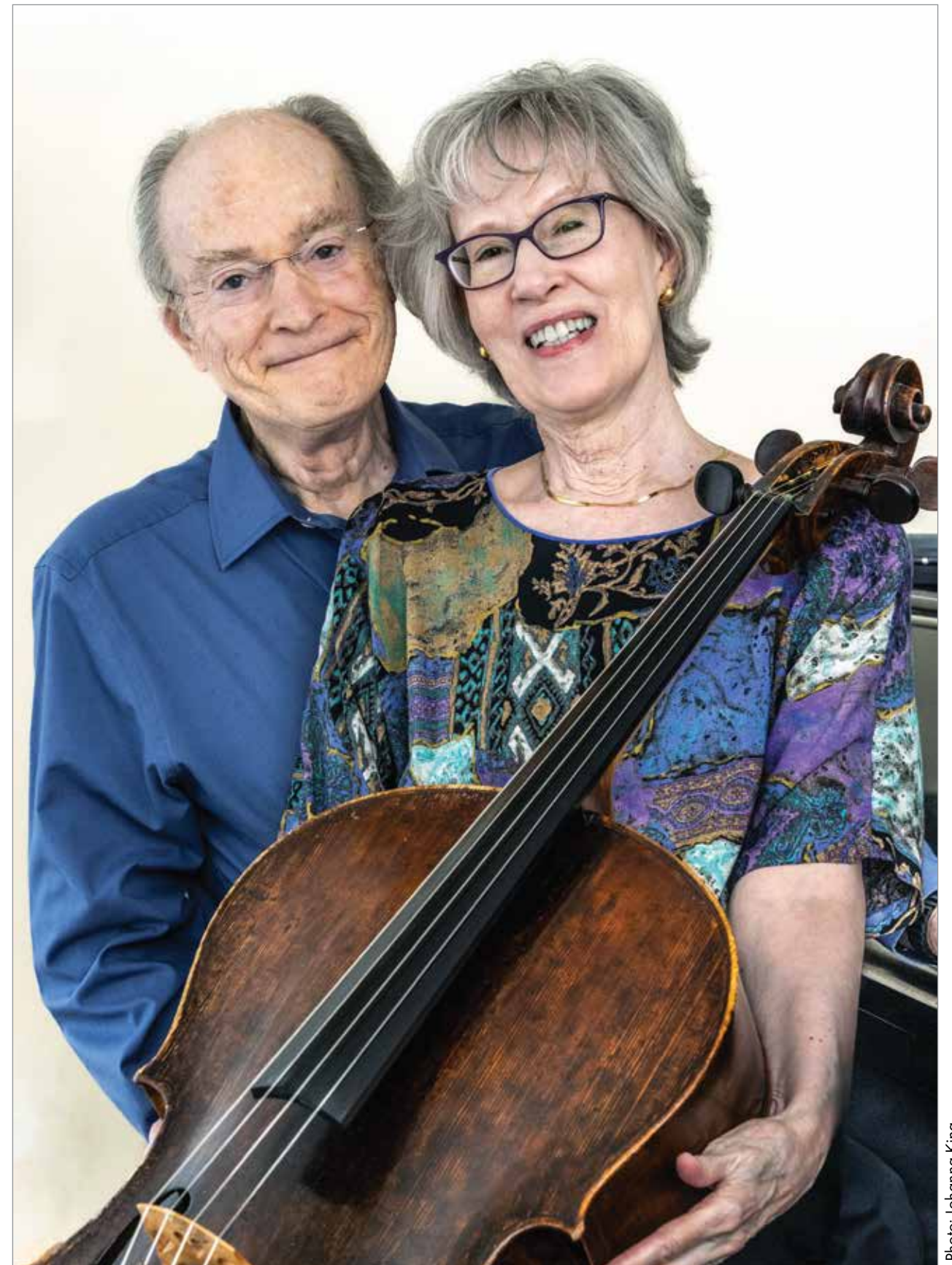


Photo: Johanna King

Cary and Dorothy Lewis

(Continued from previous page)

left Russia to escape government repression of the arts and artists, was a great friend and supporter of Shostakovich.

With their subsequent violinist, the trio traveled and recorded. Time magazine called their complete trios of Dvorak one of the 10 best recordings of the year. The Lanier Trio played together even after Dorothy and Cary moved to Portland. Eventually arthritis forced Dorothy to stop playing in public.

During vacation periods from school beginning in the 1980s, Dorothy and Cary, as the Lewis Duo, brought their music to a new audience: cruise ship passengers. They played on Royal Viking, Crystal, Silver Sea and the QE

“... they found what they needed at Mirabella. A plus was that it is beautiful. Another plus: Cary’s piano fits in their living room.”

II. They gave 3–4 performances a week with half-hour programs in rotation every two weeks when new clientele came onboard. This combination of work and leisure allowed them to experience Southeast Asia, Scandinavia, the Mediterranean, South America, Canada, the Caribbean and the Holy Land. They happened to be on a cruise to ports in England when Princess Diana died.

After 26 years it was time to leave Atlanta. The Lewises say that traffic and growth, spurred by the 1996 summer Olympics, changed the city, and not in a way they liked. Cary retired from academia at age 60.

The couple were drawn to the northwest but hadn’t settled on a place. They chose Lake Oswego by happenstance when they heard someone on a plane praising the location. There they found a welcoming Portland area classical music community but also kept connections with Atlanta symphony players. The Lewises had always attended music festivals around the county. The one in Astoria was now close to home. Farther afield they played for 10 years in Steamboat Springs, Colorado. Summer festivals bring musicians from everywhere, with chances to make new friends and collaborators as well as to renew acquaintance and play music with old friends.

Some medical episodes meant it was time to look for a

retirement facility that provided the potentially necessary levels of care. After looking at a few other facilities, they found what they needed at Mirabella. A plus was that it is beautiful. Another plus: Cary’s piano fits in their living room.

As residents, Dorothy has been active in fitness classes, and while she has retired from playing she has accepted a couple of students. One is resident Terri Hopkins and the other is from the outside. Cary also has a student, but at a casual level, not one he is preparing for competition or a career.

Cary, with his wide-ranging connections, has been bringing in players to amaze us with their musicianship. The series “Cary and Friends” is featuring, in turn, first chairs of the Oregon Symphony, so far scheduled through April of 2025. He has been an active member of the programs committee in arranging for more music than ever for residents’ enjoyment.

When asked to name favorite composers, Dorothy responded Brahms, Tchaikovsky, Richard Strauss and whatever she was working on at the time. Cary said favorites aren’t a useful category to him, but he does like works from the romantic era, and little modern music. Regarding the latter style, he says that he and Dorothy recorded more contemporary music than they would have chosen, but they were asked to do it. It was a job. Today Cary can play and they can listen to whatever they like best.

Cary and Dorothy have brought beautiful music to Mirabella. ●

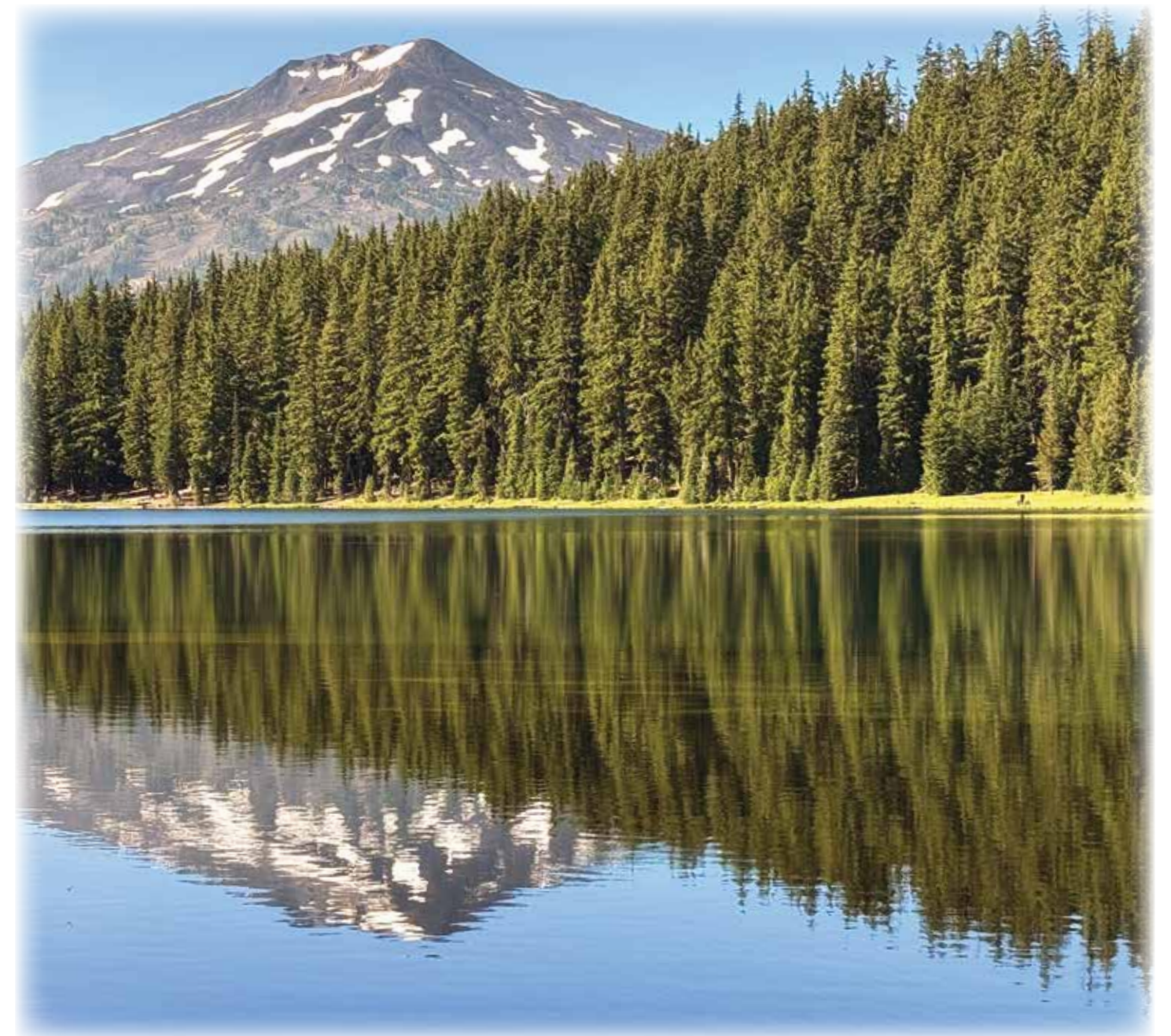


The Lanier Trio: Cary and Dorothy with concertmaster William Preueil.

Photography of Our Environment

By BERT VAN GORDER

The following landscapes evoke emotions such as peace, inspiration and reflection. Photographing these scenes allows me to relive those feelings and share them with others. Bodies of water, whether lakes, rivers or oceans, can be incredibly calming and reflective. Mountains, in their majesty and grandeur, can be awe-inspiring. Taking photos of these elements has deepened my appreciation for the natural world. Sunrises, sunsets, water and mountains have universal appeal and they have served as lasting memories of places I have visited and experiences I’ve had. ●



Mount Bachelor, southwest of Bend, Oregon, is reflected in the waters of Todd Lake.



Fall colors frame this view from the Greenway River Trail across the Willamette River to Ross Island.

The Glenn Jackson Bridge stretches across the Columbia River, and Mount Hood keeps watch as sailors enjoy the winds.





A Red-tailed Hawk visits Mirabella and enjoys an urban landscape.



The Tilikum Crossing: Bridge of the People, Mount St. Helens in the background.



A November sun rises above the clouds, illuminating Oregon's highest peak, Mount Hood.



Hawaiian paddlers race to beat the setting sun.



Ecola State Park offers sweeping views along a stretch of Oregon's 363-mile coastline.



Birds embrace the sun between Mount Hood and Mount Scott.



Paddle-boarder strokes through the calm waters of the Holgate Channel on the east side of Ross Island.



Photo: Richard Mounts

Luke Files: Call of the Wild

By MARY FINNERAN

Luke Files, who grew up in San Diego, came to Oregon for outdoor adventure 10 years ago. As Mirabella’s transportation lead, he keeps track of over 100 residents’ cars as well as the Envoy ride-share car. He also schedules trips in the town car and the Mirabella bus.

Although Luke’s job involves cars, he doesn’t describe himself as a car guy. One of his previous jobs was at RecumbentPDX, a store specializing in the reclining bikes we see on the Willamette Greenway. His outdoor hobby, however, is more active. An avid hiker and backpacker, Luke recently completed the Timberline Trail, a feat that involved 40 miles of walking with a 15-pound pack on his back.

Luke’s indoor hobby, much less taxing, is photography and collecting film cameras. Once our only cameras, these are now a rarity with a niche market. ●



Born and raised in Albuquerque, New Mexico, Jeremy learned to cook from both sets of grandparents, Southern dishes from one and Italian cuisine from the other. “I always loved to cook,” he says. “From the age of 15 I have worked in kitchens.”

He first helped a friend prepare her mother’s food samples, using rubs and spices which she sold at craft fairs. “I was in charge of making the coconut lemonade,” he remembers.

Staff Profile:
Jeremy Casner,
Sous Chef —
Kitchen Versatility

By **PRISCILLA COWELL**

At 16 he worked for a year in fast food at Whatta Burger, where he put green chile sauce on everything. Then he spent 10 years at Antiquity Restaurant, where he did ‘pantry,’ which means salads and desserts, and sauté and grill dishes.

Along the way he earned an AA degree in culinary arts at Central New Mexico Community College.

Jeremy left New Mexico, got married and moved to Bend, Oregon, where he spent a year working in the kitchen at the Deschutes Brewery Bend Public House. “I loved the vibe and learning how to throw pizza dough with my knuckles,” he recalls.

Moving to the Deschutes Brewery Public House in Portland, “I spent a very busy three years mastering five different kitchen stations: salads, grill, sauté, fryer and ‘wheels,’ which is making sure that all the food on the order comes up at the same time.” It is still one of his favorite restaurants in Portland.

“Restaurant work can be exhausting,” Jeremy explains. “The kitchen is open until the last diner leaves, then the nightly clean-up has to be done. Getting home at 3:00 a.m. was not unusual.”

He decided to try working in the kitchens of senior living facilities in the Portland area, where the hours and the pay-checks were more reliable. He was sous chef at Glenmore and executive chef at Somerset for a year each, and worked at Mirabella briefly pre-Covid.

“I had a divorce and left Portland, but found that I very much wanted to return,” Jeremy says. He was welcomed

back and hired as sous chef by Armin Alcantara, then the Mirabella director of dining services.

“There are different chef roles,” Jeremy points out. “At Mirabella we have an executive chef, chef de cuisine and three sous chefs.”

“Each sous chef is in charge of the food quality in his or her assigned area and sees that the standards are the same everywhere, with all fresh food cooked in small batches. Broccoli, for example, turns gray 20 minutes after cooking, and we can’t have that.”

“One sous chef has charge of Aria, Adagio and the Aqua Vita Lounge, and the others oversee the Bistro and the second floor,” Jeremy explains. “The Bistro needs two cooks, one for hot food and one for cold food, and Aria and Adagio together have four cooks. The sous chef on the second floor might cook either breakfast or dinner. I love always moving around to the different kitchens.”

Jeremy’s other responsibilities are to make sure the kitchens stay clean and to help make menu changes in the Bistro and the second floor. He also does some office work.

When asked what frustrated him in his work, he replied, “When you run out of things. The Covid pandemic caused processing plants to slow down. And now fires in Colombia are causing the price of coffee to go up.”

Jeremy is very happy to be back in Portland but disappointed that many of the good restaurants downtown had to close down. Instead, he is exploring the surviving restaurants in Portland’s residential areas and finding many to his liking.

He has a small garden where he raises tomatoes and blackberries.
“I make the tomatoes into sauce which I taught myself to can ...”

One quirky favorite is the 21st Avenue Kitchen and Bar in the Pearl District, where he goes for the BBB sandwich: bacon, brie and blackberry jam.

He has a small garden where he raises tomatoes and blackberries. “I make the tomatoes into sauce which I taught myself to can, and the blackberries become blackberry jam as Christmas presents.” Asked how he cooks for himself, he admitted that he often uses a crockpot to cook slowly all day until he returns home for a late dinner.

Jeremy’s ideal vacation? Backpacking through the European countries that he has not yet visited, soaking up the culture, music and food. On his list: London, Paris, Berlin and Amsterdam. ●



Photo: Robert French

Jeremy Casner



Photo: Friendly House

Friendly House works with people of different ages.

When You Need A Friend

By DOROTHY DWORKIN

“A day without a friend is like a pot without a drop of honey left inside.”

— Winnie the Pooh

Appropriately named for the services it provides, Friendly House, located in northwest Portland, is a multi-service nonprofit agency serving community members of all ages and all walks of life in Portland and the state of Oregon. It is dedicated to building community “one friend at a time.”

In 1926, the First Presbyterian Church of Portland opened a community center in northwest Portland in partnership with social agencies serving populations often discriminated against or ignored. In the early 1930s, the center was named Friendly House.

With emphasis on the needs of the elderly, Friendly House began the Northwest Pilot Project to support seniors at risk of losing their ability to live independently. A new community center was built to serve as a living room for the area, a place where all ages could gather to play, study, work and enjoy lectures, cultural and educational activities and, most importantly, develop friendships.

Today, adult services include physical fitness, health and wellness education and creative and social activities. The goal is to help seniors live independently through advocacy, case management, enrichment activities and friendly home

visits. Friendly House provides information and support to persons experiencing difficult times and connects them to resources and assistance across the state. Services are free of charge for the over-60 population.

Friendly House also supports children’s preschool and after school programs. During the summer they offer a day camp for children grades one to six, providing full and partial need-based scholarships. They also offer support and services for families experiencing houselessness or those at risk of being unable to secure safe places to live. They provide home care services and help seniors navigate and problem-solve systems available in the larger community.

Friendly House Elder Pride Services, formed in 2001, works with LGBTQ+ older adults to create community and work toward social changes to ensure the well-being of the LGBTQ+ seniors who live in the four-county metropolitan Portland area and other parts of Oregon.



The late Linda Campbell, a former resident of Mirabella, had a strong connection to Friendly House. A mother and three children were living in a car when Friendly House helped them find housing, childcare and other needed services. Linda, who died in 2018, came to know and support the family, becoming a surrogate parent to one of the children and providing an endowment for his continuing education. He is now in his 20s.

About 50% of long-term senior care often comes from family members but is sometimes unavailable to the LGBTQ+ population. Solo aging, people growing older without reliable support from relatives, has become increasingly common. Having strong social connections where people watch out for one another is important for solo agers for both practical and emotional reasons. Research shows that solo agers worry more than other adults about who will help them as they age.

Even before the Covid-19 epidemic, social scientists were

reporting on a “loneliness epidemic.” Researchers at Harvard created a survey that was mailed to recipients all over the United States. Thirty-six percent of respondents reported feeling chronic loneliness in the previous month. Other polls reported large numbers of adults who felt lonely “a lot of the time.” According to the American Psychiatric Association, 25% of U.S. residents polled reported feeling lonelier today than they were before the pandemic.

The shrinking of friendship has severe consequences for low-income and senior people. They have no one to give them a ride to a doctor, to offer them a temporary place to stay, or enough money to pay for food in an emergency. Thoreau said that many people lead lives of “quiet desperation.” Last year, the U.S. surgeon general, Vivek Murthy, issued a warning of “an epidemic of loneliness and isolation.” The World Health Organization calls it a “global public health concern.” Friendly House meets some of the needs formerly provided by family and friends.

At the time of this writing, over one-third of Multnomah County families don’t earn enough to access certain affordable, equitable basic needs: childcare, early childhood education and support services for working parents. That’s when Friendly House comes in with its myriad programs connecting people of all backgrounds and ages with Friendly House staff and volunteers. Social events, cultural outings, dinners, lectures and holiday celebrations facilitate friend-to-friend interaction.

We here at Mirabella know the value and importance of community and have the privilege of living in our own “friendly house.”

For more information about Friendly House, visit the website at www.fhpdx.org or stop by the center at 1737 N.W. 26th Ave (corner of Thurman St.) ●





Art: Eileen Kane

Cry, Baby, Cry*

By RITA BRICKMAN EFFROS

In babies, tears have the obvious crucial role of attracting the attention of adults. But why do adults cry? The world's foremost expert on crying, Professor Ad Vingerhoets of Tilburg University in the Netherlands explained in his book "Why Only Humans Weep" that in contrast to the glow in your heart when you are in love or the fire in the belly when angry, tears are a visible clue to feelings.

We all begin life crying. Humans are unique within the animal kingdom: Their tears can be triggered by emotions. Although other species shed tears resulting from pain or irritation, we are the only creatures who cry in response to our

feelings. A survey among veterinarians, zookeepers and other professionals who work with animals yielded no evidence of emotional tears in any other animal species.

Some people cry during commercials. Others may only tear up for very sad or happy moments. What is the reason behind these tears? Why are some people criers? And why do others never cry at all?

Darwin, whose scientific ideas were revolutionary, viewed the human propensity to sob as 'purposeless.' Centuries before him, there were numerous odd speculations regarding the mystery of tears. In fact, as early as 1500 BCE, people

thought that tears originated in the heart. The Old Testament describes tears as the by-product of weakening of the heart, which eventually turns into water.

In the 1600s a prevailing theory was that love and other intense emotions heated the heart, which generated water vapor to cool itself down. The vapor would rise to the head, condensing near the eyes and emerge as tears.

Finally, in 1662, a Danish scientist named Niels Stensen discovered that the lacrimal gland was the source of our tears. He hypothesized that tears were simply nature's way of keeping our eyes moist. Theories of why humans weep abound. Perhaps the most outlandish one posited that crying removes toxins from the blood that build up during times of stress.

Fast forward to current times, when it was discovered that there are three different types of tears. Each has a specific purpose and flows from our tear ducts for a different reason.

Basal tears coat our eyes all day, enhancing vision and focus and helping to keep debris out of our eyes. They also transport oxygen and nutrients to the surface of our eyes. These tears contain water, mucus and oils for lubrication. They also contain antibodies to help combat infection.

Irritant tears gush out of the glands under the eyebrow in response to peeling an onion, vomiting or getting debris in the eye. These tears flush out irritants to protect our eyes.

The third type arises in response to strong emotions. These tears are triggered by a range of feelings such as sadness, happiness, empathy, compassion, physical pain and moral and sentimental emotions. These tears also contain stress hormones and other types of natural painkillers.

Evidence is accumulating that emotional tears differ chemically from those shed during onion-peeling. In addition to lipids, metabolic products and electrolytes, emotional tears contain more protein.

It has been suggested that the higher protein content makes emotional tears more viscous, causing them to stick more strongly to the skin and run down the face more slowly. This, in turn, makes them more likely to be seen by others.

Tears show others that we are vulnerable. In fact, the same areas of the brain are activated by seeing someone emotionally aroused as being emotionally aroused oneself, according to neuroscientist Michael Trimble.

What is the evolutionary advantage to humans of emotionally triggered crying? Many scientists have struggled with this question and a variety of ideas have emerged. The most accepted notion is that tears might be a form of social signaling, a sort of white flag to caregivers or the community of vulnerability. Crying may well have helped early human settlements thrive in cohesive communities.

During evolution, seemingly mundane changes such as our thumb and tears ultimately had major effects on our development as a species. Tears may have played a role in

making humans an ultrasocial species, with unique empathic and moral capacities that include caregiving for the sick and disabled.

Even 3,000 years ago, observers of human nature noticed strikingly similar features between laughter and crying. Homer's "Odyssey" describes a room full of villains laughing uncontrollably at a joke with their eyes streaming with tears. The poet uses this moment to foreshadow their ultimate weeping when Odysseus kills them all.

New research has documented that, in contrast to mere distress, tears seem to elicit compassion in other people. When test subjects were shown two photographs of the same crying person—one with the tears digitally removed—they were more likely to report feeling more connection to the person with tears.

Extensive research on more than 5,000 criers in 37 countries has resulted in several interesting findings. For example, the reason for crying changes with age, although feelings of loss/separation as well as empathy remain constant over the lifespan. Whereas crying is seen in other animals, only in humans does the capacity to cry persist into adulthood.

There are significant differences between crying patterns based on gender. Although male and female infants show no significant difference in crying frequency, sex differences in crying behavior emerge in late childhood.

Women cry two to five times a month, whereas adult men cry one time every two months. The most common tear triggers for both men and women include tragic events, funerals, breakups and sad movies/TV shows. Interestingly, among the five top triggers, only men report laughing as a cause of shedding tears.

The reason for gender differences in the frequency of crying is not known. It is generally believed that acculturation is the main cause. However, anecdotal evidence from persons undergoing gender transition suggests a possible hormonal contribution. After undergoing testosterone therapy, a male trans found that he cried less frequently. Conversely, one person who transitioned to female reported "feeling the world more intensely."

Music often makes people get a lump in their throat, form tears in their eyes or actually cry. Recent work suggests two forms of aesthetic crying: an awe-inspired, positive kind and a distressed, sad kind. Awe experiences more often involved religious or classical music that was complex and beautiful.

It is still unclear as to whether crying is cathartic. Certainly, sobbing can serve as a psychological tonic for some. But many researchers believe that this effect actually comes from the comforting by others rather than the actual act of crying.

Crying can certainly be misused. Several high-profile examples come to mind. Kyle Rittenhouse cried hysterically on

(Continued on next page)

(Continued from previous page)

the witness stand to avoid responsibility for his 2020 killing of protesters in Kenosha, Wisconsin. And Saturday Night Live mocked Brett Kavanaugh's tearful testimony during his Supreme Court confirmation hearings. Finally, Amy Cooper cried on cue during her Central Park call to the police accusing an innocent black man of threatening her life.

**Tears seem to
elicit compassion in
other people.**

Actors are experts in producing tears on command. Some of their techniques include using menthol fumes, fake yawning, petroleum jelly combined with eye drops, heavy breathing and mimicking the facial expressions associated with crying.

Some non-criers have a desire to become more tearful. Although tears can be produced on command, most experts recommend not focusing on the crying, but rather on emotions. Indeed, a method used by both actors and non-criers who are trying to learn how to cry is to picture a difficult goodbye: Think of someone in your life that it would be emotionally difficult to say goodbye to and imagine saying that goodbye to them.

Most of the current research on the neurobiology of human crying has focused on tearful crying. But emotional crying is far more complex and includes certain behaviors such as vocalization and involvement of facial musculature, as well as social behaviors.

Crying research is still in its infancy. But the mysteries of tears drive scientists to keep pursuing this fascinating area of human biology. They view crying as a magnificent sign that our bodies are hardwired to express the need for community.

As for the rest of us, it is clear that crying is an important subject for us, often on our minds — otherwise why would there be hundreds of popular songs with the word “cry” in their title? ●

*The Beatles



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Good Day Sunshine

By DOROTHY DWORKIN

It usually began shortly before daylight savings time ended and the natural outdoor light changed. Days grew shorter. I started to feel sluggish and maybe a little moodier, my emotions closer to the surface. Also, I ate more, mostly sweets, slept more, but restlessly.

I knew what was coming; it had already begun. Seasonal affective disorder, or SAD, increases as the winter months drag on. In the past, there was no name for this condition that may affect millions of people during winter. Sometimes, it even begins during the fall. It is usually over by spring and summer. More women than men are affected by SAD, and people in northern climes like the Pacific Northwest, New England and Alaska seem more prone to it.

For years I experienced the disorder that had no name. Finally, I decided to investigate. I was relieved to find I was not alone. In the late 1990s, while living in New York, I heard about a program at Columbia-Presbyterian Hospital that was experimenting with light therapy for persons who had SAD. After filling out an extensive questionnaire about my symptoms, I was invited in for an interview and medical exam.

Winter pattern SAD is not the same as “holiday blues” which sometimes come with the stresses of the holiday season. SAD, on the other hand, is related to changes in the daylight hours. One theory holds that the reduction of sunlight during the shorter winter days may affect molecules that help maintain the levels of the brain chemical serotonin, the chemical that helps regulate mood. The reduction of those levels during the winter months are possible culprits.

Circadian rhythms, the body's 24-hour internal clock

controlled by the brain, are also influenced by light and dark. Those rhythms prepare the body for changes in the environment as well as for other bodily functions. They, too, may contribute to SAD. Finally, the melatonin hormone which is related to sleep may be involved as well as vitamin D deficiency.

With all these possibilities, what to do? Antidepressant medication, psychotherapy, Vitamin D increases and light therapy are all possible treatments. I chose to try light therapy.

Exposing a person with SAD to bright lights for periods of time can make up for the lessening of natural sunlight during the winter months. Sitting in front of a very bright light of 10,000 lux, a unit of light measurement, every morning for about 20 minutes helped me minimize the condition. Making my environment sunnier and brighter was another aid as was exercising regularly and spending more time outdoors. When I could, I spent winters in more southerly climates. I enjoyed the change of scenery, and my SAD improved.

I also use what other SAD folks call happy lights within the first hour of waking up. The lights can be purchased without a prescription, but prior to that purchase. SAD should be discussed with a health care provider. I don't confuse SAD with major depression, whose symptoms may mimic that illness but are medically treated quite differently.

Even the Beatles' George Harrison knew the value of sunshine and sang about it in the 1969 album “Abbey Road.” Like Harrison, I also sing “Here Comes the Sun,” but my rendition isn't quite the same. ●





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Portland Diary

I

With low vision, every day can be frustrating and scary and yet at times amusing and delightful.

As I was walking toward Mirabella's library, I saw a jaunty gentleman holding in front of him a long, yellow, quivering leash with a white, fluffy, furry puppy at the end of the leash. The puppy was bobbing up and down against the baseboard.

I was eager to bend down and check out that little puppy who seemed so joyful and playful. As I came closer, I realized that the quivering leash was a long quivering stick with a fluffy duster at the end of it. I had to laugh and tell the gentleman that he had an adorable, playful puppy in front of him.

We both had a good laugh. I love it when I can laugh and not be scared of the ever-changing world around me. It can be a times a world of amusement and delight.

— Janet Kakishita

II

Approaching the summertime OHSU farmers market, we pass a brightly painted bus, "Serving All Abilities" lettered on its side. I pick up two lentil stews and go to the covered area set up with tables and chairs. Sitting at small tables, some of them in wheelchairs, is a group of challenged adults with caregivers. One young man rocks back and forth; another bounces gently in his chair. I eat my lentil stew listening to the guitarist

strumming softly behind us and looking out on tall sunflowers in the garden plots. "Summertime," sings the guitarist, "and the living is easy."

"This was a good outing today," a white-haired man in a wheelchair tells the caregiver at his table. "Are you feeling better, David?" another caregiver asks a young man returning to his chair. "Yeah," he says.

"One of these mornings, you're gonna wake up singing, then you'll spread your wings and you'll fly to the sky," sings the guitarist. Eating my stew, I watch the sunflowers in the garden patches. They brighten the sunshine; it is summertime.

III

Walking the Greenway, I pass a man riding a unicycle, holding a cup of take-out coffee in one hand. Fortunately, he is wearing a helmet.

IV

Walking the Greenway, I am high above the river below. I look down and see a pale shape swimming to shore. No darker bands for a bathing suit. Hah! I think, a hippie skinny-dipping. Curious, I step off the path to watch more carefully. As the pale shape moves toward the shore, a gray dog walks down to the water's edge. Then the tan-colored dog emerges from the water and hurries to join the other dog.

— II–IV, Nancy Moss



Left: Tom Schmitt pitches his bean bag while Terri Hopkins, concerned, looks on.



Right: Ron Stein grins while Don Young pitches a good one.

Photos: Robert French

THE BEST EYE DROPS COME FROM YOU

USING YOUR BLOOD TO TREAT DRY EYE DISEASE

By Dr. Mila Ioussifova, OD, FAAO



While these can be effective for people with occasional or mild dry eyes, they are usually insufficient for those with moderate or severe DED. That's because while these options help to lubricate your eyes, they do not replace what is found in natural tears: critical substances like proteins, lipids, enzymes, vitamins, and growth factors. These biochemical molecules, especially growth factors, are important in corneal (front part of the eye) cell division and wound healing.

Here is the good news: you can get these healing molecules from your blood plasma—the clear liquid of your blood.

At South Waterfront Eye Care, we have been making autologous (from the patient) serum eye drops to treat dry eye disease for years. This service is not offered by many clinics, so most patients have never heard of it, and accessibility is often limited. We have a convenient and straightforward process of drawing blood and making the drops within one hour.

Platelet Rich Plasma (PRP) is a regenerative therapy used in all areas of medicine and aesthetics. And now we are using it for the eyes! PRP eye drops provide more concentrated growth factors and therefore healing properties. We see incredible results in corneal healing, pain reduction, and vision improvement in patients who have tried and failed with many other therapies for dry eye.

Our doctors treat DED as the multifactorial disease it is, approaching it with holistic and functional medicine solutions and assessing nutrition, gut health, and overall wellness. We address the underlying causes of dry eye, such as ocular rosacea, meibomian gland (eyelid glands) dysfunction, and blepharitis (eyelid inflammation and bacterial overgrowth) with highly effective treatments such as Intense Pulsed Light (IPL), Lipiflow Thermal Pulsation, Radiofrequency, Miboflow, and BlephEx.

Although DED is common, it is still an underdiagnosed and undertreated condition. Addressing the root cause and utilizing the regenerative powers of our biologics can be critical factors in treating this disease. I love that we now have so many options to offer our patients struggling with DED, and I never get tired of hearing patients say, "I am not using lubricating drops all day long anymore; I feel like I have my life back!"



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Coming Home

By BILL YOUNG

In my early years my mother took me to a small beach for swimming
Home to the Wampanoag Indians, their land
Stolen by the Pilgrims
For a home where I could play like the fish and antelope

Home to the Wampanoag Indians, their land
Their salty sea still calls me
For a home where I could play like the fish and antelope
Where at bedtime I recited the Lord's Prayer with my mother

Their salty sea still calls me
From my bedroom window I could see and listen to Doc Mislewy's backyard parties
Where at bedtime I recited the Lord's prayer with my mother
Coming home now

From my bedroom window I could see and listen to Doc Mislewy's backyard parties
Forgive us our trespasses as we forgive those who trespass against us
Coming home now
In my early years my mother took me to a small beach for swimming



Photo: Bert Van Gorder

A Memory for Eternity

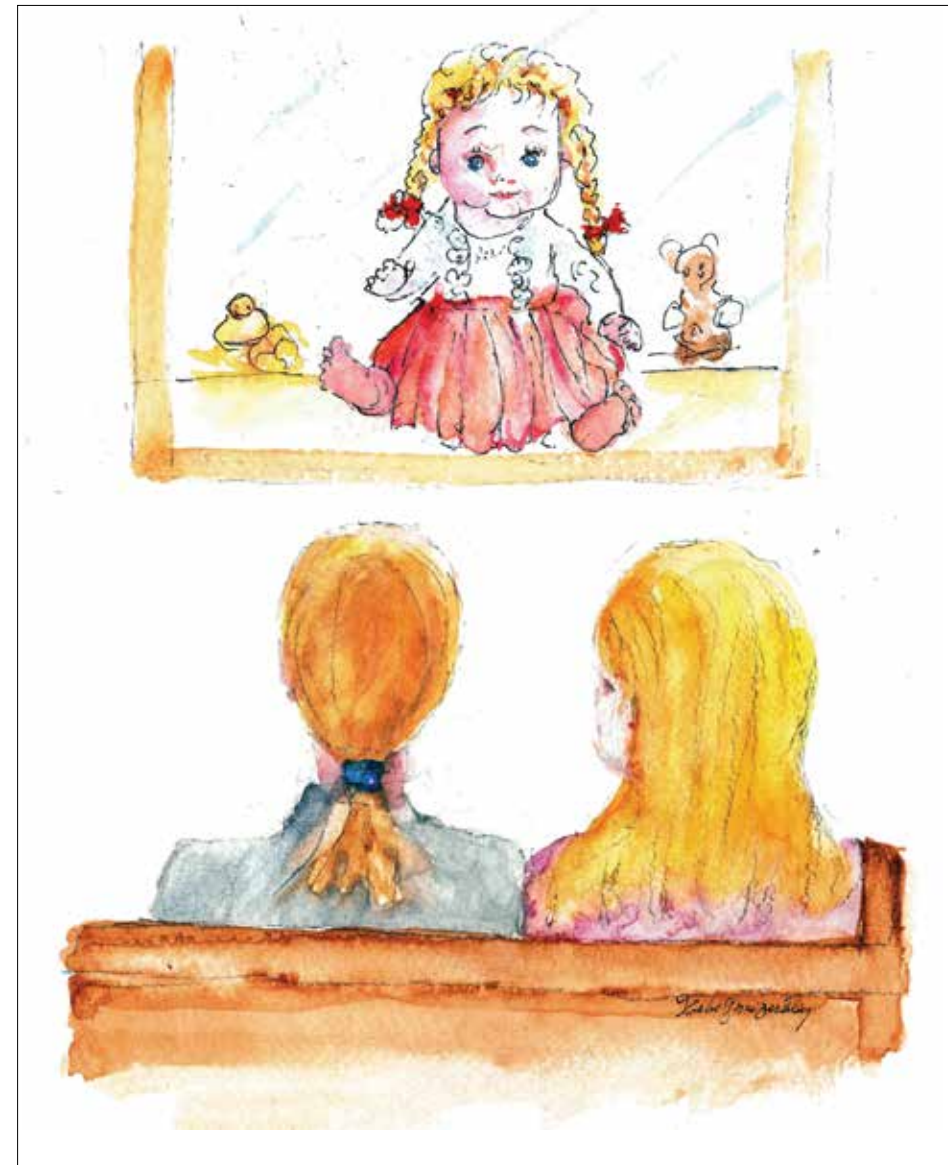
By JULIE SWENDSEN YOUNG

In the 1998 Japanese film "After Life," some recently deceased people are asked to look back at their lives and choose one memory that they want to take with them to eternity. Just one. I saw the film when it was released and soon after, I chose this memory.

I am 10. It's a snowy Saturday afternoon in December and I'm in a pew of the Lutheran church my family faithfully attends. The little church — white, wood-framed, steepled — is in town, 10 miles from our farm. I know it well, the rows of pews, the narrow chancel and old pump organ, the cozy basement (domain of the Ladies Aid) that smells of coffee.

Sunday worship services bore me, but I like Sunday School and Vacation Bible School, and more than anything I love the annual Christmas pageant. The entire Sunday School is in it, 30 or so of us cast as shepherds, angels, wisemen (who are always boys), one Mary, one Joseph and narrators with big voices. Today is our third rehearsal; Christmas is just a week away. Around me are eight or nine Meckle kids, six Murrays, a few Van Vleets, kids with no cousins, and six Swendsens, including myself and my best cousin, Lillian.

I'm wearing a heather-gray, pullover sweater that I just



Art: Hebe Greizerstein

love. It has a collar and a placket with three buttons. My jeans are flannel-lined so I hardly notice the cold of the wooden pew. One of the fathers started the coal furnace at the start of rehearsal but we won't notice any warmth for another hour. Even so, I've removed my hand-me-down winter coat because I like how I look good in my gray sweater.

Lillian and I wanted to sit together but her speaking role comes a while after mine, and we must stay in order. This I can endure, as she and I have permission to walk to the shops on Main Street after rehearsal, where we will

wonder at merchandise we covet but know is beyond our families' budgets. We did this last week also. At Hoffman's Hardware we looked longingly at a doll wearing a pleated skirt and cable knit sweater. Only to Lillian do I admit I still play with dolls. At Berg's Mercantile we examined the jigsaw puzzles, board games and paint sets. We don't bother to hope; it's enough to dream together.

But right now I wait in the center of the pew for my turn to walk to the chancel and recite a verse from Luke, or maybe it was Matthew. I'm good at memorizing and I've been told I have a good speaking voice. I'm very happy.

That is my memory for eternity. ●

