

3550





PAMELA LINDHOLM-LEVY
Editor



JOHN BRIGGS
President

Many thanks to Nancy Moss for trusting me to guest-edit this issue of 3550 Magazine. It has been heartening to work more closely with the rest of the staff and learn about the sausage-making aspects of getting 3550 into print.

June 22, 2018, the morning after moving into Mirabella Portland I am unpacking the kitchen box from our house into my Mirabella kitchen. I am in tears. Quietly kicking and screaming, I moved to this South Waterfront high-rise that could never replace my house, my garden and my neighborhood in Northeast Portland. Somehow Renee Hix learned how I was feeling that morning and sent comfort. A woman who no longer lives here came to our apartment to tell me she had felt the same and things would be better as time went on. She was a nurse and knew the right things to say, even as she knew they might not be believed.

Seven years later I'm all better, and it didn't take seven years.

Mirabella has enough going on that one can't brood for long. I could fill this column with the list, but it doesn't take a curious new resident long to feel the energy, and not just in Mirabella committees. Miss your garden? There's a community garden two blocks away. Miss your neighborhood coffee place? There are two nearby. Miss your car? Try the electric one in valet, or take the streetcar, MAX and buses close to our location. Walk the greenway as far as you wish. Listen for birdsong. Watch for soaring eagles. Enjoy the variety of neighborhood dogs from Newfies to Chihuahuas. If outdoors is daunting, indoors offers mahjong, bridge, the comprehensive library with Shakespeare to Oregon authors.

These examples haven't touched the gym, invited guest musicians and speakers, and whatever I've forgotten.

In seven years, reality tells me I'm well out of my house and garden. Digging, planting, watering, carrying pots: all too much. Calling in household help: too much anxiety. Stairs: no thanks. Cooking: goodbye. Porch pirates: no more. Making new friends: absolutely. That's the beauty of Mirabella.

The Mirabella budget for the next fiscal year is being prepared as I write. In a normal year this is not a minor task because estimating costs is not an exact science.

This year, with the uncertainty of the tariffs being imposed by the current president, estimating costs will be hard to do. In a March article, Forbes states that health care costs will increase with tariffs. The majority of health care devices (69%) are manufactured outside the United States with Mexico and China being major suppliers. Because we are a CCRC, the entire Mirabella community will be forced to absorb these costs. We are the lucky ones who can. I want to compliment the major effort by Sharon Van Eaton and the other directors on keeping our costs down and services high. Most of these efforts go unseen by residents. We complain about the nickel and dime stuff, such as whether something is a consumable for use by a specific resident or a maintenance item whose cost is shared by all. But residents don't see for the most part how diligently cost savings are looked for and the effort that goes into achieving them.

As RAMP president, I had a glimpse of one of these efforts in March. Sharon asked three residents to accompany her and Megan Huston to Salem as part of an effort led by Leading Age to testify against House Bill 3838. Leading Age is an advocacy group for 10 non-profit CCRCs and Mirabella is a member. House Bill 3838 would impose significant staffing and wage increases for health care providers. If care workers' base salaries are raised, Oregon's pay equity law requires other peripheral positions, including valets, maintenance, restaurant workers and concierge personnel, to be reviewed and made compatible. A similar bill was passed and implemented in another state. Using those states figures as a worst case, implementation in Oregon would result in an increase of about \$6,000 in yearly fees for each Mirabella resident.



Front Cover

Bella Guterrez folds napkins in the Bistro.

Photo: Robert French



Back Cover

Nevton Dunn caught a silhouetted window washer high up on the 17th floor. The drawn shades make interesting light and shadows.

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St. James Pioneer Chapel Gallery presents

Mirabella Artists May and June 2025

Photograph by Johanna King

Artists Reception May 18 - 6pm

Photo: Richard Mounts

Mirabella Artists Exhibition

Pioneer Gallery in St. James Lutheran Church is displaying the work of 13 Mirabella artists through June at 1315 SW Park Avenue, a streetcar ride away.

Skilled Nursing Remains Drag

The skilled nursing area of Mirabella's health care floor remains a financial drag, says Executive Director Sharon Van Eaton, who anticipates a shortfall between \$200,000 and \$250,000 this year. Lower support from Medicare for skilled nursing over the last few years has caused the loss. Shifting Mirabella's skilled nursing area to expanded assisted living could be a possible solution to the current financial squeeze.

Because skilled nursing is federally funded and regulated, executive orders from President Trump have also complicated the present situation. Sharon says "We are still working through" his order on DEI (Diversity, Equity, Inclusion), which impacts the health care staff here.

A bill now before the Oregon legislature, House Bill 3838, would be "detrimental" to Mirabella health care if passed, according to Sharon, who adds that it "sets standards for the home care industry." The bill would establish a board to regulate caregivers. One person testifying said the board would set "new regulatory barriers."

We are "still at the beginning of the process" of looking at Mirabella's skilled nursing, says Sharon, who anticipates a two-year horizon, which will involve working with the state of Oregon along with RAMP and with Health Services Administrator Zac Bright to see if "down licensing" the skilled nursing area to expanded assisted living is a good idea for Mirabella.

3550 will follow the process, doing its best to inform residents of issues and steps in that process.

— Nancy Moss



Photo: Ron Mendonca

Upcoming Mirabella Players Performances

At left: **Doug Kerr** demonstrates the latest thing to Bettianne Goetz and Naomi Matusow in Nancy Moss' play "The Latest Thing," part of the Mirabella Players' performance on June 3 in Willamette Hall. Other plays in the show are "The Intelligence of Mr. Fuyshull," by Michael Patrick Collins, and "He Says, She Says," by Nancy Moss.



Photo: Pamela Lindholm-Levy

Gardeners Welcome Sturdy New Beds

Community gardeners are planting brand new beds constructed over the winter by a contractor. Pete Collins, South Waterfront Community Association executive director, said that while cedar would have been ideal, it would have been too expensive. The new beds cost \$15,000 including materials, and are made of fir.

In early April gardeners spread cedar chips on the garden walkways.

Port Wine Tasting

Larry Levy shared his vintage port wine for a good cause: the employee hardship fund. The one-ounce pours raised \$1,125 over the five evenings he hung out in the Aqua Vita lounge with the 1963 vintage port he had purchased in London in 1970 for about \$15 each and carried around with moves from New York to Denver to Portland. 1963 was a grower-declared vintage year. Assistant Dining Room Manager Natalie Sigafoos decanted the original bottles, took a taste and declared the 61-year-old contents "incredible."

Chorus Plans Concert

The 28-member-strong Mirabella Chorus has scheduled a concert on May 24 at 7:45 pm in Willamette Hall. Conductor Peter Freeman will lead the group in "Another Op'nin, Another Show," by Cole Porter; the Scottish Gaelic, "Morning Has Broken," by Eleanor Farjean; "On the Sunny Side of the Street," by Jimmy McHugh and arranged by Rosana Eckert; and "The Sound of Silence," by Paul Simon.

According to Joan Smith, a singalong calling for the audience to participate depends on the accompanist.



Photo: Stanley Berman

Amitai Plays Piano and Guitar

After playing Chopin's "Raindrop Prelude" on the piano, dining room supervisor Amitai Schwartz switched to guitar and played an original heavy metal song with the pre-recorded back-up of his band. He was the subject of a March Personal Prism.

— Nancy Moss

SWF Security Studied

People talking to each other — improved communication — could improve South Waterfront security, according to Lucinda Klicker, security outreach coordinator for the South Waterfront Community Association (SWCA). Recent vandalism against neighborhood businesses, detailed in past 3550s, showcases the need for strong security.

When the SWCA was unhappy with the previous firm doing security, it tasked Klicker with heading a committee to find a new way, to “help make sense of neighborhood needs,” she says.

First step was a questionnaire sent out to residents, building managers and business owners. That questionnaire showed that a major need was communication among buildings, “not always easy for a large and complex neighborhood,” according to Klicker.

Building managers could email each other after an incident occurs; Listserv, available to building managers, can detail incidents. However, Klicker notes, Listserv is “not always updated.”

The SWCA questionnaire also showed that residents “would like patrol services,” which “puts us back to square one,” Klicker says, since the previous company providing patrols did not work well. Residents would like a patrol from 11 p.m. to 7 a.m. but finding “the pieces that were missing” from the previous patrol system remains challenging.

Mirabella has a presence in SWCA’s work: Wayne Wiswell is a resident representative on its security committee, and Megan Huston, director of resident services, and Kent Liebelt, director of facility services, have attended building committee meetings on security.

Klicker also heads SWCA’s farmers markets, which will resume in June. In that capacity she promises an ice cream vendor this summer as well as more hot food options.

— **Nancy Moss**

Green Team Steams Ahead

As part of the Energy Trust of Oregon’s program, Mirabella’s Green Team shared ways to save energy when doing laundry, such as keeping the door open between loads to avoid trapped moisture leading to mold.

The consortium of eight CCRCs is planning an open Zoom meeting to cover subjects such as climate resilience. Residents wanting information on this should contact Judy Seubert.



Photo: Robert French

Zac Bright Settles In

Zac Bright, Mirabella’s new health services administrator, has wanted a career in medicine from an early age. Having moved from Pittsburgh to Oregon as a 1-year-old child, Zac enjoys walking in the country with his wife, Egypt, and their two dogs, Albert and Apollo.

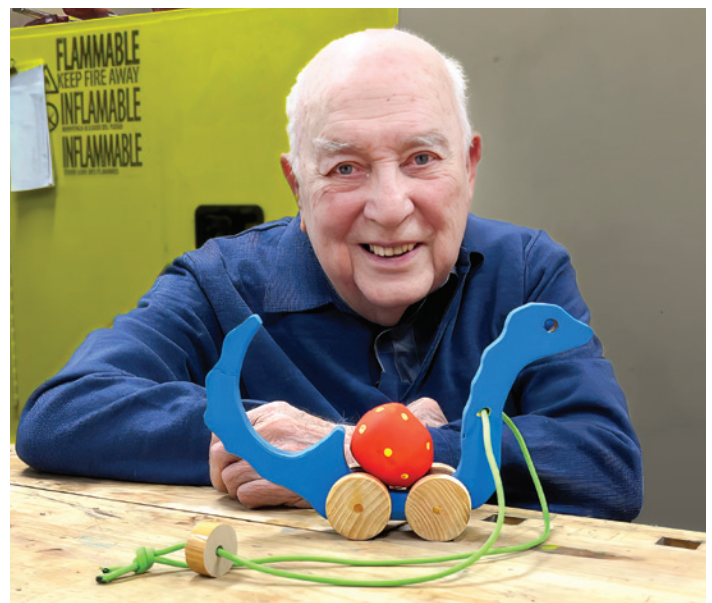


Photo: Stanley Berman

Cliff Gray with a toy dragon he made for children in the Ronald McDonald house, which recognized Cliff for his service to them.

Fly Like an Eagle

By PAMELA LINDHOLM-LEVY



Photo: Johanna King

I know he'd be a poorer man if he never saw an eagle fly," John Denver sings about himself in "Rocky Mountain High."

South Waterfront residents are not poor in eagles. A pair lives on Ross Island, at least in nesting season. This observer, who has a scope focused on their nest, has been calling them Ross and Demelza, after the protagonists in the "Poldark" books and PBS series. The nest is closer to the northern tip of the island, directly east of the east end of Mirabella. Like all eagles' nests its structure withstands the worst weather. After a pounding wind one mid-February night, it was still there.

In early January the eagle pair brought sticks for a bit of updating. Off and on after that they perched in nearby trees. Sometimes in February they were both in the nest, and sometimes not there at all. The observer hoped they hadn't abandoned it. Finally, in early March one was always in the nest, the white head visible just above the rim (not seen from street level). Ah, they must be incubating eggs. We couldn't know how many Demelza laid, but often it's three. Incubation lasts 38–39 days.

The incubating parent always appears to be on alert, warning off other raptors, ravens and crows that would steal

the eggs. An eagle's voice, however, is unexpectedly mild. In films, the less-than-fierce voice is substituted by the scream of a red-tailed hawk.

Eagle parents take turns incubating. The off-duty parent brings fish dinners to the other. A famous pair on a Facebook eagle-cam, Jackie and Shadow at Big Bear Lake in California, provide show and tell about eagle parenting. The sitting parent may be covered in snow, but the eggs keep warm under the brood-patch, a less-feathered part of the breast. Eagles have more than 7,000 waterproof feathers and a bird's body temperature, at 42 degrees C, is higher than that of mammals.

The chicks begin "pipping" the shell and cracks appear. Release from the shell may take a day or so. Jackie and Shadow's eaglets hatched in early March. Living in the southern Sierras, they are ahead of the more northerly Ross and Demelza.

Watching Ross and Demelza incubating their eggs day after day, it's easy to anthropomorphize the scene. Yes, the sitting parent is hyper-focused on potential predators, but isn't

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it pretty boring being there without, say, a book, streaming videos, a podcast, some music at least?

The ancestors of Ross, Demelza, Jackie, Shadow, and all the eagles alive today had predictable lives. They were revered by Native American tribes, a sacred bird representing the Great Spirit. Their feathers embellished clothing and head dresses, were attached to tools, braided into horses' manes and tails and used in ceremonies. The eagle-donors were not killed, but merely trapped, relieved of some of their white tail feathers (there are a dozen), and sent back out into the wild.

Colonists were suspicious of this big bird with its six-foot wingspan.

When colonists came to what became the U.S., they were suspicious of this big bird with its six-foot wingspan and fearful talons. Perhaps such fearsome things were capable of carrying off lambs or calves. Maybe even babies and little children. Research has shown, though, that the carrying capacity of a full grown eagle is 5 pounds. Nevertheless, for several hundred years farmers and stockmen persecuted eagles by shooting and trapping. Besides which, shooting any bird for sport pervaded the culture.

John Adams, Benjamin Franklin and Thomas Jefferson were named to the committee to design the great seal of the new United States of America. Like many other brilliant decisions these three gave us, they hired an artist for the task. Franklin disliked eagles' habit of stealing fish from other birds. He believed the better behaved turkey should be our national symbol: a model citizen, he wrote in a letter to his daughter. He said that the eagle is a bird of bad moral character that does not get its living honestly. Franklin lost.

In 1940 an eagle protection act was effected. Before the birds could begin to recover, another deadly hazard was visited upon them: DDT, the infamous pesticide sprayed over crops and waterways. Until Rachel Carson revealed it in "Silent Spring," this chemical was not recognized as thinning the egg shells of large birds, making them vulnerable to crushing during incubation. The Alaskan birds largely avoided DDT, but not those in the midwest and east, for whom the use of DDT was catastrophic.

Finally, in 1972, use of DDT was banned. At the same time, the Clean Water Act went into effect, especially important to this fish eating species, though they will eat small

mammals, water fowl and reptiles. This observer watched an eagle continually drive for a duck in the Willamette River. The duck ducked at each attempt, and finally the eagle ended up in the water and bobbed there for minute or two. Had it caught the duck? Perhaps it had and was drowning its catch? Can eagles swim? Yes, and they can take flight out of water.

The Steve Miller Band's hit, "Fly Like an Eagle," wanted more than John Denver did. Miller wanted to take wing himself "to the sea." Indeed, eagles are at home on the east coast from Newfoundland through Florida and the west coast from the Aleutian Islands into Baja California. Abundant fish and wintering water fowl provide a living. They are always found in the Mississippi Valley, the Great Lakes and Central Rocky Mountains and on north. Some only winter in the lower 48 and breed in Canada and Alaska.

Demelza eats a fish Ross has just brought, and he flies off again. On April 14 the attending parent is sitting higher up in the nest, as though something below cannot be sat on completely. The eaglets have hatched. Apr. 18, she appears to be sharing food with the babies. So far so good by 3550 deadline time.

After their brood fledge, Ross and Demelza may fly off separately and not see each other until next winter. Their offspring are capable of flying hundreds of miles per day, and will spend the next four years exploring. By the time they attain their white heads at age five, they'll be ready to look for a mate and settle down, maybe far from here. Eagles commonly live into their 30s, are monogamous and return to the same nest. Let's look forward to seeing Ross and Demelza flying and enriching our lives for years. ●



Photo: Johanna King



Ayurveda: An Ancient Medical Practice

By RITA BRICKMAN EFFROS

Ayurveda is one of the world's oldest medical systems and is a central part of India's traditional health care. Ayurvedic treatment is based on ancient writings that rely on a "natural" and holistic approach to physical and mental health. It combines certain products, diet, exercise and lifestyle.

No place in the world is equal to the state of Kerala in India for ayurveda. Kerala is blessed with a good climate and an abundance of natural herbs that makes it the best spot to enjoy an ayurvedic therapy session.

This writer was fortunate enough to experience an ayurvedic rejuvenation massage in the Kamarakom Lake Resort in Kerala. Through rhythmic motion four-hand massage with the application of specific medicated oils the goal is to relieve joint pain and muscle stiffness and to improve skin texture. The post-massage feeling of well-being sparked a desire to learn more about this ancient practice.

Ayurveda is based on the idea that each person has certain life forces (doshas) and everything in the universe

is connected. According to ayurveda, a person's health is based on their "dosha" — a balance of the five elements of the world known as air, earth, space, water and fire.

The ayurvedic system began in India more than 5,000 years ago. Ayurveda, meaning "science of life," has its roots in ancient Vedic culture and is primarily expressed through the Sanskrit language. The word dosha itself is a Sanskrit term that refers to the three fundamental types of energies or substances believed to be present in the body and mind.

Based on centuries of ayurvedic history, an ayurvedic practitioner can determine one's main dosha based on physical, emotional, mental and behavioral characteristics. It's believed that each person has a unique constitution, but generally falls under one of three main dosha types — vata, kapha and pitta — based on their body type, personality and sensitivities.

The vata dosha consists of mainly air and space. Those

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with this dosha are usually described as slim, energetic and creative. They are known for thinking outside the box, but can also be easily distracted. Interestingly, their mood seems to be highly dependent on the weather. They are also affected by the people around them and on the particular foods they eat.

The second dosha, kapha (pronounced "kuffa"), is based on earth and water. It can be described as steady, stable, heavy, slow, cold and soft. Spring is known as kapha season, as many parts of the world slowly exit hibernation. People with this dosha are strong, thick-boned and caring.

Kapha-dominant people rarely get upset, think before acting and go through life in a slow, deliberate manner. They are usually empathetic, happy, romantic and calm. A kapha-dominant person should focus on regular exercise, a healthy diet, maintain a warm body temperature (e.g., by sitting in a sauna or eating warm food) and establish a regular sleep routine.

The third dosha, pitta, is based on fire and water and is associated with a tenacious personality. Physically, pitta-dominant persons usually have muscular builds, are very athletic, are goal-oriented and very intelligent. However, their aggressive and competitive nature can lead to conflict. Summer is known as pitta season for its sunny, hot days. Ayurveda practitioners recommend that those with a pitta-dominant dosha focus on work-life balance and avoid extreme heat (e.g., weather, spicy food).

Ayurveda theory posits that an imbalance in one area can affect another, leading to disease. Using nutrition, lifestyle changes and natural treatments, ayurveda aims to restore balance and improve health. Most treatments include removing toxins and impurities, reducing stress and "creating more harmony and balance in life."

Historically, Ayurveda is attributed to the "physician to the gods" in Hindu mythology. Its earliest concepts, established in the second century B.C.E., included magical practices and various charms to expel the demons causing disease. The chief conditions mentioned are fever, consumption, diarrhea, edema, skin diseases and tumors.

Fast forward to 1971, when the Indian Medical Council was set up to establish standards for medical education, recognizing various forms of traditional practice, including ayurveda. The council also functions to help integrate the indigenous Indian and Western forms of medicine.

A large percentage of the Indian population uses this system exclusively or combined with modern medicine. Most ayurvedic practitioners work in rural areas, providing health care to at least 500 million people in India alone.

Ayurvedic practitioners believe that their approach is effective in treating a large spectrum of disorders including

asthma, arthritis and high blood pressure. The golden rule for treating digestive problems is to chew each bite of food 32 times, encouraging eating that is slower and mindful.

Ayurveda is becoming increasingly popular in the United States. The National Center for Complementary and Integrative Health (NCCIH, part of the National Institutes of Health, NIH) conducts and supports research and provides information about complementary health products and practices. Its mission is to define through rigorous scientific investigation the usefulness and safety of interventions such as ayurveda medicine and their role in improving health and health care.

Ayurveda aims to restore balance and improve health.

Several well-designed but rather small clinical trials and systematic research reviews suggest that ayurvedic approaches are effective. A 2013 clinical trial compared two ayurvedic formulations of plant extracts against the natural product glucosamine sulfate and the drug celecoxib in 440 people with knee osteoarthritis. All four products provided similar reductions in pain and improvements in function.

A preliminary and small NCCIH-funded 2011 pilot study with 43 people with rheumatoid arthritis found that conventional (methotrexate) and ayurvedic treatments with 40 herbal compounds were similarly effective.

A small short-term clinical trial with 89 men and women suggested that a formulation of five ayurvedic herbs may help people with type 2 diabetes. Also turmeric, an herb often used in ayurvedic preparations, may help with ulcerative colitis, based on two small studies.

Several studies are ongoing, including research on breast cancer survivors that found a positive effect of integrated ayurvedic medicine on improved quality of life. Based on these findings, a new ayurvedic intervention includes diet, lifestyle, yoga and pressure-point treatment.

Another project is investigating the mechanism by which an extract from *Butea monosperma* (BME) flowers may protect against joint destruction from osteoarthritis. (BME is widely used in ayurveda for arthritis and other inflammatory diseases in India).

In India, ayurveda is a regular medical system, practiced in the same way as standard medicine is used in the U.S. Ayurveda providers in India must go through detailed state-approved education and training before they can practice medicine.

There are very few licensed schools for ayurvedic training in the U.S. The California College of Ayurveda, founded in 1995 by Dr. Marc Halpern, is considered one of the pioneers of ayurvedic education in the West. The Kerala Academy, also in California, offers training for ayurvedic coaches, wellness counselors and actual practitioners.

Several major universities include ayurveda counseling in their practice of medicine. A lecture by Dr. Neeta Gautam at Stanford Medical School notes that “without a proper diet, medicines are of no use and with a proper diet, medicines are of no need” This admittedly exaggerated statement does serve to highlight the emphasis of ayurveda on proper nutrition.

The Johns Hopkins School of Medicine has a website dedicated to ayurveda. It summarizes the focus of ayurveda on overall health, but also mentions its use in the treatment of some diseases with such modalities as internal cleansing, special diets, massage therapy with specific oils, yoga and meditation.

The Feb. 24, 2024, issue of US News & World report summarizes an ongoing controversy among doctors regarding complementary medical approaches. Some physicians question the place of complementary approaches in medical school education, arguing that these treatments can

sometimes be dangerous. In fact, some ayurvedic medicines do contain such toxic materials as lead and mercury.

This skepticism is addressed by Judson Brewer, a professor and director of research and innovation at the Brown University Mindfulness Center in Rhode Island. He emphasizes how important it is for people to recognize that the health care landscape is evolving. “Part of that evolution includes acknowledging the role of holistic approaches to health and wellness,” he says. “From a scientific standpoint, there is growing evidence supporting the efficacy of various integrative medicine approaches.”

In recent decades, ayurveda has experienced a considerable shift in its paradigm and approaches. Ayurgenomics, a new research field, is beginning to bridge the gap between genetics and traditional ayurveda practice. It aims to elucidate inter-individual variation based on ethnic backgrounds and to explore the possible genetic basis for some of the dosha characteristics.

Both ayurveda theory and the World Health Organization emphasize that health is not simply the absence of disease. Ayurveda specifically defines a healthy person as one whose constitution, digestion, body tissues and elimination processes are balanced. But most importantly, “one whose senses, mind and self are filled with bliss.” ●



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Ross Island Park: Let's Make a Park in the River

By PAMELA LINDHOLM-LEVY



Photo: Mike Houck

Mirabella has Caruthers Park to the west. When the city has money, when decades of abuse of land and water are healed, when there is community will, when the stars align, we will have a park on the east. Our neighbor in the Willamette River, Ross Island and its sister islands, will become a Portland park unlike any other. Groups advocating for park status hope to include the 160 acre Oaks Bottom Wildlife Refuge and the Holgate Channel, both on the east side of the river, imagining the whole complex as the Forest Park on the Willamette.

Before going any further, the writer thanks Mike Houck of Urban Greenspaces Institute for most of the information in this article and for the panoramic photo of the islands.

Ross Island was larger when local Native American tribes inhabited it. It remained the same when Sherry Ross made a donation land claim on the island property in 1846 and operated a dairy farm. Other businesses moved onto the island, including a whiskey still.

Before 1926 the four islands in the Ross Island archipelago were separate: Ross, Hardtack, Toe and East, though East was built up during more recent times. Together they were once 1 ½ miles long and ¼ mile wide. Toe has been eroded to almost a splinter, and Ross and Hardtack were joined in 1926.

That was a fateful year for the islands. Ross Island Sand and Gravel (RISG) bought the islands from a private owner and brought in the Army Corps of Engineers to build a dike

across the river channel that separated Ross and Hardtack, citing the improvement in depth and flow of the western channel of the river. Bringing the two islands together created the lagoon in which RISG began and continued dredging for decades. They brought aggregate material to the surface where it was moved to Hardtack on barges, washed, crushed, sorted through screens and bagged for use as concrete base. You could say that Portland streets and sidewalks were once Ross Island.

In spite of decades of activity and noise, beaver, deer, river otter, raccoons, eagles and herons abounded. In 1979 Portland Audubon (now Bird Alliance of Oregon) lost its opposition to a renewed dredging permit for RISG, but at least won from city council a 350-foot buffer around the 55-nest heron colony, which has since abandoned that spot. At the same time the council required RISG to place markers on the inside of the lagoon to monitor erosion and to restore the lost land. But RISG was given no deadline to complete the restoration.

RISG kept dredging and digging. Historically the lagoon measured only 20 feet deep. When RISG stopped work in 2000, it was 130 feet.

In 1999 company owner Robert Pamplin Jr. announced RISG would cease work on Ross Island, and promised to donate all of Ross, and a part of Hardtack that wasn't in RISG's work zone, to the city to be a wildlife refuge. Still, at Hardtack RISG continued to process aggregate from another site. The

promised restoration dragged on, if any happened at all.

In 2000, citing the EPA's listing of Chinook salmon and steelhead trout as endangered species, RISG stopped dredging in the lagoon and moved this work to the Columbia River. Hardtack was still the processing site. In the early 2000s RISG's application for a renewed permit provided an opportunity for the state and advisory committees to review again the stipulations and status of the 1979 permit agreement, the one that had no established timeline for reclamation and therefore no teeth. An end date was established now, 2013, and RISG's promise to donate Ross Island and part of Hardtack was negotiated by Urban Greenspaces Institute, Bird Alliance of Oregon (formerly Portland Audubon) and Willamette Riverkeepers.

In 2001 Pamplin said he would deed Ross Island to the city, but neither Pamplin nor the city could agree on who should be required to clean it up, meaning nothing moved forward.

Months later, The Oregonian called Ross Island a "ghost of an island" and a "broken loop of sand." In the subsequent 25 years, work and oversight has dragged on, and the timeline has been extended about 10 years.

RISG was to shore up the east side of Ross Island, where the banks had been eroding and threatening 118 acres of upland forest. Columbia River dredge material would have been one source of fill.

Upland forest is what Mirabella residents see from their windows or walking beside the river. From an east-facing vantage point in our building, it's clear that some of the upland area is only a few hundred yards wide. With few exceptions the trees are cottonwoods and the shoreline is gravel. Boaters sometimes haul out on the banks and walk, gazing downward, searching for, one imagines, special

rocks: agates, colored or patterned stones, flat ones to paint, shapes for garden art.

Certain reclamation efforts must consider that on the bottom of the lagoon, RISG created dredged spaces called confined aquatic disposal (cad) cells in which contaminated material was placed and covered. Reclamation plans included filling the north and south banks of the lagoon to make favorable shallow habitat for young salmon and native aquatic plants. RISG was doing this slowly, when fill-material became available, and it was not required to use clean fill. In 1997 The Oregonian published an article titled "Urban Island Refuge Turned into Toxic Dump." RISG had been using dredge material from Portland harbor (a Superfund site) to fill in the south end of the lagoon. Another infill effort disturbed one of the cads. The governor requested an investigation.

Until 2015 the northern tip of Ross Island was owned by the Port of Portland. Bought from the county in 1947, the landmass was listed as 4.73 acres. Erosion by the river has reduced it to 2.19. The Port donated it to the city. This is the land we see from Mirabella. As of 2017 RISG has been planting new trees and removing invasive plants from the upland forest.

While restoration of the Ross Island archipelago awaits completion, Oregon State University is studying a potential flushing channel that would move stagnant lagoon water and quell algae and cyanobacteria blooms, which each summer send drifting toxins downstream to swimmers and boaters.

Groups invested in Ross Island's conversion to a park, such as the three mentioned above, as well as Human Access Project and the City Club of Portland will continue to look for funding and push the city to create the new and unique park, an effort South Waterfront citizens, especially, can support as well. ●

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Photographer, entrepreneur and fermentation expert, Mirabella's lead valet Luke Files actually is not all about cars. In fact, he didn't even own a car the first eight years he lived in Portland, preferring to bike around town.

Staff Profile:

Luke Files Pushing Out of His Comfort Zone

By MARLENA FIOL

A little over two years ago, his friend Wyatt Gumz in Renovations told him Mirabella was a good place to work, so Luke applied and got a job in transportation services. "It's what was open," Luke says. "I would have chosen maintenance. People in maintenance can walk around and see the impact of their work on our building. In transportation, we can't really see the results of our work," he says but then quickly adds, "other than making people happy, of course."

Luke did not have a legitimate birth certificate recognized by the federal government until last year. California gave him an abstract birth certificate (legitimate at the time), so he had to get his mom to visit a notary to affirm that she had birthed him. He grew up in San Diego, the oldest of three boys. It's not surprising, therefore, that his childhood days were filled with surfing, skateboarding and lifeguarding. But his youth was not all fun and games. Luke's dad was a youth pastor. "We lived in a parsonage," he explains. "We were always in church. Sunday services, Monday night home fellowship and youth groups several times a week..."

About 10 years ago — when Luke was just 18 — he left San Diego and moved to Portland. "I didn't know anybody here. I just wanted to get out of San Diego and try something new, to push myself out of my comfort zone."

He loves it here.

Luke's passion is learning, so he continually pushes himself beyond his comfort zone. He's a few years away from getting a business degree with a minor in computer science from PSU. After working at a camera store (Shutterbug) for six years developing film and selling cameras, he decided to start his own online film camera shop. In a world of digital photography, Luke buys old analog film cameras, fixes them and sells them. He has a collection of over 200 film cameras.

Sometimes he goes to flea markets to swap out photographic equipment with other enthusiasts.

When asked why he likes old analog cameras, Luke doesn't hesitate. "I love the delayed gratification that film brings. I sometimes forget what I shot on the film or who the person was in a photo until I develop it. It's fun to get that physical print and remember a forgotten moment or person."

Luke's face lights up when he talks about another passion: fermenting things. He makes his own kimchi. And he loves fermenting french fries.

Although Luke is an entrepreneurial self-starter and seems to have pulled himself up with his own bootstraps, he credits his father for inspiring him to live life to the fullest. His dad was born with spina bifida, a birth defect of the spine, which left him with no muscles in his legs. "He figured out how to walk with crutches and never allowed his physical handicap to get in the way of the life he wanted to live. He taught me to never let life get the best of you and to never take anything for granted," he says.

"I really enjoy working at Mirabella," Luke says. "Friendly residents make my job easier, and I love my schedule, getting to leave at 3 p.m.."

Luke makes his own kimchi. And he loves fermenting french fries.

And that gorgeous photograph on the back cover of the March 2025 issue of 3550 Magazine? Luke explains that he was on a road trip by himself during Covid, driving from San Diego to Portland, pulling off whenever he saw something to photograph. Near Gold Beach, Oregon, he stopped to sleep in his hammock next to the beach. He woke up to the sunlight playing on the waves, which he captured on film before moving on. "I sell my prints in coffee shops around town," Luke says. "That is my most popular and requested print. It sells five times more than any of my others."

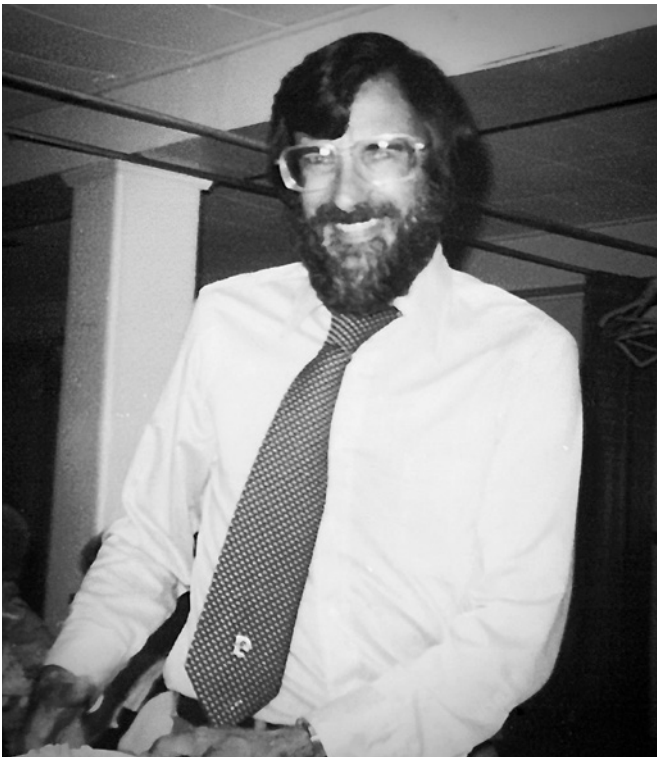
Luke lives with his girlfriend, Ally, and their black yorkie-poo named Bowie, after David Bowie. Despite his openness to new experiences, he refuses to try deviled eggs, and he swore off football when the Chargers left San Diego.

Asked where he'll be and what he'll be doing in 2035 if he's living his ideal life, Luke says with a smile, "I'll be a homeowner, married, with kids." And undoubtedly, learning something new and pushing himself beyond his comfort zone. ●



Photo: Ron Mendonca

Luke Files



Ed, the bearded professor.



The Ed we knew.

Remembering Ed Parker

By STEVE CASEY

I am a 92-year-old competitive dragon-boat paddler living with my partner Anne Clark, 81, in a retirement community with a view of the Willamette River in Portland, Oregon."

So did Mirabella's Ed Parker introduce himself last year to readers of Dynamic Aging 4 Life magazine, writing about his life of active outdoor adventures even as a nonagenarian. Ed died in his Mirabella home Feb. 8. He was 93.

For years, Ed was indeed a committed dragon boat paddler, competing alongside Anne for the Golden Dragons team. But his colleagues, family and Mirabella friends saw so many more dimensions.

Born in remote northern Canada, the man who would become a journalist, Stanford professor, author, entrepreneur and pioneer in development of the internet spent his early childhood without running water, electricity or radio. Ed was raised, he wrote in an uncompleted autobiography, in a "culture that taught that our most important goal should be to help those who are not as fortunate as we were. I retained that Christian ethic after I lost my faith in most of the other religious beliefs I grew up with."

That ethic shaped his varied career.

For his LinkedIn profile, Ed wrote that "I have had a

lifetime of being a social entrepreneur." He listed his four proudest accomplishments:

- Contributions to the early development of the internet.
- Bringing satellite communications to rural Alaska.
- In the 1980s, founding a company providing data networking via satellite to the most rural locations in the U.S. and then the world. It became the first U.S. company to sell data networks to India and China.
- Starting the Oregon Health Network.

He modestly omitted what was perhaps his career-crowning achievement: writer, deputy editor and co-editor of your prestigious 3550 Magazine.

Jobs as varied as assistant embalmer while in high school and committing journalism for Canadian newspapers accompanied a degree in philosophy from the University of British Columbia and both master's and a doctorate from Stanford, where for 17 years he was a communications professor.

Those who knew him at Mirabella knew Ed Parker as a true and treasured friend.

"Ed was my Mirabella first friend," remembers Larry Levy, who played bridge with Ed, a silver life master in the American Contract Bridge League. Larry, himself a life

master, found a friendship that wasn't just a house of cards.

"We came from very different backgrounds but tended to see issues through the same set of glasses," he recalls. "Over roughly the same period that I lost my daughter, he lost his sight and I felt that we shared those losses, understanding each other's needs. I like to think we made each other better."

Serving as president of the Residents' Association of Mirabella Portland and on the board of both Mirabella Portland and the Mirabella Foundation, to say nothing of his clearly reasoned 3550 articles, Ed made Mirabella better as well.

He arrived with his wife, Fran Spigai, herself a computer services pioneer and entrepreneur. The couple became friends with Chris and Anne Clark, who were planning their own Mirabella move. With Chris' death in early 2012, Anne moved in alone.

Ed became Fran's full-time caregiver as Alzheimer's did its worst and Anne visited her, giving Ed respite and the time to play bridge. Ultimately, a friendship turned to love, Fran passed away, and Ed and Anne completed 10 years as partners on the night he died.

"When I fell in love with Ed, all I knew was that he was the kindest person I had ever met," Anne wrote for the April newsletter of Golden Dragons. "He will be forever guiding me and paddling with me through life.

"We were so happy."

"One of the things that always struck me about Ed was the unwavering love and devotion he showed to his beloved wife, Fran," Mirabella's executive director Sharon Van Eaton told 3550.

"Then, his connection with Anne. The love they shared was nothing short of extraordinary. Their bond was one of true partnership, built on a foundation of care, respect and a depth of connection that many can only hope for in a lifetime.

"Ed, I will miss you more than words can express," Sharon said. "You have left an indelible mark on my heart. Thank you

for choosing Mirabella and for showing me the beauty of living your final chapter with such grace and purpose."

Until his eyesight failed, Ed was a stalwart on the 3550 staff, producing award-winning articles of depth and importance and sharing his wisdom with writers.

**"When I fell in love with Ed,
all I knew was that he was
the kindest person I had
ever met." Anne Clark**

Editor Nancy Moss, who served as co-editor with Ed, says he was exacting and "was proud of 3550," overcoming obstacles to help the magazine. "When his eyesight began to fail," she recalls, "he used larger fonts as well as a magnifying glass" to get stories written and edited.

He had another talent, she slyly notes: "He charmed one person after another into handling our advertising, which kept us alive."

An indulgent personal note: Edwin Parker was a man I am proud to have known as a colleague in this magazine dodge and as a confidante and friend. He was a living example of strength, humility, tolerance, good humor and clear thinking. That example lives on.

Ed is survived by his partner, Anne; his sister, Ruth, of British Columbia; his daughter, Karen, of France; his son, David, of Missouri, and two grandchildren. ●

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The Cherry Tree

By LAUREN SICKLES

I wrote the first paragraph one morning in early April. I was reeling with some personal grief and noticed the cherries in the early morning.

I noticed the cherries today,
growing on my favorite tree outside my bedroom window.
Some were big, ripe, and red,
others still small, their color pale —
yet each one held the promise of sweetness.

The longer I searched its branches,
the more cherries I found,
clusters hidden beneath green leaves,
ripening in quiet patience.
They had been there all along,
growing, changing, waiting —
though I had not thought to look.

How many seasons had passed,
with this tree offering its gifts,
while my eyes were elsewhere?
And yet, it did not mind my absence,
nor did it wait for my attention
to bear fruit.

I wonder what else has been growing,
unseen, unnoticed,
waiting for the day I finally
decide to see.

I wonder what else has been waiting,
patient and persistent,
just beyond my awareness.
What beauty, what abundance,
what quiet miracles exist
even when I am not looking?



Photo: Johanna King

Protesters Throng Caruthers Park

On April 19, about 200 protesters filled Caruthers Park, with signs displaying a variety of causes. As befitting Earth Week, most dealt with climate: "Cut Emissions," "Climate Emergency," "Defend Tribal Lands." Some branched out: "Stop ICE," "Deport Elon," "Immigrant Justice," "No Kings." A few people had "Scientist Rebellion" in neat letters on the back of their white coats. A small group of the protest organizers wore orange vests. There were a few costumes, a woman with a mask and headdress of a worm and the sign "Earthworms against Fossil Fuels."

After a broadcast of hip-hop music with political messages, the program began with an announcement that there would be a march after the speeches, which started with recognition of Indigenous People, who urged others to "take care of the Earth like it's your relative."

The demonstration was one of a number across the country planned for Earth Week.

— Nancy Moss

The South Caucasus

By FLORA AND JIM LEE

We took advanced courses in history, culture and geo-politics by going on a vacation. It was a 3-week trip to The South Caucasus: Azerbaijan, Armenia and Georgia. The histories of these countries date back thousands of years, and their location makes for a fluid and unpredictable future.

So where are they? They sit at the crossroads of Europe and Asia, between the oil-rich Caspian Sea to the east, and the Black Sea and Europe to the west. They are tiny — their combined population is 5% of the U.S., with only 2% of the

landmass — and their cultures are unique.

It is remarkable that these countries exist at all. The region has a long history of invaders drawn by trade along the Silk Road, and then they were all part of the Russian Empire and the Soviet Union. Most recently, “influencers” are multi-national investors in oil. And yet, the three countries have endured — with different languages and religions, different arts and crafts, and different enemies, frenemies and allies.

The following pages share a glimpse of who they are today, and perspectives on their futures. ●



The Greater Caucasus mountain range spans the northern borders of Georgia and Azerbaijan, with Russia on the other side.

AZERBAIJAN stands apart. It is 97% Muslim and the language is Azerbaijani. Its land borders are closed to all its neighbors and in 2020, the country fought with Armenia, winning territory. Oil-rich, its authoritarian leadership seeks to impress the world.

Baku, its capital, has remarkable contemporary architecture and has hosted high profile events like the U.N. Climate Change Conference.



Further inland, much of Azerbaijan is mountainous and more rustic. Heritage crafts include metalsmithing, the 15th century craft of shebeke (stained glass with hand carved wood framing), and homemade foods like dried fruit leathers.



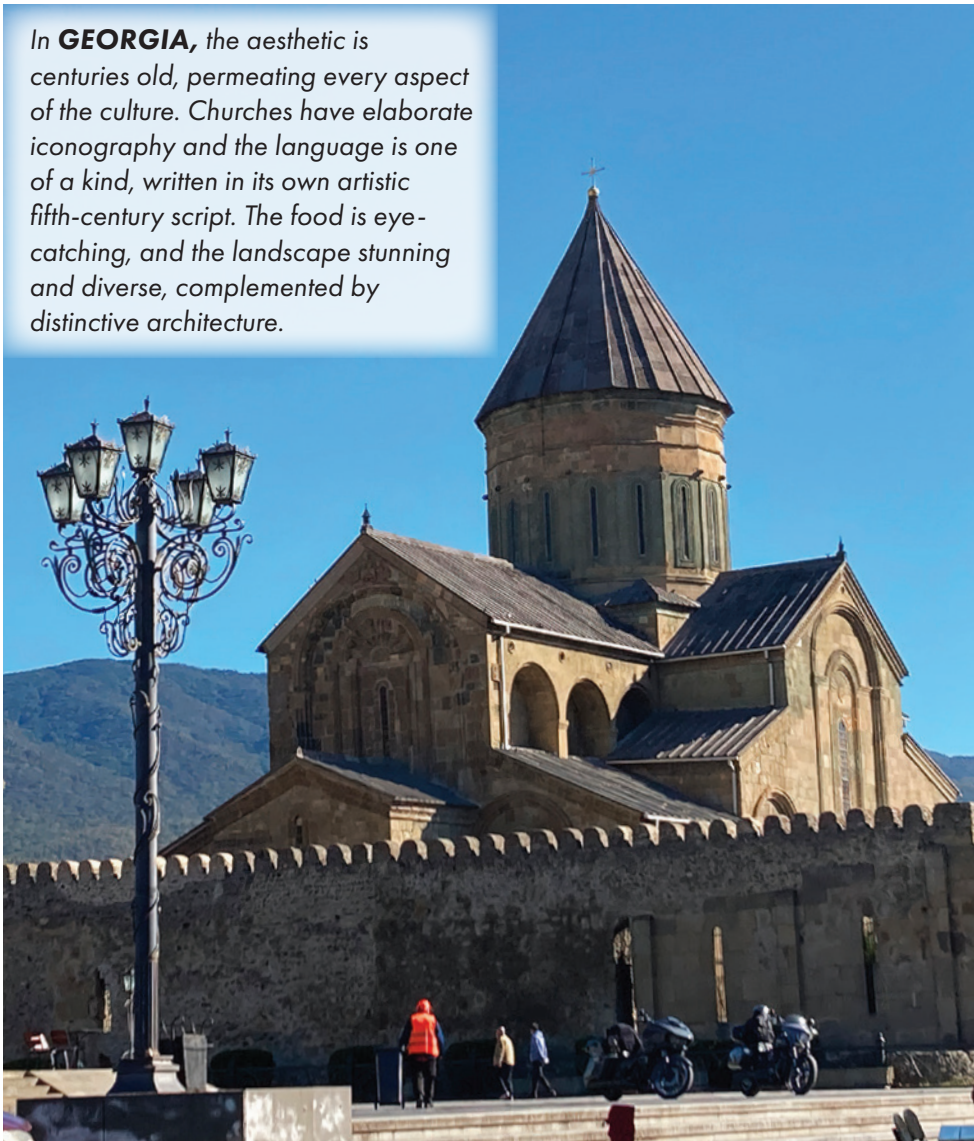
Of the 3 countries of this region, Azerbaijan is the most likely to be stable into the future, given its dictatorial but consistent leadership and lucrative economy. It may also continue to threaten Armenia.

ARMENIA also has its own religion and language. Many of the important sites reflect the generosity of the Armenian diaspora, with more Armenians outside the country than in. Perhaps that is why the country seemed melancholic and wistful. We felt it in the music, the landmarks, the palette of the land.

The local economy is limited and leadership inconsistent, with long time enemies as neighbors. The wild card is the faith of the people. It is how the Armenian culture has been sustained through so much turmoil, across such a large diaspora. They say, "It is all we have."



In **GEORGIA**, the aesthetic is centuries old, permeating every aspect of the culture. Churches have elaborate iconography and the language is one of a kind, written in its own artistic fifth-century script. The food is eye-catching, and the landscape stunning and diverse, complemented by distinctive architecture.





A sidewalk menu (!) in Georgia's unique fifth century-script.



"Churchkela," walnuts strung and dipped in fruit syrup.



Georgia is strong economically, but its future is the hardest to predict, with leadership under pressure. It leans West , but an increasingly aggressive Russia is at the back door and the people are very divided about the best way forward.

It was an exceptional trip, providing us with new perspectives on world realities. And if you liked these photos we have 4,000+ more to share.

Healing at Home

By NANCY MOSS

After two years of not feeling well, you are told, following a CT scan, to get to an emergency room, ASAP. You find OHSU's ER to be noisy, crowded with equipment, medical technicians, doctors and nurses rushing around and patients on gurneys. People talk in overlapping conversations, buzzers go off, machines beep. From there you are moved to a large room called an auditorium, again crowded, with 10 patients of various levels of illness lying on gurneys, plus more medical personnel hurrying around, more machines. No eating or drinking, except for a little water; it might affect a hospital procedure.

Having experienced all the above for four days, Mirabella resident Mary Ann Enright appreciated her move to OHSU's new program, Hospital at Home. "It is a wonderful resource," Mary Ann says. Staying in her apartment, she would receive the treatment she'd get in a hospital. "Any equipment she needed would be delivered right away," an OHSU handout promised.

Although she was home, Mary Ann was still considered to be in the hospital.

A monitor in her apartment connected Mary Ann to OHSU, enabling her to communicate with nurses and technicians there. A hospitalist, a doctor in general internal medicine, saw to her care. She avoided a stay here in skilled nursing.

Joe Kane, chair of Mirabella's health committee, suggests that "A developing program like Hospital at Home is getting more attention at OHSU than the ER or hospital," adding that the push to have health care at home is part of a national trend.

Back on her own, Mary Ann has a PICC line, an intravenous catheter, through which she self-administers the strong antibiotics her finally diagnosed staph infection requires. "I'd never done this before," she says of the process; chats with her daughter on Face Time make it easier.

Research shows that patients treated at home heal faster, Mary Ann says. "The antibiotics are working. I feel better every day."

Hospital at Home is an OHSU program. Some systems such as Kaiser provide in-home health care; most do not offer Hospital at Home. ●



While many Mirabella residents arrived in their adopted state from other parts of the country, Sylvia and Jim are home grown with a slight exception.

Resident Profile:

Sylvia and Jim McGill Native Son and Daughter

By DOROTHY DWORKIN

Sylvia was born in Hawaii during the start of World War II. After the bombing, her parents, both teachers of first-generation Japanese children in Honolulu, sailed with their baby daughter on the first ship out and settled first in Iowa, then Medford, Oregon. In 1946, they relocated to Monmouth, a small college town where her dad was on the faculty of what is today Western Oregon University. Monmouth was established in 1853 by pioneers and is known for its Oregon jamboree.

"My high school graduation class had fewer than one hundred students," Sylvia recalls.

Jim's family goes back six generations to covered wagon days. In the late 1840s, they came to Buena Vista, Oregon, a community in Polk county situated along the Willamette River. Family legend says they made clay pipes and sent them downriver for use in sewers.

Jim grew up in Stayton as a small town boy, the oldest of three children. The family business was farming and lumber. During the war, his parents moved to Portland, where his father worked in shipbuilding until he was drafted. Jim was born in Emanuel Hospital in Portland.

After his father was discharged from service, the family returned to Stayton, where Jim attended elementary and high school. As was often the case in those days, his mom didn't work outside their home until Jim and his two siblings were in school.

"Life in a small town was idyllic, lots of friends, no locked doors, school sports teams and a home that emphasized education," he says.

Jim recalls reading the World Book encyclopedias in his early years and being curious and fascinated by distant places described in the books. He participated in student government and once served as president of the student council. At age 16, to save money for college, he worked at the local cannery.

"I joined the Teamsters union to get hired and still have my union card," he says.

"It was the 1940s and '50s, and there was little diversity in my small town. The only differences, or so it seemed to me, was regarding religion." Jim attended a church youth group at a district meeting in a nearby town, and a 15-year-old girl sat at an entry desk registering the attendees. She caught his eye. Enter Sylvia Postl, a student from Monmouth. That's where their story begins.

In 1961, Jim entered Oregon State University with a concentration in mathematics, a subject in which he excelled. At the end of his sophomore year, with signed permission from his parents, the 20-year-old and his bride were married. Sylvia attended OSU for two years but took a leave to follow Jim to Stanford for graduate work in applied mathematics. While at Stanford, he earned a doctorate in operations research.

"In the mid to late 1960s, the government was looking for people in math and science to compete with Russia in the space program," he recalls. "My credentials earned me an internship at the Institute for Defense in Washington, D.C., which was linked to the Pentagon."

With signed permission from his parents, the 20-year-old and his bride were married.

While Jim's career opportunities took him around the country, Sylvia interrupted her schooling to follow. Despite two years of college, she remained a homemaker, caring for the growing family which now included two sons and a daughter. When the children were older, Sylvia was ready to complete her B.A., first part-time, then as a full-time student in interdisciplinary studies at Marylhurst College. She earned her teaching certificate and library certificate at PSU while working as a library assistant in elementary schools. When the family returned to live in Portland, she became a full-time librarian at Duniway Elementary School.

The young couple moved around the country while Jim served numerous not-for-profit organizations and boards. His various career moves led the family to reside in several states for varying periods of time: Missouri, Illinois, Maryland, Rhode Island, New York, and finally back to Oregon.

While Jim was employed as senior vice president of finance and administration at Johns Hopkins University in

(Continued on page 28)



Photo: Johanna King

Sylvia and Jim McGill

(Continued from page 26)

Baltimore, Sylvia was busy following her own career path in education and library science.

In Baltimore, she was employed as a school librarian. In the course of her work in the elementary schools, she realized that the African-American community was not well represented in the elementary school system despite having a large presence in the schools. Through Jim's work at Johns Hopkins, she learned there was a population of older community residents who were available to help and wanted to be of service in the classrooms, especially assisting the teachers. "They were mostly women who had been identified by the geriatric department at Johns Hopkins and were also involved in local churches," she remembers. "Many of them had never had the opportunity for higher education, mostly due to economic reasons. The program enabled these volunteers to achieve their long-held dreams of teaching."

With funding from AmeriCorps, Sylvia and her team founded Experience Corps for the Baltimore inner-city schools. The city provided funds to train older individuals as reading tutors for kindergarten through grades three to four.

Participants were paid to go into the classrooms for 15 hours per week to work with students and assist the teachers.

Much of the fundraising and administration was handled by Sylvia from 1998 until she retired shortly before returning to Oregon. The program was implemented at various locations across the nation and may have served as a model for other urban schools throughout the country.

When the couple was thinking about retirement, they looked for an active community, well located to take advantage of the Portland downtown offerings and where they could find residents who were community focused. Since Sylvia's parents had resided in an independent retirement community in Salem for many years, Sylvia and Jim knew what they were interested in, and after much research and visitations, they chose Mirabella.

For Sylvia, one of the important priorities in choosing where to live was that it have a good library. Mirabella addressed that concern, but Sylvia proposed some further initiatives to enhance the library's availability, safety and accessibility, especially for residents who seldom leave their homes. She used her administrative skills and expertise to introduce new ideas to the existing library, which was initially established in 2010 by volunteers with books donated by residents.

The library had no budget at that time and was started with a collection of approximately 2,500 books, half of which were fiction and half non-fiction. It has grown to approximately 5,500 books, according to the Tiny Cat catalogue, and is a showcase for current and future Mirabella residents. It is not unusual for visitors to ask, "Is this a branch of the Multnomah County Library?"

Jim was also looking for a place where he could "remain vigorous" and get involved in the community. With his expertise and experience in membership, higher education and non-profit organizations, he was quickly asked to join the RAMP board. He first served as vice-president, then president, and subsequently past president. When his various roles on RAMP concluded, Jim was appointed to the board of PRS (Pacific Retirement Services) on which he serves as a resident director.

The McGills have had a busy retirement but still make time for visiting their family, which now includes five grandchildren. Their sons live in different parts of the country, while their daughter's family resides in Beaverton. Their Oregon granddaughter is about to graduate from high school.

Both the McGills enjoy travel and ethnic foods, especially Ethiopian and Burmese. Sylvia is an avid reader, and Jim is a puzzle solver: jigsaws and crosswords.

After growing up in Oregon and leaving after college, the McGills lived in six different states before returning home to retire in Oregon. The couple has come full circle and Mirabella residents are so glad Sylvia and Jim are back where their early childhoods began. ●

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Bubbles Clowns Around

By NANCY MOSS

Bubbles the Clown — aka Rosie Batcheller — gets off the Terrace elevator at the lobby of the health care floor, where five or six residents, along with staff, have assembled.

"Who's having a birthday?" she cries, spraying the air with tiny bubbles from a fish-shaped blue plastic gun. The parrot puppet in her other hand may call out, "Let's have a song!"

Bubbles does not sing. But Social Services Director Jodi Childs and Activities Coordinator Bob Borowiecki lead the assembly in "Happy Birthday to You."

Next, Bubbles may bring out two toy frogs, whose orange tongues shoot out when the frogs are squeezed, startling the unsuspecting into laughter. Or her newest pet, a sloth that fits into the curve of her arm. "Sloths move verrry slowly," Rosie says, oozing across the room in slow motion.

"I go with the flow," Rosie says. "Every time is different." To an audience dealing with serious physical and cognitive limitations, she offers silliness. In addition to group presentations, she works one-on-one with health care floor residents,



Photo: Richard Mounts

eliciting smiles of delight. "I'll do anything," she says.

Since 2012 Rosie and her husband Kim have volunteered on Mirabella's health care floor, mostly in memory care. Rosie has embellished the character of Bubbles, which she invented in the 1980s in Saipan as a fundraising tool, with a colorful costume: a multi-colored wig, a bright, embroidered apron purchased in Mexico and complex make-up involving stickers. The first time she put the costume on, Rosie says, "I felt different."

Medical clowning is gentler than traditional clowning: no custard pies in the face. Practitioners may go to Clown University, established in 1959,

or, like Rosie, pick up new routines and develop them as they go along. "I'm always thinking of creative things to do," Rosie says.

Residents encountering Bubbles, with her basket of props, at the Terrace elevator may be surprised — but she is ready to treat health care residents to a round of silliness and laughter. ●

EXCITING NEWS!

SoundSource Audiology Reopens With New Audiologist, **Tessa Isaac, Au.D.**

Dear Valued Patient,

We're thrilled to announce that SoundSource Audiology is reopening and welcoming a new audiologist, Tessa Isaac, Au.D.! We understand that maintaining your hearing health is important and we're delighted to be able to serve you again. We've missed you and are eager to reconnect.

Meet Tessa Isaac, Au.D.:

Dr. Tessa Isaac brings a wealth of knowledge and expertise to SoundSource. She is passionate about providing personalized hearing solutions and is committed to helping you achieve optimal hearing health. With her patient-centered approach, you can expect compassionate care and tailored treatment plans.



What's New at SoundSource Audiology:

- **New Audiologist:** Benefit from the expertise of Dr. Tessa Isaac, Au.D.
- **Patient-Centered Care:** Your comfort and satisfaction are our top priorities.
- **Comprehensive Hearing Services:** We offer a full range of audiological services, including hearing evaluations, hearing aid fittings, tinnitus management, and more.
- **Updated Technology:** We are committed to using the latest technology to provide you with the best possible care.

We invite you to schedule an appointment with Dr. Isaac to:

- Have your hearing evaluated.
- Explore the latest hearing aid technology.
- Discuss your hearing concerns.
- Learn about our comprehensive hearing services.

We look forward to welcoming you back to SoundSource Audiology and helping you rediscover the sounds of life.

Sincerely,

The SoundSource Team



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Is Echo a Snoop?

By PAMELA LINDHOLM-LEVY

Recent 3550s have carried articles about our Echo interactive system, focusing on what Echo was advertised to do for us and our safety and how it was received by us users. Here's another question. What are we doing for Echo?

We know that many devices gather information from our electronic communications, especially scrolling or searching. Does asking Echo what's for dinner provoke the same alert to data gatherers as, say, asking Google to search for golf courses in Florida?

Serenity, our independent provider for Amazon Smart Properties, of which Echo is a product, says no.

Serenity says that devices subscribed to Amazon's Alexa Smart Properties:

- Do not save voice recordings
- Aggregate metrics that are not connected to individual end users
- Restrict access to metrics
- Do not allow skills that request personally identifiable information

Echo interacts with Alexa, Amazon's AI service. Like Echo, Alexa is always on in the sense it is listening for its name, dubbed the wake word. Upon waking, commands are recorded but not saved, though they may be aggregated and used for AI training.

Stand-alone Alexa does not have a screen and is a commercial product managed by the user's smart phone. Privacy setting may be made on the phone. Users can ask Alexa to delete things said, or everything one has ever said to it.

Here is a big difference between our Echo and commercial Alexa, as stated on the Amazon Alexa website. The device may detect that you are searching for cake pans (yes, the exact example), and later you may find an ad for cake pans. Echo does not link to any of our devices and cannot discover our search for cake pans.

Echo devices like those at Mirabella are available to hotels and other hospitality businesses, as well as to health care settings. They, like ours, do not collect data.

For security of another kind, do not forget to say "Echo, check me in," every morning. ●

RAMP Committees Serve Residents

One can think of Mirabella's RAMP committees as the behind-the-scenes machines that grease the proverbial wheels for residents. Two specific committees, Dining and Buildings and Grounds, receive the most resident comment cards in any given month, so we've chosen to comment on them for this issue of 3550.

The Dining Committee, chaired by Lynda Mounts, communicates directly with Dining Manager Patrick Warner to achieve the committee's purpose, which is to make the dining experience healthful and enjoyable for all residents. The committee is Patrick's sounding board for potential changes before they are implemented. Meetings are open to all residents, membership not required.

In addition to evaluating and responding to resident comments on food taste, portion sizes and service, the Dining Committee and Mirabella staff are using data to guide menu options and to promote positive in-person dining. For example, data indicated a preference for fish and vegetarian entrees, and this is now reflected on weekly menus. Communal dining is a key wellness component for seniors, and the committee is finding that special dinners, such as Farm-to-Table,

Women's Day, St. Patrick's Day, Easter, Passover and others bring more diners to the 24th floor. These events are often more work for staff but the benefit for residents is significant.

Buildings and Grounds Committee, chaired by Tom Schmitt, works collaboratively with Facilities Director Kent Liebelt. The committee's purview includes routine structural maintenance, systems upgrades, safe, clean and attractive interior and exterior spaces, water leak prevention and repairs and valet services. As with all RAMP committees, Buildings and Grounds' role is advisory only but its collective voice and expertise have the respect of Kent and his staff. Emergencies rightly take budgetary and scheduling priority, a challenging reality the committee wrestles with as it balances aesthetics and safety.

Subcommittees of Buildings and Grounds include Green (unofficially, "Green Team"), chaired by Kathy Suri, Grounds, chaired by Sara Neill, and Mirabella Emergency Preparedness (MEPS), chaired by Bob Hopkins.

— Julie Young

Portland Diary

I

Out the streetcar window, I see four well-dressed people standing by the corner, one of whom has a full paper bag. Its contents shift, the bag tears; he grapples with it. One of the four reaches up and takes the plastic bag the streetcar driver has held out to him. He gives it to the man struggling with his paper bag.

Portland.

II

Standing in line in front of a bakery stall at PSU's farmers market, I listen to two boys standing behind me.

Boy #1: Let's get a fudge brownie!

Boy #2: (lower voice) No, I like the lemon glazed spice cookie.

Boy #1: You can have part of my brownie.

Boy #2: Okay. How about the banana bread?

Boy #1: Good idea. We're going to blow all our money!

III

A crowd of about 400 of us spread out in front of the Tesla Building, some carrying signs: "You can't spell FELON without Elon." "The only immigrant I want deported is MUSK." "Now you've pissed off grampa — he's a vet!" We line both sides of the street. Near me a woman shakes a cowbell; one man rattles maracas. Cars passing by in the afternoon rush hour honk their horns in approval; we cheer them back and people wave signs. On the median strip, one man waves a large American flag, another a Ukrainian flag.

"Oh, this makes me so happy," one woman says. "Never thought I'd be doing this again," says another.

Above us in the trees, crows mock us.

— Nancy Moss



Photo: Johanna King

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THE BEST EYE DROPS COME FROM YOU

USING YOUR BLOOD TO TREAT DRY EYE DISEASE

By Dr. Mila Ioussifova, OD, FAAO



If you have been experiencing dry, irritated, and red eyes—especially since the pandemic—you are not alone! Although **dry eye disease (DED)** is already one of the most common eye disorders that eye doctors treat, a 2021 study published in the *International Journal of Occupational Safety and Ergonomics* found that in people who switched to working remotely during the pandemic, a large number had an increase in eye strain symptoms, with over 28 percent experiencing severe DED. Researchers attributed this to their increased digital screen usage. Besides eye dryness and redness, DED can cause other symptoms like a gritty and sandy feeling, itchy or painful eyes, and even blurry vision. This condition can be simply annoying for some people and downright debilitating for others.

Patients suffering from DED are often frustrated with traditional treatments, which include artificial tears and prescription eye drops.

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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I Remember

By JUDY SEUBERT

I remember Bob Whites and Whippoorwills.

They sang antiphonally at dusk.

They lived in the fence line along my grandparents' hayfield
across the road from their house.

They sang only in the evenings and seemed to
call back and forth to each other.

Bob White?

Whi-poor-will!

Whi-poor-will!

Whi-poor-will!

I never could spot them.

Perhaps it was because I was in bed when they sang,
but I did go looking for them in the daytime
and even out the window when I was in bed.

The bedroom where my sister and I slept
was at the front of the house,
so we had a good view of the field where they hung out.

Bob White?

Whi-poor-will!

Whi-poor-will!

Whi-poor-will!

They'd go on and on—

The sounds of summer no longer heard there,
but I remember.



Photo: Bert Van Gorder

Spring Photo: Crystal Springs Garden

Photo by STANLEY BERMAN



