



3550

March - May 2014

a publication by and for the residents of Mirabella Portland



Steve Casey
Editor

South Waterfront is the Rodney Dangerfield of Portland neighborhoods. We get no respect.

Oregonian columnist Steve Duin observed that our neighborhood “make(s) do without grocery stores, libraries, movie theaters, the corner bakery, a night life or a healthy collection of food carts. You need the 11-hour parking meters to find a decent pizza.”

The corner bakery is on its way, but the rest of what Duin said is pretty much on point.

We got dissed when Kroger said “Eh,” to the grocery store we just *knew* was coming to the Atwater.

With a one-two punch trashing our northbound I-5 exit and closing the Hood Ave. access onto Bancroft, ODOT has tried its best to create the Island of SoWa, making a puzzle of how anyone even *gets* here.

No one at City Hall returned the South Waterfront Association’s calls asking that the useless “no turn on red” sign at Macadam and Curry go away.

That deafening silence is the sound of being ignored.

One outfit could have made a big difference in building a vibrant neighborhood.

But, lord love a duck, at least in the short run they only made it worse.

That outfit is the Portland Parks & Recreation Bureau – PPR in bureau-speak – whose Greenway project has subjected us to noise, dust, dirt, destruction of views, and denial of years of access to our riverbank.

No doubt, they are good people who *intend* a lovely little park, but they’re so bloody high-handed about the purity of their plan and contemptuous of our frustration.

The overdue and over-budget debacle looked finally ready to end when PPR ran out of money and was about to strike the fences and return us our riverfront. Then, *sigh*, they found more dough.

By that time, many in the neighborhood wanted this nightmare just to end.

Undaunted, PPR’s notice of a public meeting read like an invitation to a pep rally, complete with bonfire and cheerleaders.

“Strong support is important to show that the South Waterfront Neighborhood wants Phase 2 completed ASAP,” the notice said – in bold print. *Rah rah sis boom bah.*

News bulletin: ASAP left town a year ago.



Rolf Glerum
President

An ancient sage once opined: A camel is really just a horse designed by a committee.

Denigrating comments aside, committees are truly the lifeblood of Mirabella. Without them, RAMP simply couldn’t function as we know it.

Thanks to the original By-Laws Committee, we have a solid base in our committee structure and, although there are still some bugs to work out, we have made remarkable progress.

NOTE: Special interest groups, for purposes of this column, should be considered along with committees in their function and responsibilities. Committees just have a few more rules and regs to contend with.

Each of us, at one time or another, has served on or otherwise been involved in non-profit organizations and their boards. I can’t think of a single instance where an organization of any size functions without committees.

Committee membership at Mirabella is available to all, without any “training” or obligation. Moreover, residents are invited to join any committee or committees at any time. If you really don’t know what a certain committee does, talk to the chair or, better yet, attend one of their meetings, again without obligation.

You’ll find committee work at Mirabella to be invigorating, informative, influential and, perhaps most importantly, enjoyable.

I urge you to dip your toes in the committee pond and test the water. I think you’ll find it quite inviting.



Casey (continued)

PPR listed 15 reasons why Phase 2 simply has to go forward now. My favorite: “Even if you didn’t like how Phase 1 was managed, delay of Phase 2 won’t help but will instead make things worse.”

There’s chutzpah for ya.

Our neighbor Zidell has some grand plans along the river, too, on property it actually owns. The company has been open about sharing its plans as they develop, and seems genuinely interested in talking with – not at – those of us who live here.

What a refreshing concept for the South Waterfront.



HAPPY ST. PATRICK'S DAY

*Wishing you the top o' the mornin'
each day, especially March 17*



Moss Named Deputy Editor



Nancy Moss

The Mirabella resident, playwright, Hawaii refugee and prolific writer who has contributed news articles, profiles and editorial expertise to 3550 since its first issue last year, has been named the magazine's deputy editor by editor Steve Casey.

"With our team of Nancy Moss as deputy editor, Ronnie Rudolph as production editor, a fine group of writers, photographers and contributors, we are positioned to continue our march to editorial excellence," Casey said, "as long as I don't screw it up."

The next 3550 is due out June 1, which means final editing and the production work takes place in May.

"I'll be out of the state for a chunk of May, and while we will all be working hard on the magazine before that, at publication time it will be Nancy and Ronnie's baby," Casey said.

On The Cover: Photographer Todd Albert, known around Mirabella as Executive Chef Todd, shot this gorgeous image at last year's Woodburn Tulip Festival, at Woodburn, Ore., a day trip from here. This year's fest, at Wooden Shoe Tulip Farm, runs March 28 – May 4. It's family and dog friendly. Todd advises going mid-week, in early April when the tulips have opened up. Weekends are a bit of a zoo.

Thank you!

Big thanks to our Mirabella employees who kept us warm, safe and fed during the February storms.

Maintenance, dining, housekeeping, health center, valet, concierge, admin, *everyone* – you all worked under adverse conditions and faced snarling commutes to and from your homes.

We appreciate you!

3550 STAFF

Editor: Steve Casey

Deputy Editor: Nancy Moss

Production Editor: Ronnie Rudolph

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3550 is a publication of the Residents' Association of Mirabella Portland.

Its mission is to inform, enlighten, question, explore, amuse and occasionally irritate, thus enhancing the communication within and about Mirabella.

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3550 Magazine, c/o Editor Steve Casey, 3550 SW Bond Ave., #2507, Portland, OR 97239.

Our Contributors to This Issue

Todd Albert – Executive chef and assistant dining services director, Todd is known around 3550 as a superb outdoor photographer. He shot the cover for this issue.

John Branchflower – Retired musician, social worker and CPA, John is a valued member of the page layout and design team.

Yvonne Branchflower – Artist and art teacher, Yvonne is a moving force behind Mirabella's art programs. She also knows her way around grub, and contributed a food cart story to this issue.

Larry Braverman – Larry is a self-described almost-published novelist who is now a frustrated writer of almost-funny stories. He shares those with 3550, and in this issue you can enjoy his aversion to walking in the rain.

Marge Carothers – Marge covers Mirabella clubs, committees and groups, as well as individual residents doing cool stuff.

Adrienne Casey – After a long career as a police detective and DA investigator in San Diego, Adrienne opened and ran a bed & breakfast inn on the Oregon Coast. She writes about charities supported by Mirabella residents. In this issue it's Outreach Ministries.

Steve Casey – A recovering journalist, prosecutorial executive and street cop, Steve is 3550's editor.

Bob French – Bob is a regular contributor to 3550. He shot the portraits of Jackline Gathuru and of Mil Walker and Irene Tinker. He also produced a photo essay on hidden areas of the Mirabella building.

Rolf Glerum – Retired public relations executive and long-time Portland resident, Rolf is the president of the Residents' Assn. of Mirabella Portland.

Walter Greizerstein – Musician, scientist and poet laureate of the 18th floor, in this issue Walter takes a look in verse at traffic flows in the South Waterfront.

Curtis Guthrie – Curt is a retired high school teacher who has lived at Mirabella since it opened. He shoots photos for 3550 and runs the popular movie program.

Judy McDermott – After 40 years at The Oregonian, Judy thought her days in journalism were behind her. She was wrong. Judy helps design the magazine and offers editorial expertise.

Ron Mendonca – Ron seems to be everywhere – on the RAMP council two years, running sound, lights and video for events and shooting photos for 3550.

Nancy Moss – Educator and playwright, Nancy's fingerprints are all over the magazine. She covers health care and the South Waterfront, and is the magazine's deputy editor.

Ed Parker – Ed Parker is a former Stanford communication professor, and co-founder and CEO of a publicly traded satellite communication company. In this issue, he offers perspective on the tradition of caring we are building at Mirabella.

Ronnie Rudolph – The production editor of 3550, Ronnie shapes the magazine through the layout process and ensures all goes well after it is in the hands of our printer.

Ron Weber – Ron is a retired political science professor and sports editor of 3550. He also coordinates photo coverage for all stories in the magazine.

Sheri Winkelman – A world traveler and woman-about-town, Sheri is a columnist for 3550. For this issue she also wrote about talking helpfully to people experiencing grief, or health or other crisis.

Maintenance Visits

Residents should get a more helpful – and courteous – notice from Facilities Services when the maintenance crew needs access to apartments for building-wide routine projects such as deck cleaning, window washing, alarm testing and filter changes.

“This department practice serves to accommodate (maintenance) needs, while recognizing the paramount consideration that Mirabella apartments are the private homes of residents, who are guaranteed privacy, security and respect,” the new notification protocol says.

The effort to guarantee residents more “privacy, security and respect” grew from a complaint by a resident startled to hear workers in her apartment as she stepped from the shower

Members of the Building & Grounds committee worked with John Hart, facilities services director, to fashion the enhanced policy, which was approved by the full committee.

The procedure says the maintenance staff will give residents affected by a project “a courteous notice of the project, its duration and its impact, as far in advance as possible,” and will give affected residents at least a week's advance notice as to what particular day the staff will come to their homes.

If that date is not acceptable to the resident, he or she then contacts the facilities department to reschedule.

If the resident is temporarily unavailable on the assigned day, he or she should place a note on the door so stating.

Previously, only the start and expected end date of an entire project was given, and crews could arrive unannounced any day during that period. ❀



photo by Steve Casey

Public Access -- South Waterfront residents have had to gaze longingly at the Willamette River since the Greenway project got underway. It was about to end, but will be kick-started again and block river access well through the summer and beyond.

River Access Denied for Another Year

by Nancy Moss and Steve Casey

When will we have access to the river?"

That was the first question during Portland Parks and Recreation's (PPR) mid-January presentation to a crowd of about 40 at Umpqua Bank.

The only thing certain is that it won't be this summer. Again.

Contractors will tear out the new grass, protected for months behind the present fence, in order to install the two paths – one pedestrian and one for bikes – called for in the original design but abandoned when PPR ran out of money.

The dual path is to provide for an expected increase in bike use of the Greenway. Construction was planned to begin this April although some residents question why – if the project is going to continue at all – work wasn't started months earlier.

Not all are cheering continuation of the project, despite the pep rally tone of PPR's press release announcing the community meeting and calling for endorsement of the department's plan to keep plugging away.

At the meeting, Mirabella resident Peter Fenner asked if the contractor could leave a path through on weekends, so people could access the kayak ramp this summer. Short answer: no.

The contractor needs all the property for his operation, replied Allison Rouse of PPR. An access path would cost money.

"Some of us might show up at City Hall and ask, 'Why can't you do that?'" Peter remarked. She did not respond.

Mirabella resident Bruce Howard asked about the disappointing length of the ramp.

"We wanted that ramp to be longer," Rouse agreed. "It got built 20 feet shorter."

Zidell did not want the ramp extended to the river, she said, as construction would disturb their caps over contaminated riverbank. Other sources said the state department of environmental quality (DEQ) was the objector, not wanting concrete poured on top of the Zidell cap.

The net result is the same. In the summertime, when the river is low

and when use of the ramp greatest, boaters will have to walk over huge, jagged rocks to reach the river.

Noting the public was told last year there was no money to finish the Greenway, one audience member asked where the funding had come from.

"Politically it has legs," Rouse said.

Sure enough, she was right.

In early February, the city council approved \$4.7 million for Phase 2 – the completion phase – of the project. Work may end in November, with fencing remaining up after that.

The Greenway project is part of the South Waterfront urban renewal district, a different funding scheme than normal city fiscal plans.

Everything in the South Waterfront except OHSU is taxable, experts say, producing some \$10-million in revenue each year. That money, called Tax Increment Financing ("TIF" for short) is to be used in or for the benefit of the urban renewal district. Here, TIF funds have been used for the Green-
(see *RIVER*, p. 26)



Mil Walker and Irene Tinker

photo by Bob French

Their Austin mired in a suddenly-raging African river, Irene Tinker and Millidge Walker frantically unload the car, hoping to free it.

They pull out boxes, cameras, notebooks and bags, then watch in horror as the river, swirling brown foam, licks higher and higher, then slowly recedes. Having eaten nothing during the 16-hour drive through desert and sudden flash floods, the two of them drink a tin of fruit juice fortified with glucose for the malaria that Mil picked up back in India.

“At such times, how close we were,” Irene writes in her book *Crossing Centuries*. Their trek across Africa included fiercely hot temperatures made more vicious

process and politics” for India’s first national election, scheduled in 1952.

Mil wooed her: “I had an apartment and one of the best cooks in New Delhi,” he says with a twinkle in his eye. “Anything to get out of the Y,” Irene agrees.

After marrying in February 1952, Irene and Mil decided to make their return to England, where Irene had to finish her doctorate, via Africa, a trip that covered 12,918 miles in five months. They drove through Kenya, where the Mau Mau were a serious threat, and through Uganda, Tanganyika, Italian Somaliland, Ethiopia, Anglo-Egyptian Sudan, the Egyptian Republic, the United Kingdom of Libya, and Tunisia.

They saw close up the transition from colonialism to independence as they forded rivers, opened cans of food, dealt with local officials, and used candy and cigarettes to

the rocks at a 45-degree angle. After spending a night on the rocks, Irene, who was seven months pregnant, Mil, and his mother left the ship via a rope ladder set up by the Hong Kong harbor police.

Mil’s Ford Foundation grant had been to study the Chinese in Indonesia. After arriving in Indonesia, however, he learned that the Chinese there spoke Cantonese, not Mandarin, so he switched his study to the Indonesians in government, mastering Indonesian in addition to the Chinese and the Japanese he had learned during World War II.

After studying officials, who “sat around and did nothing,” he recalled for 3550, Mil was chosen by the government to teach at the Indonesian Academy, his pupils all officers of the central government.

Irene, who had also learned Indonesian, studied elections. “We were there for the two years democracy functioned,” she says, before the multi-party Dutch system evolved into Sukarno’s so-called “guided democracy.”

Irene had planned to have the first of their three children in Indonesia because she could hire a servant. “I like children when they’re old enough to talk,” she observes. Mil’s mother also stayed with them to help for the first three months.

After two years in Indonesia, Mil and Irene traveled to Washington, DC, where Mil taught Southeast Asian studies at American University, and Irene taught at Howard University and Federal City College, both predominantly black. Irene also worked at “managing my household of three young children” and Mil.

In 1960, USAID sent Mil back to Indonesia, where he established five training centers for officials. Five years later, he was sent to evaluate them and found only one center remaining, on Java. “They may have (see *WALKER/TINKER*, p. 24)

Resident Profile: Mil Walker and Irene Tinker **Lifelong Adventures and Partnership**

by Nancy Moss

by sandstorms that kept them from opening their car windows for ventilation. They braved tsetse flies, *shiftas* (bandits), and difficult terrain that caused ‘UNINHABITED BUSH’ to be written on maps of central Africa.

“On the west is jungle, on the north, mountains. Don’t recommend either,” one official in Uganda told them.

Mil and Irene ignored many such warnings.

Their life together reads like an adventure novel, full of improbable twists.

They met in 1951 in New Delhi, India, where Mil was CIA “under State cover.” Irene had driven out from England to do research for her Ph.D. from the London School of Economics, studying “the electoral

win over the natives they encountered. When no hotels or hospitable officials were available, they slept in their heavily loaded Austin. Irene took notes and wrote articles for the *Calcutta Statesman*, an English language newspaper.

On the couple’s return to England, Irene completed her doctorate while Mil, who had grown up in Shanghai, China, studied Chinese. They then headed for America where, after visiting their families, Mil enrolled in Berkeley for his doctorate and Irene worked for the Modern India Project.

While in Berkeley, Irene and Mil received a joint Ford Foundation grant and headed for Indonesia on a cargo ship that headed into Hong Kong harbor to escape from a typhoon and ended up perched on

For a young girl, paradise was a place called Thika.

An Equatorial town enjoying a mild tropical climate thanks to its 5,300-foot elevation, Thika, in the Kenya foothills an hour's drive from Nairobi, was where Jackline Gathuru and her large, extended family felt they knew everyone.

It was a commercial hub, with prosperous businesses led by Del Monte pineapple helping the economy grow.

Two breathtaking waterfalls close at hand, a tight network of family and friends always near, a feeling that the town was safe and the world

line had always taken care of him, cooking his meals. One year he said he would like to take one of the children to the U.S. for school, and offered the chance to her brother, who declined.

He asked Jackline if she would like to go. She wasted no time in saying yes, but her father took a while to convince.

"My dad didn't want me to come," she said, "but he said 'if you go to school and do nursing, I'll support you.'"

She went with her uncle to the Seattle area and studied two years at Highline Community College.

It was not the carefree life of Thika.

"I felt alone. You grow up with

"There's a burger joint around the corner, let's go," she's told.

"Sure," she fires back. "I'll eat the chicken."

Still near Seattle, she entered a licensed practical nurse (LPN) program. She worked as an LPN (known in some states as a licensed vocational nurse, or LVN,) and did some home-care work while going to school.

Along the way, friends introduced her to another Kenyan ex-pat, Josphat Waruhiu.

They were married in 2004, and Waruhiu, who teaches Swahili at Portland State, could not move to Seattle, so Jackline came to Portland and enrolled in the RN program at Vancouver's Clark College.

Staff Profile: Jackline Gathuru Cherishing Past and Present

by Steve Casey

was promising all made Thika a cherished home.

"Life was good," recalled Jackline over coffee one recent morning.

"It was fun, we got along, and we had no worries. The one worry was that people would break into the house at night, but you could walk down the street and no one would hurt you," she said of life in Thika before she left at age 20.

"We girls cooked. It was something we did for fun," she said. "We would bake, which was quite interesting – we didn't have an oven."

An uncle, a brother's reluctance and her own adventurous spirit took her far from her East African home to the West Coast of the United States, to nursing schools in Seattle and Vancouver, and ultimately to work as a registered nurse in the health center of Mirabella Portland.

That uncle made regular trips to visit family in Kenya, and Jack-

line had always taken care of him, cooking his meals. One year he said he would like to take one of the children to the U.S. for school, and offered the chance to her brother, who declined.

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It was not the carefree life of Thika.

"I felt alone. You grow up with four kids, and all of a sudden you are by yourself and you feel alone," she remembers.

"In the meanwhile, my dad couldn't support me anymore when the economy changed and I had to figure something out."

What she figured was she'd have to go to work, and thus began a series of jobs while plugging away in school.

"My very first job in America was at a Burger King," she said with a certain sense of astonishment.

"That was a hard job. I didn't know what a burger *was*. I didn't know what *pickles* were, or *cheese*. It was always busy, and people would order quickly – 'double cheese burger!' But if you don't know what a cheeseburger is to begin with, do you double the bread, or what?"

After wrapping hamburgers for six months, she can't look in the bun anymore.

Jackline and Josphat are parents of Samuel, 7, and Jasmine, 3. The family visits Kenya every other year, although Josphat returns annually.

"My husband has an NGO (non-governmental organization) he supports and he goes every year," she said. "Every year it's different. This year, it's a local school that needs new toilets. He will take five people with him and they'll demolish the old toilets and build new ones. Every year he has a different project he works on and then does some touring."

Both Jackline and her husband have lots of family left in Kenya, although her parents have moved to Portland to be near their grandchildren. The same sense of family and roots means Jackline and Josphat pack up their kids for their treks back.

"We want the kids to know," she said. "We want them to know

(see *GATHURU*, p. 25)



photo by Bob French

Jackline Gathuru

A Walk on the Mild Side



As we all are well aware, life at Mirabella can be very stressful. Almost from the moment we awake, we have a number of very important decisions to make. There are so many factors to consider, in fact, I am not sure where to begin. After mulling it over with my lovely wife, Adrienne, I finally decided that the most complex issue facing us ev-

Larry Braverman

ery day is not determining whether to eat dinner in Aria East, Aria West or the Bistro. Rather, it turns out to be the daily walk, which makes choosing where to eat look like a piece of cake...so to speak.

Like dinner, of course, you must determine where you are going to go. However, unlike dinner, there are many more complicated choices. You could walk up the river, down the river, back and forth to the waterfront, or around the block. You could walk to the middle of the city (and, if you are smart, take the trolley back.) Or, you could walk across the I-5 footbridge (and, if you are not smart, climb the mountain to Terwilliger Plaza.)

But that's only the beginning. You have to decide what to wear. It sounds easy, but your wardrobe depends on the weather...and, as we all know, weather in Mirabella-land changes faster than you can get down the elevator. You must prepare for anything at any time: heat, cold, sun, rain.

So you not only have to apply sun tan lotion, put on sunglasses, wear a raincoat, and cover your head, you also have to layer. And

layering is more complex than you think because you will have to carry what you lay off . . . a sweater and/or a scarf, for example . . . especially problematic if you made the mistake of choosing the tortuous mountain route, which is difficult enough without carrying extra weight.

We do live in a wind tunnel . . . so you not only have to apply sun block, put on sunglasses, wear a raincoat, cover your head, and layer, you must also tie on your head cover or hold on to your hat.

You might make the stupid mistake of taking an umbrella as well . . . which, everybody living in this wind tunnel should know by now is a waste of energy and money. Unless it's made of steel, it will rip, snap, or, if you are lucky, merely blow inside out.

Most important, you have to watch out for cars, trolleys, fire trucks, ambulances, dog do and goose poo – not to mention bikes.

It's no wonder, then, that Adrienne and I have decided the best solution is to keep things simple. We therefore strongly recommend that you walk only on sidewalks and always stay under the cover of building overhangs . . . i.e., go south on Bond, east on Gaines, wind around South Waterfront Dental and then retrace your steps. Keep going back and forth until you're tired and then go straight home.

Granted, it is not far, or even interesting, but you do stay dry. You also don't have to worry about getting sunburned, wind-blown or being hit by vehicles, except maybe those bikes. Admittedly, dog do and goose poo are still possible hazards. To be completely safe, we suggest that you stay inside.

Go straight to the fitness center and walk (slowly) on the treadmill. And while you're at it, eat at the buffet.

Caregivers Catch a Break

From the compassionate heart of Mirabella resident Barry Shapiro has come the latest in a series of programs to help fellow residents struggling with health issues, isolation and stress.

It's called "Neighbors Helping Neighbors," or simply "respite care."

Simple in concept, perhaps profound in impact, it matches resident volunteers with neighbors who are caring for a spouse or partner and just need a break.

The airlines, Barry believes, have it right.

When the flight hits turbulence and oxygen masks drop, they tell you to put on your own before you try to help anyone else.

Unless you are okay, you're unable to take care of others.

When caregiving Mirabella residents hit



their own form of turbulence, they can call Barry or his "lovely assistant," Jill Seager, who co-manages the program.

Neighbors Helping Neighbors provides short-term breaks for primary caregivers who need time away from home for appointments, errands, or just time to themselves.

"If you as a caregiver are stressed and can't really take good care of yourself, how can you ensure you are giving your partner or spouse quality care," Barry asks.

He and Jill have a list of Mirabella residents – and would welcome more – who are willing to stay with the person getting care so the primary caregiver can get away from the apartment.

The volunteers are there to be
(see *RESPITE*, p. 12)

Ministry Reaches Out - Locally and Globally

by Adrienne Casey

There are a million stories of love and caring in Bridgetown.

Mirabella residents Priscilla Cowell and Charyl Cathey, who co-chair Outreach Ministries at Trinity Episcopal Cathedral, know a lot of them.

One of those stories is Ted's. Here's Priscilla:

Ted was referred by a Trinity parishioner. He had been working part-time as her gardener for years when she learned he had become homeless. He continued to work but was paying for a nightly room in a dilapidated hostel. We assisted him into a motel, and then into a subsidized studio apartment where he can continue to work and pay a very affordable rent.

Ted told me this is the first time in over 30 years that he has lived above ground. He had been renting basements for so many years he was excited to have a great big window and sunlight.

When Ted moved into his apartment Trinity provided a food box, bedding, a kitchen kit and hygiene kit.

Sadly, Ted is just one among many seniors – and younger people as well – working, but teetering on the brink of homelessness.

Outreach Ministries helps feed

Editor's Note: We continue our profiles of charities to which Mirabella residents give time or treasure. The last issue featured Our House. We look now at Outreach Ministries.

and house those most unable to escape isolation, homelessness and hunger on their own – no religious strings attached.

More than a dozen Mirabella residents are parishioners at Trinity Episcopal, and provide support for its work.

Often working with other Portland charities – and with some overseas – Outreach is a gateway to food,

from Northwest Pilot Project checks into the housing needs of low-income seniors.

The Wednesday lunch, which on its busiest day served 545 meals in two hours, also opens up other forms of assistance for those in need.

People dining at the cathedral said they most needed three things: dentures, glasses and hearing aids.

Of those, only glasses were affordable and practical to provide to a large number of people. So far, 358 senior men and women have received free eye exams, and each received two pairs of prescription glasses.

“One man told me that he couldn't read street signs and that it was a real problem walking about town,” Priscilla said.

She was able to send him to an eye doctor. “He came back two weeks later and said ‘Well, now I know where I am.’”

Sometimes the most valuable service is just being there.

Priscilla's husband, Nick Cowell, goes to the Wednesday lunch to listen.

It's a program called “listening posts” where volunteers are trained to give folks an opportunity to talk and be heard, without any lecturing or interrupting.

For some clients, it offers a singular chance for someone to talk to.

Trinity has long operated a food pantry, staffed by volunteers for two hours every day but Sundays.

It provides a bag of canned food sufficient for a day, or a ticket for a free lunch at Sisters of the Road Café (*see CHARITY, p. 12*)



Charyl Cathey, left, Priscilla Cowell

housing, emergency assistance, living supplies, companionship . . . and hope.

Trinity's seven food ministries served more than 35,000 meals to homeless and low-income Portlanders last year.

Senior Connect is Trinity's partnership with the Northwest Pilot Project. Since 2009, it has assisted 825 seniors obtain or retain housing.

At the community meal at Trinity each Wednesday, a specialist

(Charity from, p. 11)

in Old Town. The pantry serves hot coffee and usually has toilet paper, toiletry samples, gleaned day old bread and pastries, and sometimes donated warm jackets.

“A group from the neighborhood that we call the brunch bunch like to come in at 11, when the pantry opens, to have coffee and pastries in the Trinity front courtyard,” Priscilla said.

Trinity teams up with other religious and secular organizations such as Home Forward, Portland Food Bank, Sisters of the Road, Lift Urban Portland and Transition Project.

Its gleaners program’s 10 volunteers collected well over 13 tons of food last year from local restaurants, farmer’s markets, retailers and hospitals, and purchased food through

Charity Report

The two RAMP-selected holiday charities at Mirabella this year did extremely well, thanks to residents’ generosity, according to reports made at the January council meeting.

The Northwest Pilot Project received \$2,706 in cash, in addition to bedding and supplies, which go to help low-income seniors get settled in permanent housing.

Gwen Lutha, who facilitated the drive on behalf of Northwest Pilot Project, said the agency called Mirabella’s gift “the single highest donation of bedding kits we have ever received.”

Oregon Food Bank received \$7,000 in cash, which will be matched dollar for dollar by a local foundation, according to association vice president Claire Weber.

She said residents also donated 250 pounds of food.

Oregon Food Bank.

Whether it’s working through other agencies, or it’s parishioners serving meals at a women’s shelter, or roasting 120 turkeys for Thanksgiving, Outreach Ministries knows how to squeeze a buck.

Special activities, contributions by parishioners and other donations raised a total of \$68,000 for food ministries and outreach programs.

Charyl Cathey rushes to point out that while she and Priscilla oversee Outreach Ministries, all the real heavy lifting is done by an army of volunteers from Trinity and a wide assortment of Portland public and private agencies.

“We provide behind the scenes logistics,” she said. “We write the reports. We are the infrastructure.”

Yeah, but sometimes more.

In January, Charyl and husband Joe Cinicerros returned to the Nicaraguan village of Laguna El Carbonal where they had worked, hands-on, before in a partnership with a charity called El Porvenir.

That’s a non-profit working to bring clean water, sanitation and re-forestation to rural Nicaraguan communities who ask their help.

The January trip was to build better, locally-designed cooking stoves in village homes, improving air quality for women who had been cooking mostly on unvented open fires indoors. The new stoves are also more efficient, conserving supplies of scarce firewood.

“We’re building stoves and relationships,” Charyl said. “We’ve learned to follow the lead of the people we’re working with.”

In June, a team including teenagers will return to that village, working on latrines, doing reforestation work and building more stoves. For 13 years, Trinity took youngsters on work projects to Honduras but had to abort that effort when violence there made it too dangerous.



(Respite from, p. 10)

a companion, to offer security, to read or play games or watch a movie – whatever the cared-for neighbor wants.

They are not there to provide medical care or personal hygiene.

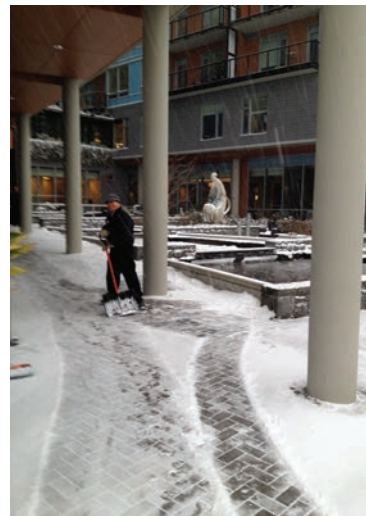
Neighbors Helping Neighbors also offers help to single residents who, Barry said, “may need an item or two from the store, or need someone with them at a medical appointment, or just need some companionship to make loneliness go away.”

The program is free. Volunteers, who do not hold themselves out as anything other than neighbors, incur no liability, Barry said.

The program asks those who seek its service to provide at least 24 hours notice, so needs can be assessed and a volunteer assigned.

Mirabella’s Home Care program also offers respite care, in a more structured way and for a fee of about \$20 an hour. ❀

Let it Snow, Let it Snow



Duc Tran mans snow shovel



Greenway after Feb. storm

Mirabella Foundation Awards First 10 Scholarships, Total \$10,700

Foundation, YES Project Create Separate Scholarship Funds

by Steve Casey

Nine Mirabella employees stood proudly at the December residents' council meeting as the Mirabella Foundation awarded them scholarships.

One other employee, unable to

every year, Mirabella residents look after those who look after them," Glerum told 3550.

"We can all be grateful to live in such a caring, generous community," he said.

employees in December.

Separately, residents led by Dave and Linda McCammon have established a scholarship fund for employees, with the same charitable purpose but with a slightly different



WINNERS - - Nine of the 10 recipients of first Mirabella Foundation scholarships are flanked by HR director Teri Terrill, on left, and scholarship chair Curtis Guthrie, on right

attend, made it a total of 10 scholarships given by the foundation in its first year.

Its program is one of two scholarship efforts benefiting Mirabella employees.

And that, observed association president Rolf Glerum, is a tangible demonstration of how Mirabella takes care of its own.

"With two different funds providing help to the academically inclined, a Mirabella Foundation program offering financial help in emergency situations, and a successful Employee Appreciation Fund

The Mirabella Portland Foundation offers scholarships to employees as one of its four charitable missions.

(The others are Resident Assistance, helping those residents who have lost their assets; a Health Center Fund, which provides equipment and programs to enhance the quality of life for Health Center residents; and the Employee Assistance and Hardship Fund. There is also a General Fund, which may be used for any foundation purpose.)

The foundation's scholarship grants totaled \$10,763 to the em-

focus and administration.

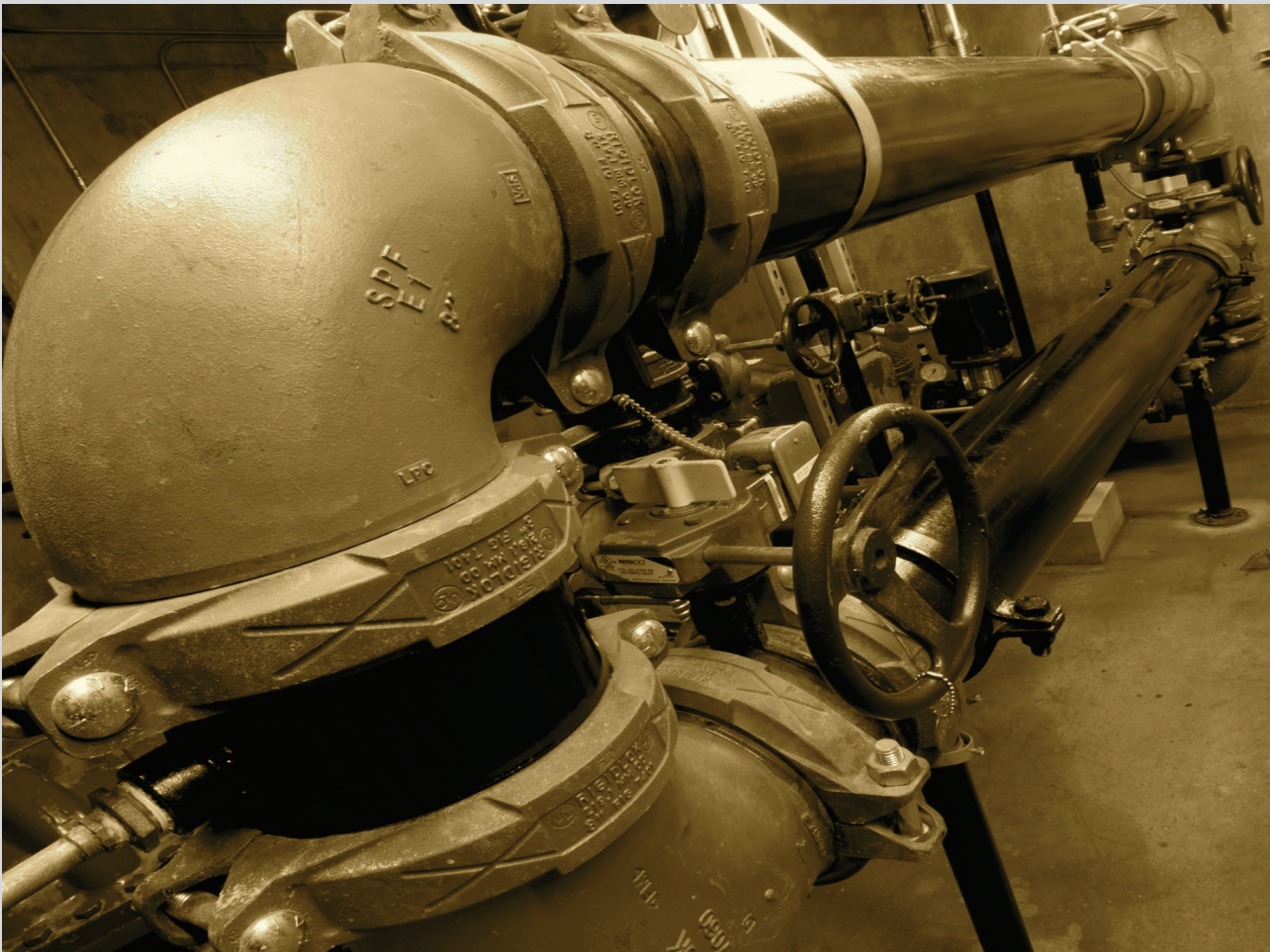
The "YES Project" (for "Your Employee Scholarship") is administered by the Oregon Community Foundation (OCF), a \$1.3-billion fund which includes 330 separate scholarship programs, including one for Mirabella Portland.

The McCammon-led local program started quietly, but has eclipsed the Mirabella Foundation effort in dollars raised – some \$80,000 as against \$19,000.

The YES Project set a March 1 deadline for applications, and expects to award at least \$3,500 in

(see *SCHOLARSHIP*, p. 20)

The Hidden Heart of Mirabella



Main riser pumps - can push fire sprinkler water all the way up to the 30th floor.



Water Recovery System – roof rainwater is captured and recycled.



Keeping Lights On - facility boss John Hart with 1,000 kw diesel generator which provides backup emergency power.

- Photo Essay by Bob French



Bullpen- Jason Patterson, maintenance supervisor, commands the headquarters of maintenance crew. Technician Seth Miller, seated, surveys work orders.



Industrial Art - metal clad gas flues soar up a main shaft.



Rooftop Recovery -These solar panels, at the very top of the building pre-heat domestic hot water. The area is known as floor 31-1/2.



Getting a Rise - Incredibly strong cables run four Tower building elevators and two Terrace elevators. Tower elevators are powered above the 30th floor.

A world of complexity and beauty lies tucked behind Mirabella's walls, corridors and floors. From the basement to the highest point on top of our 325-ft. tall building, an enormous system of electronics and mechanics does everything from bringing in fresh air, to heating our water and cooking our food, to operating sophisticated safety systems, to raising and lowering elevators, to protecting the outside environment.

This domain of skilled engineers and technicians can be a bewildering array of mysterious apparatus -- machinery, pipes, wires, valves, cables and pumps. It also can be beautiful.

Armed with a camera and 3550 assignment, I explored this hidden world with John Hart.

A Taste of Old Mexico

by Yvonne Branchflower

When you are downtown and need just a little something to eat, consider a \$1.50 taco available at each of the Mexican food carts on Alder.

My current favorite, El Taco Yucateco, serves up a small taco filled with juicy just-grilled chicken topped with cilantro or lettuce, diced tomato and onion, cheese, and salsa if you want it. Wrapped in paper, the taco is easy to eat on the street and will tide you over until dinner in the Aria.

Those desiring a more “traditional build” might consider a burrito. I can eat only a half burrito, so if I’m coming straight home, the other half goes into the refrigerator. Most of the Mexican food carts make

burritos with shredded or chunk beef, chicken or carnitas (pork), with black or pinto beans.

Because a burrito is messy to eat on the street no matter how tightly it is wrapped, plan to eat it in the park, on a ledge, or at home. All the vendors allow you to customize their tacos and burritos, and all offer a choice of mild or hot salsa.

These food carts meet my criteria for delicious Mexican food, but don’t dismiss the others—I just haven’t tried them:

- **El Taco Yucateco** on SW Park
- **Taqueria El Rodeo** on SW 10th
- **Titos Mexican Food** (needs a paint job) on SW Alder

Sample Menu (Prices are an average of the three carts and may change):

- Taco, soft shell - \$1.50
- Tamale - \$3
- Fajitas served with Spanish rice and choice of red, pinto, or black beans – \$6.50
- Burritos with meat - \$5; with sides of Spanish rice and choice of beans – \$7 ❀



WEEK IN HAWAII CENTERPIECE OF FOUNDATION AUCTION

Break out your Hawaiian shirts – or borrow one from Art Moss – and limber up those lovely hula hands.

The Aloha State comes to Mirabella on April 10, with a Hawaii-themed reception and auction to raise money for the resident assistance program and employee scholarship program of the Mirabella Foundation.

Centerpiece of the event is the raffle for a week’s stay in Maui at a Menehune Shores condo owned and donated by residents Jim and Amy Berchtold.

Raffle tickets are to be sold at \$50 a pop throughout March, and right up to the moment of the drawing at the event.

Megan Huston, resident services director, promises a host of other “exciting” items for both the live and silent



auctions.

Tickets to the Willamette Hall and Park View room event are \$25 each.

Megan said drinks and Hawaiian fare will be served at the event.

She is also looking for additional items for both the live and silent auctions, and asks anyone with a nifty potential donation to contact her straightaway.

The April 10 event starts at 5 p.m.

You need not be present to win the Hawaii vacation.



Splash Yourself to Strength, Wellness



photo by Ron Mendonca

Karle Wagner leads an Aqua Exercise class to strengthen muscles with low impact workout.

by Nancy Moss

Barrel Jump. Jumping Jack. Rocking Horse. Noodle at the back!

Aqua Exercise participants know all these moves, following their instructor, Tony Cibik, as he shifts from gentle encouragement – “That’s perfect!” – to shouts worthy of a football coach: “Get those heart rates up!” “Work!” “Power Walk!”

3550 Health Care Coverage

“This is not a recovery exercise.”

Thus encouraged, 15 swim-walkers and I move in the same direction, fighting the force of the water and creating a current strong enough to roil the pool’s surface. Tony then has us turn around and walk against the current we just made, using the water’s increased resistance to stimulate what he calls the “prime-movers,” – big muscles like our quads and calves that deteriorate with age.

Holding buoys beneath the water’s surface as we walk, we use the water’s resistance to increase the

difficulty of the exercise. The buoys, dumbbell-shaped and made of foam, pick up weight in the water, as do the foam noodles that are part of other exercises during the hour.

Men who think of swimming in terms of Miss America bathing suit pageants will be surprised at the effort involved. Fighting water resistance, as the class demands,

strengthens muscles and increases heart rates.

Both Tony and Karle Wagner, Mirabella’s wellness coordinator, stress the special value of water exercise.

“Hips and shoulders can move more easily” in the water, with its zero gravity, Tony pointed out. Karle said water, 40 times more dense than air, forces people to move more slowly.

“Your joints like it,” she said.

With no fear of falling, people worried about their balance can function well in water. If you lose

your balance, “you only get your face wet,” Tony said, with loss of dignity the only negative consequence.

Water exercise also helps people who are overweight feel light, fluid, and mobile, and is kind to people with arthritis.

Like the gym, the pool has its faithful.

With bone-on-bone knees, Ardyth Shapiro walks for an hour every day, praising water’s “bounce-ability.” Asked if women her age might feel self-conscious about wearing a bathing suit in public, Ardyth said, “To heck with it. This is important for my body. If I give it exercise every day, it says “Thank-you.”

After her spinal surgery, Anne Crumpacker has walked for 26 pool lengths, or a quarter mile, four to five times a week. “I’ve always been a swimmer,” Anne said. “There’s something about the water; I’m glad to get back in it.” She also does chair exercises to keep fit.

(see *SPLASH*, p. 22)

Guy Woods, Ed Parker, Laurie Hardin, Bob Mausshardt and Vivian Genser were the top five Mirabella ACBL (American Contract Bridge League) master point winners in our local **duplicate bridge** last quarter, according to chair **Ed Parker**. Twice a year local duplicate bridge players compete in a “sectional tournament at the clubs” where players compete against others from all over the western United States playing identical bridge hands. In the latest tournament, Mirabella residents Guy Woods and Vivian Genser not only came in first in the local game but were 10th overall among all players in the western US.



with Marge Carothers

Ed Parker reports that **table tennis** has arrived at Mirabella. The table arrived in mid-January, in time for a sneak preview for table tennis interest group members on January 18, and a grand opening ceremony for all Mirabella residents in early February.

The interest group formerly known as ‘**ping pong**’ voted to change its name to table tennis, the official name for the game. The group currently has about 30 members.

Paddles and balls may be checked out at the concierge desk. First time users should contact **Charlotte Beeman, Peter Fenner** or some other member of the table tennis interest group to receive instruction on setting up and putting away the table. Former table tennis champion **Andy Lau** appears to be quickly recovering his old skills. **Dick Lukins** was surprised at still being able to play after not having a paddle in his hand since childhood.

Players are finding that it is good physical and mental exercise.

Laurie Meigs especially encourages new residents to try our **social bridge** group, and reassures us that it is truly non-threatening. “Help is available and all levels of players are welcome.” She says novice players are especially made to feel comfortable and welcome. Feel free to call Laurie with any questions at 6830.

BINGO! Three winners were lucky recipients of a bottle of wine, and all 23 participants shared in the laughter and camaraderie at the Welcoming Committee’s first Bingo session in January. **John Van Laningham’s** friendly voice is the caller. All are invited to check out the fun. ☘

Did You Know?

by Sheri Winkelman

Did you know that Mirabella has a 4H Club?

Single men are a distinct minority at Mirabella and perhaps instinct told them to group together, kind of like circling the wagons when you’re in danger. Just think about all the single women here who might be looking for a new man!

Dick Rinquist and Dick Bergstrom met each other soon after moving to Mirabella and started getting together with Jack Kreitz and Roy Abrahamson for a “little libation” before going to dinner.

All in their 80s, all are veterans – and we know what the sound of artillery can do to one’s hearing. Hence the name of their group: *Happy Hour for the Hard of Hearing*.

Leo Tolstoy and his brother reportedly had a club anyone could join if they met the only entrance requirement – not thinking of a white elephant. Understandably, the Tolstoy boys remained the only members.

At Mirabella, it’s much easier to join our 4H Club



From left, Dick Bergstrom, Roy Abrahamson, Jack Kreitz, Dick Ringquist. Photo by Curtis Guthrie for a drink before dinner. Just call one of the original members.

And, God bless ‘em, they’ve even created a Women’s Auxiliary for us gals. ☘

Building A Tradition of Respect

When my wife and I chose to move to Mirabella Portland we were attracted to the location, the facilities, the amenities and the services. After we moved in, we found that the best thing about Mirabella is the people who live here.

We have a wonderful, caring, supportive community. It perhaps helps that we are a pretty homogeneous group. I would prefer it if we had more ethnic diversity, but we are who we are. Relative to most of the rest of the world we are all old, rich, and, like the children of Lake Wobegon, are all above average.

Unlike most urban environments where it is easy to avoid people we don't share interests with or don't care to associate with, we plan to be together the rest of our lives. We will always be meeting in the hallways, elevators, meeting rooms, the mail room, exercise areas

PERSPECTIVE

by Ed Parker

and dining rooms. In many ways, living at Mirabella is like living in a small town where you know most of the other people and you keep seeing them, whether you want to or not.

Feuding can happen in small communities and feuds tend to be worse there because of the geographic requirement of continued contact. We are fortunate to have avoided that danger at Mirabella.

We've come close, most sharply with the ping-pong

controversy. In retrospect, we can see how mistakes made at the beginning caused injured feelings and dismay, but we can also see how people of good will simply made human error, and with community cooperation things worked out for everyone. A good lesson.

We are building a tradition of respecting our differences and helping each other. Our Christian bible study group invited a Jewish member of our community to share the significance of a Jewish holiday. Barry Shapiro leads a group providing visits and outings for residents in the Health Center and provides respite support for independent living caregivers. A small party planned for the Park View room by gay and lesbian residents to celebrate the start of a petition drive to put marriage equality on the Oregon ballot expanded to fill Willamette Hall when their straight friends and neighbors joined in to add their support.

Our sense of community is not a parochial one limited to Mirabella residents. We share our meeting spaces and participate in South Waterfront neighborhood meetings, have created and contributed to the annual art show and generously support – with time and treasure – the good works of charities throughout Portland and beyond.

Thank you, Mirabella residents, for making our place of residence wonderful. We have the best of small-town living while still being part of a larger urban community.

Jackie Honored by CASA

For her years helping Portland's children in crisis, Mirabella resident Jackie Gango is to receive the Judge Stephen B. Herrell award at an April fundraiser benefiting CASA for Children.

CASA – Court Appointed Special Advocates – is a national organization of local, self-governing affiliates. CASA for Children is the Portland affiliate.

Volunteers are appointed by judges to watch over and advocate for abused and neglected children, making sure they are not lost in the legal and social service systems.

Jackie's award is named in honor of Judge Harrell, who founded CASA for Children in 1986 and served as vice president of the national association.

"Judge Harrell was very helpful when we got going," Jackie said. "He got some young attorneys to do *pro bono* work. He was always there for us."

A powerhouse early on in the organization, Jackie served on the local board and was able to help bring it what it most needed during its formative years – money.

The board thought of child-designed holiday cards.

Jackie, then the proprietor of Gango Galleries, knew a thing or two about marketing art and made the "Kids for Kids" program happen in high volume.

She visited schools and worked with teachers who then had their young students design cards with a holiday theme. Jackie would pick the several best and print thousands for sale to individuals and businesses, and to other CASA affiliates around the country as a fundraiser.

"The ultimate goal of CASA is to provide a safe, permanent and loving home for each of the more than 4,100 foster children in Multnomah and Washington counties," according to Staci Sigala, development director.

Jackie Gango will receive her award at the 23rd annual auction and dinner on April 12 at the Portland Art Museum. Tickets are \$150 each, available by calling 503-988-4170. Some 600 people are expected to attend. ☼



(SCHOLARSHIPS from, p. 13)

scholarships to Mirabella employees by June.

While the Mirabella Foundation aims to award all the scholarship money it raises each year and replenish the fund with new donations and revenue, the YES Project plans to award a percentage of the fund corpus as scholarships. Currently, the aim is to award 4.5% of the corpus each year. OCF takes 1.5% for administering the fund, so if income and donations exceed 6% each year, the fund will grow.

There are other differences between the two funds as well.

Each YES Project scholarship will be for a minimum of \$1,000, but may be larger at the discretion of the selection committee.



Dave and Linda McCammon

There is no minimum scholarship from the Mirabella Foundation. There is a \$3,000 maximum for full-time employees, half that for part-time employees.

Mirabella employees who are pursuing studies – academic, professional or technical – that will enhance their careers at Mirabella Portland are eligible to apply.

While no employee category is excluded in the foundation’s policy, that policy states “Priority will be given to front-line staff seeking professional development that leads to greater job capacity and career progression.” The Mirabella Portland Foundation is currently considering revisions to that policy to provide fewer restrictions on choice of course of study.

Only hourly employees are eligible for YES Project scholarships, and are eligible irrespective of their course of study. Dave McCammon calls that a “follow your dream” scholarship.

To apply for foundation scholarships, employees must be recommended by their supervisor. For YES Project

scholarships, they must produce a pay stub to prove they work at Mirabella.

The scholarship subcommittee of the association’s foundation committee administers the foundation scholarship program. The subcommittee, this year made up of three residents, two of them retired secondary teachers or college professors, as well as Megan Huston, resident services director, and HR director Teri Terrill, reviews applications and interviews applicants.

The Mirabella Foundation, which is a separate legal entity and is governed by a board of directors, makes the final decisions.

The Oregon Community Foundation administers the YES Project program. Applicants are judged on the written application, submitted on-line, with no in-person interviews.

Scholarship decisions are made by a five-person selection committee, which is made up of three people named by OCF from their volunteer pool and employees, and two people who are YES Project donors.

OCF recently picked two Mirabella residents, donors to the fund, to serve on the selection committee. They are John Branchflower and Laurie Meigs.

Todd Martin, board chair of both Mirabella Portland and the Mirabella Portland Foundation, suggested the two programs can work cooperatively.

In a January 8, 2014 letter to the McCammons, Martin said the foundation board discussed the YES Project scholarship effort and wants to find common ground.

“While we will continue to promote and solicit funds for the scholarships awarded through the Mirabella Foundation,” he wrote, “we want to be able to make our staff aware of any alternative scholarships available through the Oregon Community Foundation or other resources in the community.

“Our goal is to offer as many scholarship opportunities as possible to our staff but to present the programs with as little confusion as possible to the staff or to the residents who will fund these scholarships.”

He suggested a meeting to discuss the two scholarship programs.

Discussions are underway. ☼

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Mirabellans Hit the Slopes



Skiers and snow bunnies alike love winter outings. From left, Ronnie Rudolph, Linda Smeltzer, Jill Seager, Elaine Yudkin enjoy a 2012 Mirabella trip to Timberline.

by Ron Weber

Who's up for skiing?" That's a common question in the elevators, the Bistro, and the hallways when December rolls around. The question comes from one of the many veteran skiers living here.

Those answering yes are few and far between today, as maturity is stalking the ability of those ready to say yes, who really mean no.

Among those mostly likely to say – or shout – yes are Bev Healy, Ronnie Rudolph, and Jill Seager, who all have spent a lifetime skiing everywhere in the U.S. and around the world.

Bev has been skiing most of her adult life and worked with her late husband in managing Mount Bachelor beginning almost 40 years ago. She has seen the ski industry develop, particularly with the advent of snowboarding. This sport actually resulted in a revival of business for ski resorts and for sportswear makers threatened by fewer traditional skiers.

While living in Maine until recently, Bev worked as a volunteer with Maine Adaptive Sports, focusing on teaching children and adults how to ski while physically disabled. Her most wonderful experiences were working with the Wounded Warrior Program. She said: "These experiences sure beat catching the complaints of

those skiers back in the Mount Bachelor days."

Ronnie began skiing around age 7. She learned on snowshoes and worked up to skis. She has skied everywhere from Mont Tremblant outside Montreal, to both Swiss and Austrian Alps, and at most of the California ski resorts, particularly around Lake Tahoe. Most recently she was seen skiing with one of her granddaughters in Idaho. "My bones creak," she said, "but, boy, I love skiing -- particularly with my grandkids."

Jill is a veteran skier too. She is most likely to organize a bus for residents to go to Mount Hood when the snow is freshly on the ground. That's not as easy any more.

"In the first years here at Mirabella it was easy to get the bus filled," she said, but now "I have a bus filling, but I need to be sure everyone who is going is ready for the challenge of the snow." Of course, *she* is ready to go.

She has skied all her married life, particularly when living in parts of the U.S. where ski resorts are accessible. Although she enjoys Mount Hood, she still tries to get back to Aspen where she and husband Lew have wonderful memories of time on the ski slopes.

Locally Bev, Ronnie, and Jill all recommend trying skiing at Mount Hood Meadows nearby. Or just join the ski trip up to Timberline Lodge. ❁

Hands-On Heather Tends To Residents in the Health Center

by Nancy Moss

Heather Hire carries a big blue mesh bag around with her.

“Every size of gauze and wrap,” she says with a little laugh.

As that supply suggests, Heather is very hands-on in her job as Mirabella’s manger of both Assisted Living and the Home Care program.

She came to Mirabella in September 2010 as a floor nurse on the second floor. In February 2012, she became director of staff development education for the second floor, and a third floor nurse on Assisted Living.

3550 Health Care Coverage

Mirabella’s Home Care intake is a two-person step. A resident who feels she or he may need extra help first calls Justin Zarb, the business manager, who does a referral intake over the phone, asking what the person is looking for: help with a morning shower, daily care for a wound, or something more substantial.

“Not everybody knows exactly what they need, but they know they need something,” Heather said of this first step.

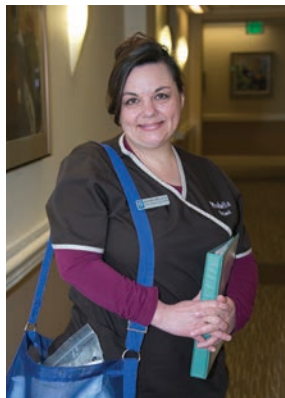
Home Care can range from once a month to 24 hour-a-day care. “Maybe someone just needs help getting their day going,” Heather said. “That’s such an easy thing to help with.”

By helping residents with particular problems, she hopes to keep them in Independent Living.

One Mirabella resident who has worked with Heather for three years, in her roles as floor nurse, manager, and home care boss, told 3550, “every hat she wears is fantastic,” and praised Heather’s combination of a businesslike and professional attitude with a loving nature.

Aside from patient care, Heather also serves as a link between her patients and their doctors, checking medication orders and contacting the doctor if she thinks something needs to be changed. She will also monitor and assess wounds, and will contact a patient’s doctor if a wound is not healing properly.

She also helps with hospice and respite care, focusing on caregiver burn-out and on keeping terminal patients in their familiar surrounding. ❀



(SPLASH from, p. 17)

Cliff Gray swims for 25 minutes, five times a week, swimming on his back, “like a turtle upside-down,” because he doesn’t like water in his eyes and mouth.

Following his quadruple bypass surgery, Cliff wanted to go fishing in Alaska, which involved carrying a 25 pound backpack and walking his fish out for a mile-and-a-half hike. After Cliff had exercised faithfully for four months, his doctor was surprised and pleased to pronounce Cliff ready to tackle Alaska.

Water, our earliest environment, can frighten people like Cliff Gray or me, those who never learned to breathe easily in it, but thrash and splutter, lacking the easy rhythm, say, of a Jill Seager swimming laps.

Both Karle and Tony, however, tout water’s value for toning, shaping, and generally keeping healthy. ❀

Nonagenarians Thrive

The greatest collection of life experience, achievement and wisdom in – well – in the history of Mirabella – is to assemble in Willamette Hall on March 19 at 2 p.m.

It will happen at the third in the now-annual series of parties honoring Mirabella’s nonagenarians (that’s folks who have reached the age of 90) originated and staged by Muriel Mendonca.

The party is open to all Mirabella residents – even those clinging tenaciously to their 60s.

The Nonagenarian Club now numbers 41 folks, although some 13 of them are not officially 90 yet; they will reach that milestone during the calendar year.

Mirabella’s oldest resident? That would be Aileen McNett. Husband Art is a tad younger.

George Wallace, who still sports a rose on his name tag after he and wife, Janice, recently moved in, is the community’s newest nonagenarian.

Those being honored this year – including those whose 90th falls later in 2014 – are:

Phoebe Atwood, Joy Berdon, Frank Bosch, Gert Boyle, Carroll Bradley, Maribel Cadmus, Marge Carothers, Gloria Catalan, Betty Chale, Alyce Cheatham, Ann Crumpacker, John Dickson, Sally Davis, Jean Davis, John Deaver, Pauline Deaver, Mary Foehring, Don Fox, Vivian Genser, Doug Gordenier, Barbara Herbold, Bess Keens, Bill Kilkenny, Forrest Kjemhus, Jack Kreitz, Sylvia Leeb, Aileen McNett, Art McNett, Perk Oliver, Shirley Pape, Jack Rickli, Herb Shapiro, Doris Simmons, Barbara Van Laningham, Amy Walker, Mil Walker, George Wallace, Jeanne Webb, Chuck Wilkins, Margie Wood, Guy Woods.

Younger people are invited to come by and soak up some of the knowledge that will pack the room.



ST. BARBARA – Dec. 4 was St. Barbara’s Day, and for the third year, Barbara Ivey organized a celebration for all Barbaras at Mirabella. One year, they all went to see the foreign film ‘Barbara,’ but this year stayed home for a Bistro lunch. Pictured, from left, are Barbaras Short, Gaines, Van Raalte, Wilkins, Groner, Cohn, Ivey, Bullier, Bengel and Wrench. Not pictured are Barbaras Herbold and Van Laningham. “One year while I was still in Long Beach, a group of us went to Santa Barbara for St. Barbara’s Day,” B. Ivey said, “but I don’t think we’ll do that any more.”

Makeover Due For MiraNet

Big changes are coming to MiraNet. A task force of residents and employees from Mirabella Portland, Pacific Retirement Services and its affiliated communities is revamping the popular intranet computer communication medium

“At this point, we are designing the website in telephone conferences and all working on a template,” said Maggi Travis, MiraNet’s resident webmaster who is working on the redesign.

“There is a lot of work ahead, but we hope to have an April rollout of the new site.”

She predicted the new site would be better looking and more user-friendly.

“The icons will be bigger and more clear, and will not require users to cycle through layers to get to information,” Maggi said.

Plans include providing residents access to their own account information, so they can check their account status and meal credits and such.

“Room bookings and car bookings and all that sort of stuff that now goes through the concierge will still go through the concierge, at least at present,” Maggi said.

As the design team moves ahead, Maggi said she would like to hear what features on MiraNet residents use and don’t use.

“For instance, the touch-screen users don’t use ‘My Corner,’ but do others use it to follow committees and groups? I’d love to hear from people what features they

like and what don’t need to be there at all,” she said.

The company behind this form of communication in PRS communities is Resident Intranet, recently renamed Exolet.

MiraNet, adapted for Mirabella use by Ronnie Rudolph and Maggi, and lovingly tended by Maggi each day, is the model the task force is using as the design progresses. ☼

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Catherine

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(WALKER/TINKER, from p. 7)

been useful but were not used for the purpose they were designed for,” he muses.

Meanwhile, Irene carried on a lifetime’s interest in women’s issues, running the Equity Policy Center. As she writes, “the movement called women in development brought together in a single focus key strands of her



life.” Irene’s numerous books and articles deal with women’s position, both in the developing and industrialized world. One of her books, *Street Food*, shows how *gado gado* in Indonesia, *lumpia* in the Philippines, and *roti* in Thailand affected women’s economic

position. Her book includes recipes.

After Washington, Irene and Mil headed for Berkeley, where Irene became a professor and Mil an adjunct

Traffic engineers have been mucking about with routes in and out of the South Waterfront. But they are no match for our own Walter Greizerstein who, like a poetic Border Collie, will always lead us home. –Ed.

My Way or the Highway

By Walter Greizerstein

My way or the highway I say,
from the south exit I-5 at Corbett ,
and immediately veer right; a good bet
guaranteed not to ruin your day

down the hill all the way to the light
turn left and go one block to Macadam
left again and you’ll find with delight
that you are home faster than you can think, who the
heck was Macadam?

. . . that is if no one from New Jersey
blocked your right turn into Curry

professor. In 1998, Irene retired from Berkeley, at age 70-½, as she had vowed to do. USAID again hired Mil as part of its Asian Democracy Program; he evaluated the Philippines, Thailand, Bangladesh, Nepal, and Sri Lanka.

Irene and Mil’s older daughter had settled with her husband in Portland. Irene and Mil looked at a number of retirement communities in the area and chose Mirabella. “We think it’s terrific,” they agree. As head of Mirabella’s South Waterfront Committee, Irene started the successful yearly art show.

The best image for the Tinker/Walker marriage may be all those streams crossed in Africa by their Austin (they couldn’t afford the four wheel drive Land Rover).

Irene would get out and move rocks by hand, one by one, to form a temporary bridge for the car to cross. Mil would inch the car forward, hoping the car wouldn’t stall in midstream.

Working together, trusting your partner because you have to, forged a partnership that, in the case of Tinker/Walker, is both lighthearted and tough.



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JACKLINE, from p. 8)
the grandparents who are there, to know where they came from. We want them to go when they are young – when they're teenagers, it will be a real hustle to get them out of here."

When the family returns home to Kenya – and they still call Kenya "home" – they take plenty of gifts.

"We take stuff back," she said. "We often ship stuff back home. We save every little thing. Like, if I don't want a dress, I will save it and give it to girls there. It doesn't have to be anything big. Just flashlights or any little thing."

Jackline Gathuru is happy with



Jackline, Jasmine, Samuel in Kenya

her life, happy with her work.

After working as a nurse and resident care manager at a local nursing facility, she wanted to shed management tasks and return to a job as a floor nurse, working days so she could care for her family. She found what she needed at Mirabella.

"It's a great place to work," she said. "We have a great team. People come to work ready to work. The CNAs, who do the hardest work, are terrific, which makes it a lot better for us."

For the future, Jackline looks toward a return to school and becoming a nurse practitioner. That will have to wait, though, until Samuel and Jasmine are a bit older and more self-sufficient.

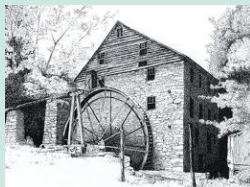
What would have happened had her uncle not offered her a ticket out of Thika more than 16 years ago?

"Actually, I've wondered that.

"I probably wouldn't be a nurse. I probably would do some type of business. Most of my classmates had small businesses, or did something in business."

Pause.

"Or I would have stayed home and had a ton of kids." ❀



Rumor Mill

by Sheri Winkelman

Is it true that a resident tried to put a chair down the garbage chute? Really? A chair?

Apparently so, and I sure wish I'd been there because I probably would have laughed myself silly.

However, once I recovered I would realize that there must be a better way to dispose of unwanted furniture.

I understand that whatever appears to take the least effort is appealing. Just look at all the carts that are left in hallways, elevators, and especially the lobby. Despite the instruction on the cart – RETURN TO VALET – some people just can't be bothered. However, we all live here and need to do the best we can to make Mirabella a safe and attractive building.

So what can we do with unwanted items?

Mirabella provides containers for glass; our jars and bottles and such should be rinsed out beforehand.

Thought For The Day:

There is no human problem which could not be solved if people would simply do as I advise.

--Gore Vidal

There's also the larger recycling bin. Please look at the poster next to the container if you don't know what can be recycled by Waste Management.

We all know that items that cannot be recycled should be double-bagged and tied securely before disposing of them in the garbage chute. Please do not put lightweight plastic bags by themselves in the chute because they may be sucked upwards and block the air vent into the building.

By the way, if the garbage chute door won't open, that means that someone on a higher floor has not shut the door correctly. Please call the concierge and a maintenance worker will fix the problem.

The thorniest problem is what to do with items that cannot be disposed of in the recycling rooms. Plastic bags are an example.

Although most grocery stores will take them, not all of us are willing and or able to do so. The Building and Grounds Advisory Committee is aware of this problem and suggestions are welcomed.

But, really, if you have a chair or similar item to dispose of, first think if someone else might want it. The Oregon Community Warehouse is always in need of useable furniture and household goods. If stuck, call the concierge, who will help you find a solution.

When Others Are Ailing, It's Not All About You

by Sheri Winkelman

The day after my son-in-law was operated on for Stage 4 colon cancer, my daughter called to tell me that it had spread to his liver and lymph system.

I fell apart, in part because I was still reeling from the previous day's news, which came on the heels of what we thought was a routine colonoscopy.

While my coming undone, as they say, may be understandable, it was something I should not have allowed myself to do.

The next week, my other daughter sent me a copy of a Los Angeles Times article by psychologist Susan Silk and arbitrator Barry Goldman about the "Ring Theory" of kvetching.

Their first rule is comfort in, dump out.

Imagine that my son-in-law is in the center ring. Occupying the first circle around him are those most connected; my six-year-old grandson and his paternal grandparents for example. In the next circle out are people not as close as those in the first circle. The circles expand to everyone to who cares about the person in the center and those dearest to him.

In "not being there" for my daughter, I was dumping on her rather than offering comfort. That I was eventually able to pull myself together and become sensitive to her needs was too little, too late.

Here are the rules. The person in the center ring can say anything he or she wants -- to anyone, anytime, anywhere. Kvetching, complaining, whining and moaning are allowed. That's the one payoff for being in the center ring.

Everyone else can say those things, too, but only to people in larger rings. When you are talking to a person in a ring smaller than yours, the goal is to help. No advice, just comfort and support. It's to people in rings larger than yours that you get to share your distress.

Fortunately, I was able to remember that last bit when the son of a dear friend died recently from the flu. Comfort and support for these parents who had lost a child came easily. It was on my own daughters that I dumped my feelings of shock and sorrow. And from them I received the welcoming and understanding ear that I needed.

We'll all have our turn in the center of the ring. For now, all we need to remember is "comfort in, dump out".



(*RIVER from*, p. 5)

way, for affordable housing, Tri-Met and other projects.

"Urban renewal revenue is supposed to flow back to this area, until such time as it's no longer designated as an urban renewal area," Mirabella resident Fenner told 3550.

"Theoretically, it stays in our pocket and we benefit from it, for in some sense we paid for it," he said. "It's our tax money that wouldn't have been available if urban renewal hadn't been done."

The idea is to spur development in blighted areas, so the area improves and a district not contributing much tax revenue begins to produce it.

Elizabeth Kennedy-Wong of PPR said that past TIF money has all been spent -- \$7.5-million on Phase One of the Greenway, the river restoration, and \$3.5-million on the upland portion. Additional revenue will flow in each year, enhanced by new money from new development in the area.

Jim Luke, chairman of the South Waterfront Nature and Green Spaces Committee, told 3550 that planning meetings throughout Portland have emphasized increasing residents' access to the river, yet the present Park Department process, shutting the river off behind high walls, causes just the opposite.

From the audience at the community meeting, Roger Gertenrich, a former mayor of Salem, said then-Mayor Vera Katz had appointed him to a Greenway committee when he was 68 and he is now 80.

Gertenrich said he hopes to see the project completed in his lifetime. ☘



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