

# Singing into the Holidays

# 3550

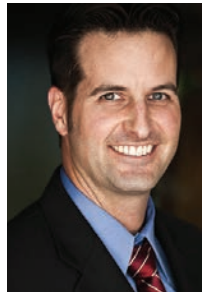


Winter Issue  
2013-14

a publication by and for the residents of Mirabella Portland



**Rolf Glerum**  
President



**Anthony Sabatini**  
Executive Director

## The EAF and You

By the time you read this, there will be about a week left to send your contribution to the Mirabella Employee Appreciation Fund (unless you already have, in which case *thank you very much.*)

At the risk of being accused of overkill, I want to give one more pitch for this extraordinary program, now in its third year, which has been created for Mirabella employees.

Let me review the numbers.

In 2012, residents contributed \$244,739 to the Fund, and every one of the 211 eligible employees received \$.99 for every hour worked. The highest amount given was \$2,056 for 2,080 maximum hours.

Now with more residents – and more employees – we hope to equal that amount, if not surpass it.

The highlight of the program always happens on the days the checks are distributed (now set for December 13 and 14).

Some are incredulous at the amount (Are you sure this isn't a mistake?), some shout for joy, tears flow, hugs are given all around and everyone starts looking for ways they can express their gratitude. It's truly a time for celebration and good cheer.

Following the first year's check distribution, the employees put together a short video presentation showing their deep appreciation. Even though it's two years old, it's just as powerful today as it was then and I urge you to check it out. It's on the MiraNet, under both the Facebook logo and the YouTube logo.

So the A in EAF stands for Appreciation from both directions: ours, in appreciation of our hard-working Mirabella employees . . . and theirs, to the residents for rewarding them at the end of the year.

It's a great system all the way around.

**COVER: Photographer Ron Mendonca created the cover for this issue. Pictured is the On Stage group, preparing for a concert. Left to right, Don Marshall, Nancy Moss, Joan McCoy, Judy Seubert, Carrell Bradley and Dot Lukins. They will present Dylan Thomas' "A Child's Christmas in Wales," and Judy will play some pieces on her recorder. The event is the evening of December 11, in Willamette Hall.**

The holiday season is powerful. It brings a unique mix of emotions as we reflect back over our lives or simply over the last year. However, rather than spending time reflecting on the last three successful years, I prefer considering what the future holds for us.

Pacific Retirement Services has recently undergone a major rebranding, building on its mission "To provide exceptional leadership to our family of organizations, working together to enhance the aging experience."

Mirabella has reached a critical point that requires us as an organization to think and operate differently. We achieved what we set out to do three years ago: fill the building. Now is the time to review our mission, and as a community, determine our values.

PRS's Core Values are:

**Excellence** – We believe in the continuous pursuit of excellence in delivering the highest quality accommodations, services, and care throughout our organization.

**Innovation** – Our organization is inventive and resourceful, utilizing the latest business strategies, information, and technology to enhance the lives of residents.

**Integrity** – Every decision we make and every action we take is informed by our adherence to high moral and ethical principles.

**Stewardship** – PRS values all of our resources: human, financial, and physical.

**Compassion** – Considered one of mankind's most important virtues, compassion means recognizing the suffering or distress of others, then taking action to help.

**Collaboration** – We work together harnessing the talents, skills, and knowledge of each person to continuously enhance the retirement experience.

Mirabella Portland is proud to be part of such a company. In the next year, my goal for the Mirabella community is to build on PRS's shared values and determine our own values – values that all of us will be proud to live by as we go about our days.

A very happy holiday season to our entire Mirabella family.

To each of you, heartfelt thanks for making this a great community.

*We hope  
you are having a  
Happy Hanukkah*



### **Contributors**

**John Branchflower** – Retired musician, social worker and CPA, John is the resident restaurant critic, specializing in food carts and neighborhood joints.

**Adrienne Braverman** – A contributor to our holiday section, Adrienne Braverman is a retired accountant who enjoys playing with words more than numbers. She is also the advertising manager for 3550.

**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 efforts to bond with his grandson.

**Marge Carothers** – Back in journalism after once working for Broadcasting magazine in New York, 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 Our House.

**Steve Casey** – A recovering journalist, former prosecutorial executive and street cop, Steve is editor of this here magazine. In a former life, he was editor of an award-winning magazine for police officers and prosecutors. He wrote the profile on Branslav Dugonjevac.

**Priscilla Cowell** – Priscilla Cowell has lived and worked in six developing countries and recently visited eleven West African countries on a 50th wedding anniversary trip. She is a contributor to our collection of holiday stories.

**Ann Crumpacker** – Ann was a high school English

teacher and later a teacher of capable elementary students who had learning disabilities. “People and words are important to me,” she says, “but family heads the list.”

**Bob French** – World traveler Bob French is an accomplished photographer and regular contributor to 3550. He shot the portrait of Norma Paulus in this issue and contributed other photos.

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

**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.

**Sivia Kaye** – is a fan both of *language* and its many incarnations and of *Brooklyn* and its many memories. She is known for her Personal Prism series of interviews.

**Jim Luke** – A resident of the neighborhood, Jim Luke is a land surveyor and chair of the South Waterfront Nature and Green Spaces Committee. As you will learn, he and his wife are also members of Costco.

**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. He took the portrait of Branslav Dugonjevac and created the cover of this issue.

**Dona Morris** – A retired nurse with an MSN in cardiovascular nursing, Dona was on the faculties of the University of Illinois and University of Wisconsin. She (see Contributors p. 17)

# First Back Alley Sale Nets 10 Grand

The first “Back Alley Rummage Sale” was staged in late September, netting \$10,000 for employee scholarships through the Mirabella Portland Foundation, and earning praise from residents and staff.

When a final count showed the total take at about \$9,800, one resident made an anonymous \$200 donation to kick it over the top.

Megan Huston, director of resident services, was trail boss of the event, aided by more than 85 residents, together with staff members including Teri Terrill, LeAnne Hawkins, Phuong Hart, Adam Payn, Bobbi Lyman and an army of maintenance and housekeeping staffers.

An informal committee of nine residents led by Dave McCammon pitched in to organize much

of the volunteer effort and wrote an after-action report.

“Mirabella Portland staged September’s Back Alley Rummage Sale with several goals in mind,” the report said: “Find new homes for model and guest suite furniture that was no longer needed; offer employees furniture at very reasonable prices; give residents a way to donate tax-deductible unwanted goods to a worthy cause; and raise money for staff scholarships.”

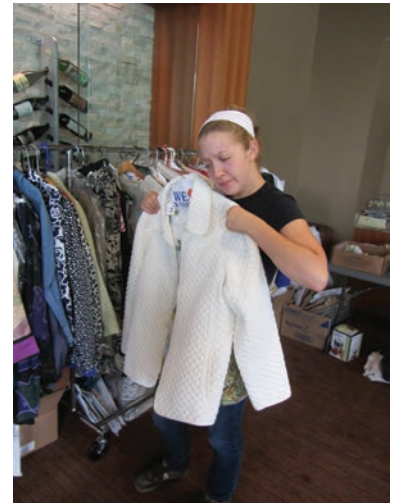
“The sale met each of those goals.”

The report was written by Barbara Bullier, Curtis Guthrie, Sue Knoll, Dave McCammon, Linda McCammon, Judy McDermott, Jill Seager, Wendy Steinberg and Kristie Walker.

The first day, the sale was open



**Megan Huston**



**Alison Roblin dreams of winter**

only to Mirabella employees.

They lined up two hours before the scheduled 9 a.m. start time, and enthusiastically grabbed up furniture and furnishings, luggage and linens.

Justin Zarb, activities coordinator on the second floor, was still enthused weeks later about the bed frame he and his wife purchased. It was just what they had been searching for – and something their budget could handle.

John Hart, facility services director, went home with a \$1,000 tandem bicycle.

The sale was fueled by resident donations of clothing, furniture, fine china, art, electronics and books, together with unneeded Mirabella furniture and furnishings, and the world’s largest collection of bad telephones.

The unofficial committee’s report – submitted to the residents’ council, administration and the foundation committee – also reviewed how sister PRS communities raise funds through sales, and made several recommendations for any future sales here. ☼



**Matt Noble admires his new dining set**

# Bonding on Bond

by Larry Braverman

Until recently, when my lovely wife, Adrienne, and I would wake up each morning, we would always follow a simple routine.

First, I would look out our bedroom window: east toward the Willamette River and west toward the hills. Second, she would make coffee; hers straight, mine polluted with cream and Stevia. Third, I would ask the same exact question:

“Why on earth would anyone: (1) sell a house he loves, (2) leave a wonderful golf and tennis community (3) say adios to dozens of dear friends and (4) move 3,000 miles across country to a tiny apartment less than one third the size of his just-sold home?”

And Adrienne would always come up with the same exact answer: “To be near our only grandson, two-year-old Miles, of course!”

“I knew that,” I would respond. Then I would ponder.

I have come to the conclusion that it is easier to be a good grandmother than a good grandfather. Women know exactly what to do with toddlers. It’s instinct. Grandfathers have to put together a master plan or maybe even take formal instructions.

After doing both, I decided if I want to get close to Miles figuratively, I must get down to his level literally. So whenever we visit him, I immediately drop to all fours, look at him squarely in the eye, and remind him that I am known as “Grandmaster.” (He insists on calling me “Gampy.”)

Together, we then play with the new train, new car or new mechanical butterfly that his grandmother (Mema) just bought for him, of course, because she knows exactly what he would want.

My clever maneuver of getting down on the floor with

him does work... for a very short while. However, as soon as he gets bored, usually after about three minutes, he scampers away at warp speed into another room to find “Mema.”

By the time I manage to struggle back to my feet, with the aid of a nearby table, stretch my stiff legs and loosen my sore back, he’s already eaten his dinner, taken his bath and gone to bed. If I’m lucky, I get to read him a goodnight story that Mema has already carefully selected to help him fall asleep. I often wondered whether I was wasting my time.



Recently, however, something bizarre happened, which changed everything.

Adrienne and I were taking a walk across the street from Elizabeth Caruthers Park, past Miles’ day care center. It was drizzling, as usual, even though the sun was shining. He was riding his tricycle outside with a bunch of other kids in the

fenced-in, covered playground. Adrienne warned me that Miles must not see us.

“Do not disrupt his class,” she said.

“Don’t worry,” I assured her, stealing a glance at Miles through the chain-link fence, while pulling my raincoat collar tightly up around my neck and the rim of my hood way down over my sunglasses. “There’s no way he could recognize me. He barely knows who I am.”

I was so wrong.

Within seconds, Miles cried out, “Gampy,” stumbled off his tricycle, and began to run toward the fence... with his startled teacher close behind, staring angrily at me.

“Dammit!” Adrienne cried, in a rare moment of anger. “I told you not to look at him. Let’s get out of here. His teacher probably thinks you’re a pervert!”

Together, without another word, we quickly fled the scene. Adrienne was embarrassed, but, to be honest, I was proud. Miles had actually known who I was. Walking back to Mirabella, I felt better than I had in months.

Miles and I had bonded. ❀

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Tell Them You Saw Them in 3550*



**Norma Paulus**

photo by Bob French

In the world of Oregon politics, Norma Paulus is a star.

Twice elected to the state legislature, she also was the first woman ever elected to statewide office.

As secretary of state, Oregon's second-highest official, she created same-day voter registration and vote by mail. She ran for Oregon governor and the US Senate. She smacked down a murderous cult's try at taking over a town in rural Wasco County. She led Oregon schools, as superintendent of public instruction.

Now, the always well-turned-out woman with a beaming smile and a ready story is a Mirabella resident – and loving it.

And all this from a Nebraska-born, Eastern Oregon-raised woman who earned her way to political stardom from a childhood poverty deep enough that she wore hand-me-down shoes, soles held to uppers

embarrassment enough, but Norma still flinches at the memory of carrying her lunch to school in a lard bucket.

A reporter wrote of her in 1986, “it is the toughness and persistence bred into her by an impoverished Eastern Oregon childhood that has been the strongest asset of her career.”

She also caught a break now and then.

Although Norma and her seven brothers and sisters were poor, the Burns public schools provided a smart little girl with an extraordinary education. Her elementary school principal, Henry L. Slater, saw Norma's potential and tailored a custom education program just for her.

She attended regular school in the morning and spent her afternoons reading great books chosen from a list Slater gave her. Along

epidemic. She fought back, returning to work while still unable to climb the stairs.

Leland Duncan died and his private cases were taken by a Salem lawyer, Bryan Goodenough, who became so impressed with Norma's work he brought her to Salem as his legal secretary.

When Oregon Supreme Court Chief Justice Earl Latourette needed a secretary, Goodenough recommended Norma.

Soon, the judge decided Norma belonged in law school. Yeah-but, Norma told him. Same old problem: no college and no money.

Judge Latourette said she could use a new law – designed for returning veterans – that allowed direct admission to law school if the applicant passed a rigorous examination. Norma took the three-day exam and aced it.

The only remaining obstacle was the law school dean, who believed women had no business practicing law.

That problem was solved when the chief justice wrote to the dean that he “would consider it a service” if Norma was permitted to take classes. She was admitted and began taking every law school class offered at 8 a.m., so she could get to her full-time job on time at nine o'clock. When she had taken all the 8 a.m. classes, she moved on to the 11 a.m. classes, offered during her lunch hour.

Norma's work at the Supreme Court gave her a graduate-level education. As secretary to the chief justice, she sat in the back of the courtroom during all oral arguments. She heard the best lawyers in Oregon at work, and read the opinions after the cases were decided.

Other law students often came to the court to hear oral arguments, and Bill Paulus was one.

(see Paulus pg. 24)

## **Resident Profile: Norma Paulus** **A Dusty Road to Achievement and Prominence**

*by Claire Weber*

only by strong tape and prayers; a woman so poor she missed college but still became a lawyer.

Norma Jean Petersen, daughter of a once-prosperous corn and wheat farmer in Nance County, Neb., had her life changed forever by the Dust Bowl.

Norma's father had heard of a “lush, green valley” in a place called Eugene, Ore. The family abandoned their withered crops, and set out to a new home.

Soon, they moved to Burns, where Norma's father headed up an oil exploration project. She remembers the high desert as full of “sagebrush and rattlesnakes.”

The search for oil was a bust, and the family hit on hard times, never recovering.

Taped-together shoes were

the way, she fell in love – with Latin, a good match for a lawyer.

“Latin has been a very significant part of my life,” Norma now muses.

And in high school she found her first electoral victory – becoming senior class president.

Norma's teachers knew she couldn't afford college, so, without consulting her or her family, they told the county district attorney, Leland Duncan, they knew a smart girl who could replace his retiring secretary.

Duncan hired her and she became secretary to him as DA and in his private practice. Thus began Norma's unofficial apprenticeship in the law, where she could put to use her beloved Latin.

Just as things were looking up, Norma contracted polio in a 1950s'

*The siege of Sarajevo. . . was an episode of such notoriety in the conflict in the former Yugoslavia that one must go back to World War II to find a parallel in European history. Not since then had a professional army conducted a campaign of unrelenting violence against the inhabitants of a European city so as to reduce them to a state of medieval deprivation in which they were in constant fear of death. . . There was nowhere safe for a Sarajevoan, not at home, at school, in a hospital, from deliberate attack.* - Prosecutor's opening statement in war crimes trial

You may not see it as the burly worker quietly pushes recycle bins and cleans inside the building, but Mirabella custodian Branislav Dugonjevac is a happy man.

All the more remarkable considering what he has endured.

"Brani," as he is known, was prospering in Sarajevo, the capital city of Bosnia and Herzegovina, then part of the former Yugoslavia.

For 20 years, he owned a taxi driving business, and for 15 years also owned a popular restaurant called Lipov Lad, named for the type of tree growing in the back

"One time, soldiers lined all these people up, maybe 30, and they were going to do a mass execution. My father was one of those 30 people. Ten minutes before (the shooting,) the former chief of the police force, whom my dad knew before the war, showed up and was able to take him away. He said, 'What are you doing? I know this man.'"

Brani does not know what happened to the others. He assumes they were all murdered.

In the chaos of war, friends and family could be on all sides of the raging sectarian and political fighting, yet remain allies in daily struggles as living became more

## **Staff Profile: Branislav Dugonjevac** **A Story of Wartime Survival and Triumph in a New Land**

*by Steve Casey*

patio, shading patrons.

He had a wife and three children, all of whom he adored.

"We had the two businesses, which were very successful," he said recently.

"We had our money and our retirement, and it was all in a bank in Slovenia. When the war started, the bank went away and everything we had was lost."

The Siege of Sarajevo, from April 1992 through February 1996, was the longest and most unrelenting siege of a capital city in the history of modern warfare. To this day, there is no accurate count of people slaughtered. The death toll estimate ranges from 9,500 to more than 14,000 civilian and military victims.

Brani was almost one of them.

His daughter, Ivana, translated in a 3550 interview and offered insights of her own. Brani speaks Serbo-Croatian and very little English.

Asked if he had friends killed during the siege, Brani rolled his eyes, a gesture easily translated as "Uh, yeah!"

"He had his life saved," Ivana Dugonjevac said.

"Soldiers came through the door of the house and took him away, many times. We thought he was going to be killed then, or didn't know when we would see him again.

chancy, and more grim.

His life in the balance, with no business, no money, no food, no electricity, no water, no heat, Brani had to support a family.

For awhile, he worked distributing relief supplies in exchange for canned food.

"You try to be optimistic," Brani said, "but it's hard to be optimistic when there's no resolution, when you see that your kids don't have food."

Brani and his wife, Mira, have a son and two daughters. Ivana was two when the war started, her brother, Srdjan, was nine, her sister, Biljana, 17. The entire family now lives in Portland, where they came as refugees, brought by a church. The siblings have flourished in America.

"I went through a lot, but there's no reason to be bitter," Brani said when asked about the toll a brutal war had taken on him. "I believe everything happens for a reason, and it was another life experience that shaped the kind of family we have. I'm very grateful for the wife and kids I have."

When Brani arrived in Portland, the transition was not as startling as one might imagine.

*(see Brani p. 25)*





**Branislav Dugonjevac**

photo by Ron Mendonca

# Holidays...

## A Simple Holiday

Before Chanukah became a competitive sport -- with Christmas being its main opponent -- it was a simple December holiday celebrated with latkes (fabulously fattening potato pancakes) and the lighting of the menorah.

There were no electric or multi-candles as now. A simple eight-pronged candelabra which accommodated nine orange candles was uniformly used.



Each night one additional candle was lit with the “shamas” or main candle transferring its flame. At the week’s end, there would be nine lit candles. Each evening, the menorah was placed in the window, and care had to be taken so that curtains would not catch fire.

No gifts were exchanged; it was a minor holiday.

My grandparents used to wrap 50-cent pieces in tin foil, attach one to the other with pink ribbon, and tie the batch to one Chanukah candle. That totaled \$4.

Then there was a quiet uprising amongst the Jewish children.

They felt sorely discriminated against: their friends were talking for weeks about the gifts they were to get from Santa Claus on the 25th. Four dollars, even wrapped in foil and beribboned, was no match for a Schwinn bike.

Protests were heard. And slowly but surely the parents caved in. Chanukah came into its own as a gift-giving holiday.

It has never quite rivaled Christmas, but the department stores learned to mine it for the business it might bring in.

-Sivia Kaye

## Christmas In Paradise

Christmas morning 1976 in Pago Pago, American Samoa, was 80 degrees, limitless blue sky and tall poinsettia trees in full red bloom all around our bungalow.

Our young sons awoke to Santa’s presents spread around a rangy cactus planted in a barrel and festooned with their ornaments made at school of paper and shells. We had smuggled the presents home from a family trip to Honolulu where megamalls catered to every child’s dream.

Breakfast was tropical fruits and waffles at the hotel where Sadie Thompson in Somerset Maugham’s story “Rain” had stayed.



Afterwards, we swam in the clear water of the hotel beach and threw pebbles far out over the reef, shouting: “Take that, Fargo, North Dakota,” the coldest, most utterly opposite of this bliss that we could think of.

-Priscilla Cowell

## Being Ecumenical

When Larry and I were joined in marriage, we were also joining two very different religions. Larry was raised as a Conservative Jew with a mother who kept kosher, and I was a product of Catholic girls’ schools with a father who, as a convert, felt he was only one step behind the Pope.

Thanksgiving and Christmas were easily divided, but the families never met until the first birthday of daughter number one.

Now with a family of our own, we decided we would try to include some traditions of both religions.

Easter was celebrated with jelly beans and colored eggs and Passover with matzo and gefilte fish.

Christmas and Hanukkah were more of a challenge. Both entailed presents; the former produced lots of them and all in one day. To make things less confusing, we often changed the dates so Christmas did not become the 9<sup>th</sup> Day of Hanukkah. Both were celebrated with the traditional goodies: Santa and star cookies with sprinkles for the former and latkes with sour cream and apple sauce for the latter.

We lived in a suburban Virginia area commutable to DC. The population was extremely varied and our neighbors came from many ethnic and religious groups. The December our youngest was in first grade, her teacher decided that the class would benefit from the stories and traditions of how families celebrate Christmas, Hanukkah and Kwanzaa.

She asked the students to volunteer their moms for this event. Her request still hung in the air as our first grader jumped up and said “Call my Mom, she will do Hanukkah! She makes the best latkes and we can play with dreidels and have apple sauce and, and, and... it will be so fun!”

We thought we did a pretty good job giving our girls a “taste” of Judaism as well as Christianity. We had no idea how well we were doing until we got that telephone call from the first grade teacher.

-Adrienne Braverman

## Pirate Treasure

When Bob was a boy in ninth grade, their woodworking class (remember those?) made miniature pirate chests. Bob still has his and stores a few “treasures” in it.

# ...Remembered

Periodically, our children persuaded him to open it while they examined the contents that always fascinated them and came with many family stories.

And raised such questions as “why do you keep that old quilt, it’s falling apart?” It happened to be one that had come to Montana on a wagon train with his great grandmother.

The Christmas the children were six and eight, Bob decided to make each of them a pirate’s chest. He worked surreptitiously after they had gone to bed. He burned areas of the wood to make the chests look old and used impressive looking locks. On Christmas Eve we put \$20.00 worth of pennies in each.

There could not have been two more excited than children than Matt and Meredith when they saw the chests on Christmas morning. They thought the pennies were indeed treasure.

The chests became so popular that he had to make them for a niece and nephew. Other seduced fathers and grandfathers had to copy the chest as well.

The pirate chests still take pride of place in our children’s homes as well as our own.

*-Dona Morris*

## Christmas On Wheels

It was the day before Christmas 1987, with plans completed and the turkey ready to go for Christmas Day lunch.

Three of my four children lived in Portland, each family with one or two very young children. It was our custom to give gifts to the children, and to one adult whose name

we drew. The luncheon was to be a potluck at my home. I had a lovely Christmas Eve with friends, and looked forward to the next day.

Well, now. We awakened to find the ground covered with snow, and families all finding their way “over the river and through the woods” to my house was not going to happen. Crisis time, until it occurred to me that if Santa could get through, so could Ann. So I called my brother, John, who agreed to ride along on the mercy mission to save Christmas. Gifts went into the back seat of my trusty Volvo; the turkey, stuffing and cranberry sauce went into the trunk. I alerted the children to the plan, and off we went.

Since this started out to be a potluck, John and I realized that for all the families on our little route to have a complete meal, we’d have to do the circuit twice so every household would get every dish. We traveled

from Riverdale Road to Westwood Terrace to

Beaverton to Lake Oswego -- and back. At each stop, we were able to spend a little time for hurried holiday greetings. Just separating the presents was a bit confusing. Soon, though, we were smart enough to divide the back seat of the Volvo into family piles of gifts.

We arrived back at my house, well worn but happy. Everyone had gotten presents. Everyone had been fed. John and I enjoyed our own Christmas lunch and toasted the hard-working Volvo.

As my brother left, he said, “You know, you would have made a very good taxi driver.”

*-Ann Crumacker*

## Post Christmas Surprise

Jim’s 60<sup>th</sup> birthday was approaching, right on the heels of Christmas, and I remembered from skiing days gone by that he’d vowed to ski Sun Valley’s incredibly challenging Exhibition run to mark the milestone.

He may have forgotten the vow. His family didn’t.

On Dec. 27<sup>th</sup>, and no, I’m not going to say what year it was, our children and I marked his 60<sup>th</sup> birthday by spirited him off to Sun Valley, the proud – or chagrined – owner of a race bib reading:

“CAUTION. Today I am 60 and my family remembered my looong ago promise to SKI EXHIBITION on this day.”

Exhibition is a black – expert – run, and when he reached the bottom in one piece, our children pinned an addendum on the back of his bib: “I survived Exhibition.”

Tired, thrilled, we returned to our chartered airplane and were back at our home in California for his birthday dinner.

*-Ronnie Rudolph*



# Your 3550 Team Back on the Health Beat...

## Diet, Exercise, Care, Treatment All Part of Staying Healthy Regimen

by Steve Casey

No offense, but Sharon McCartney would just as soon not see you on her floor.

“Our first goal is to keep you as independent as possible,” she said in a 3550 interview. “Our goal is *not* for you to transition into higher care levels, although they are certainly there for you.”

The “higher levels” include assisted living, skilled nursing and memory care, which she oversees as Mirabella’s health care administrator.

To keep residents out of the clutches of more care than they need, McCartney has some tools to use, working with other Mirabella departments.

It’s called a Continuum of Care. Perhaps Continuum of Health is more fitting.

“Assisted living, the gym, classes, physical therapy – these are not random pieces of some puzzle, they are all part of an integrated continuum of health care we offer at Mirabella,” she said.

That continuum includes:

- Proper diet
- Physical exercise
- Physical therapy
- Home care
- Assisted living
- Skilled nursing
- Memory care

It all starts with healthy eating.

Sarah Koniarski, a registered dietician, consults with food service bosses Mark Dagostino and Todd

Albert, devising menus.

“Basically, she oversees the dietary structure of health care, and she also partners with Todd on the menus for independent living,” McCartney said.



Sharon McCartney

Any resident may consult with Koniarski about dietary questions or concerns, McCartney said, although there is a charge involved.

Chef Todd also encourages resident feedback. That consultation is free.

The resident dining committee is a valuable resource for the staff, letting them know resi-

dents’ needs and concerns, both McCartney and Dagostino said, noting that committee requests carry more weight than those coming from a single resident.

“The next part of our continuum is the Wellness Center,” McCartney said. “Having Karle (Wagner, wellness coordinator) available to consult and to explain the equipment and get residents going is a part of keeping their bodies healthy. She is available for personal training, and she puts on classes.”

McCartney, a dedicated runner, said “It doesn’t matter your age, exercise is important.

“Your body remembers muscle movement, it’s so ingrained in you. The more we practice, the more the body remembers. As we age, the body still remembers, even if there are cognitive difficulties. We have people in Memory Care who don’t remember much, but their bodies

(see *Healthy*, p. 16)

## Who Are the First Responders?

by Steve Casey

Help, you’ve fallen and you can’t get up.

The first person at your door is likely to be from maintenance.

Seriously?

Mirabella’s maintenance techs, once trained, are designated as first responders. They carry pagers, and quickly head to the site of medical emergencies. There is always at least one on duty.

Mirabella is now training every single employee – from food servers to parking valets to housekeepers – in the use of the Automatic External Defibrillator (AED,) CPR and first aid, according to John Hart, facility services director.

Today’s first responders earn praise from some residents for their caring and help, but are shrugged off by others as having inadequate skill.

Part of the criticism comes from not understanding what their role is – and isn’t, according to Hart.

Before being designated as first responders, Hart said the maintenance staff and some custodians have been through his orientation presentation, and they have been certified by the Red Cross in CPR, the AED and in first aid.

The training and certification is done regularly and followed up by in-service training.

“The intent,” he said in a 3550 interview, “is not to get our staff trained as medical responders. They assess the situation. Based on that, they may or may not do CPR, may or may not apply bandages. As a default, they are required whenever in doubt to call 8-9-1-1 and bring in

(see next page)

## ...Looking at Practicalities and Residents' Concerns

professionals.”

Severe shortness of breath, difficulty breathing, excessive or uncontrollable bleeding, extreme lethargy or confusion, severe unsteadiness or dizziness, obvious signs of trauma, vomiting or extreme nausea, severe pain, inability to move or a high fever are all going to result in a 9-1-1 call.

Called to an accident, first responders will look for allergic reactions, medication mismanagement, cuts or head injuries. They may provide basic first aid, and call the resident's primary care physician, after hours emergency number, or a family member, if appropriate.

Their training tells them repeatedly, “We should always err on the side of calling 9-1-1.”

The first responders are told: “For the resident's safety and due to licensing restrictions, Mirabella staff cannot provide medical services to independent living residents in their apartments. Mirabella does not have access to resident records and does not wish to interfere with the doctor/patient relationship.”

Some residents believe that is weak, that you don't need access to records to offer emergency medical help.

Hart said the idea always was simply to be a presence, to offer comfort and to facilitate communication with and arrival of paramedics.

The further training is a supplement, he said.

If a resident is cut, the first responders can help dress the wound, Hart said – a service not generally available through Mirabella's medical personnel on an emergency basis. That can save a resident a trip to the ER – and frequently a very long wait – for a minor event.

(see *Responders*, p. 21)

### Residents Want More “Triage,” but Who Pays?

by Nancy Moss and Steve Casey

**T**hey asked and you answered. A working group of the Resident Health Committee distributed questionnaires with the last issue of 3550, asking if you think Mirabella needs more medical assistance available to independent living residents – and if you are willing to pay for it.

In big numbers, residents said “yes” to need, and “not so much” to payment.

Each independent living apart-



#### An in-house urgent care could tend to bumps and spills

ment received a questionnaire. Some 132 responses came back from 54 singles and 78 couples – totaling 210 residents, or a 67% response rate. That, said working group chair Doug MacKinnon, “shows interest and concern” on this issue.

Two-thirds of respondents believe Mirabella needs an on-site urgent care-type service, which could be mixed first aid and triage, MacKinnon said. He added there was “not as much enthusiasm about paying for such a service,” but respondents evinced a “certain willingness to pay.”

Isabel Prucha, also part of the working group, said, “residents didn't understand the expense” of additional on-premises care.

No wonder; it's complicated.

Although residents who returned the questionnaire strongly supported the idea of a registered nurse, nurse practitioner or physician's assistant at Mirabella, health committee co-chair Charlie Hickman, a retired family practitioner, estimated staffing such a position around the clock would require a minimum of eight people and cost \$600,000 to \$800,000 a year.

No one interviewed for this article thought that was a reasonable – or likely – expenditure.

MacKinnon said Mirabella does not necessarily need a full-time medical position. Paul E. Johnson, a retired cardiologist, said a “well-trained medical professional would see three to five people a week” at Mirabella.

Hickman told 3550 that Mirabella Seattle recently hired a health nurse to provide services to residents, and the committee is looking into that idea.

While agreeing the issue merits further study, the committee said residents can take some steps to make themselves safer.

Each apartment should contain a first-aid kit, Prucha said. MacKinnon said the working group will devise “a list of basic supplies that everyone should have” so all residents can “look out for ourselves as much as possible.”

The group also plans to list all urgent care, immediate care and similar facilities within a 10-15 mile radius, and 24-hour pharmacies within the same area.

The questionnaire did not directly address, but stimulated discussion of, the issue of establishing

(see *Triage*, p. 15)

# Sweat Today, Live Better Tomorrow

by Nancy Moss

People who exercise are more positive,” says Mirabella Wellness Coordinator Karle Wagner. She believes exercise elevates a person’s mood, perhaps because “at some level you know it’s good for you.”

Since Mirabella has hired Tony Cibik as an assistant for Karle, residents will have twice as many opportunities to become more cheerful and fit, to get their endorphins flowing, all in the company of others.

The Mirabella gym offers residents a free orientation. Karle will ask a newcomer, “What are your goals?,” and then follow up. If

someone is worried about falling, she will ask if the resident has fallen in the past and, if the person’s situation seems serious, recommend physical therapy.

## 3550 Health Care Coverage

A common balance test – “How long can you stand on one foot?” – is a simple task far harder than it sounds.

The orientation includes introduction to equipment in the gym, and a suggested workout routine – be the resident a novice or experienced exerciser.

Aside from the initial orientation, Karle can offer a fitness assessment to people who are serious. The assessment, she points out, takes a lot of time.

Bob McDermott, a gym regular, is one of those serious people.

After angioplasty for blockage in two arteries, Bob worked with his cardiologist (a body builder) and two trainers to create an exercise regime. He spends an hour in the morning, six days a week, working on his arms and shoulders and half an hour in the afternoon on his legs.

“My high school phys ed teacher wouldn’t believe what I am doing,” Bob says, adding that although he was a walker, he had “never darkened the door of a gym” before.



Mil Walker

Jeanette Schutz is another faithful gym user.

Every morning she does chair exercises, using weights and thick rubber bands to work on arm strength. To create circulation around her ankles, she extends her leg and taps her toe toward, but not on, the floor, which increases blood flow.

Some people in her chair fitness class have problems with arthritis; “Do as much as you can do,” Jeanette suggests, adding a bit proudly, “I’m too young to say I’m 87.”

Jeanette also does 50 minutes of leg work most days, following instructions from OHSU, is found in swim classes twice a week, and does Pilates.

When she was 45 and her doctor asked, “When did you have a heart attack?,” Jeanette realized that an undiagnosed heart attack when she was 14 had left her with some permanent cardiac damage. That didn’t stop her from square dancing and round dancing, or from climbing orange and lemon trees on their property when her husband became too sick for strenuous work.

Jeanette’s active participation in classes supports Karle’s belief that exercise is a social activity.

“I’d like everyone to be doing something,” Karle says,



Trainer Tony Cibik with resident Cathy Bauer

pointing out that walking a dog can be good exercise if it’s a “real walk,” done at a brisk pace.

How can she help people who find the gym’s machines intimidating, or who want to restart that forgotten exercise program? They should ask for help, Karle said. She is planning a presentation that will include five-minute examples of each activity. ❀



Jeanette Schutz

## Second Trainer for Mirabella

**T**ony Cibik is pretty darned pleased. “My life is happy since I moved to Portland in 2009,” said Cibik, recently hired on as Karle Wagner’s assistant in Mirabella’s Fitness Center.

A decade working in architecture left him burned out, and the longtime athlete switched to personal training. His goal at Mirabella, he says, is to make classes fun.



**Karle Wagner, Tony Cibik**

Tony specializes in what he calls “special populations,” such as people with Parkinson’s, which he calls “reverse Alzheimer’s” – a sharp mind but a body that will not always obey. He has worked with seniors, as he did during his internship at Terwilliger Plaza; with people with particular illnesses; and with children.

He received a BA degree in architecture at Philadelphia University in 1999 and a certificate in fitness technology from Portland Community College in 2010, where he also worked as a lifeguard.

Tony loves exercise. He swims, runs and does rock climbing and backpacking. This summer, he surfed at Pacific City, and he has entered into physique competitions – a new event he calls “athletic rather than freakish.” Perhaps seeking even more activity, he recently adopted two Siamese kittens.

He is a certified personal trainer, group fitness certified and HOAF (healthy older adult fitness) certified.

If you want to make Tony happy, ask to see his surfing photo of the shark. ☼

*-Nancy Moss*

(Triage from pg. 13)

an urgent care center in the neighborhood.

“We should push for urgent care in the South Waterfront,” MacKinnon said as he shared the working group’s report. “We need to pick up the ball and be proactive.”

The survey shows Mirabella residents concerned about the availability of after hours and urgent-but-not-emergent care.

A neighborhood urgent care center – a so-called “doc in a box” – could fill the gap between a Band-Aid or ice pack at home, and a trip to the ER. ☼

## Home Health

*The last issue of 3550 had an article on Mirabella’s Home Care program. Still, many residents who returned health care questionnaires said they were not familiar with the program. Here, as part of our continuing health care coverage and in abbreviated form, is information from the last issue’s article. -Ed.*

**M**irabella’s Home Care program was designed for reasonably independent residents who just need a boost.

“Many people need help with this or that activity of daily living,” said Sharon McCartney, health services administrator, “but not 24/7, and Home Care is better for them. Even people who want to make sure assisted living is there for them when the time comes don’t want to leave their homes.”

Moving into skilled nursing or memory care is often triggered by “a catastrophic event,” observed executive director Anthony Sabatini, who said Home Care might prevent that event from ever taking place.

Home Care begins with an assessment by a program manager, and development of a service plan.

Available services include personal care (preparing meals, companionship, shopping, accompaniment to medical appointments and more,) assistance with activities of daily living (bathing, dressing, toileting, grooming,) medication (helping with and administering non-injectable meds) and nursing care (injections, diabetic foot and hand care, wound care, catheter insertion) and housekeeping and laundry for those receiving personal care services.

Caregivers – certified nursing assistants, or CNAs – are billed at \$19.50 an hour for Mirabella residents, \$22 for non-residents. A “sleep over” is \$205 for residents for 12 hours, double that for 24 hours.

The caregivers have completed criminal record checks and drug screening, as well as training given by a registered nurse. ☼

**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.

**Editor:** Steve Casey

**Production Editor:** Ronnie Rudolph

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**(Healthy from p. 12)**

still know how to walk, how to eat.

“If you don’t do it, your body is going to forget how and it’s going to be harder when you get to the point where those difficulties kick in,” she said.

When people encounter a setback, they may need physical therapy, and Mirabella has 10 physical therapists on the premises.

They are not Mirabella employees, but work for Consonus, the firm Pacific Retirement Services contracts with for such services company-wide.

“On-site, we have physical therapy, which is the most common for outpatient therapy,” McCartney said. “We



**Jackline Gathuru, RN, Julia Swanson, Sharon McCartney are vital to the second floor**

also have occupational therapy. Physical therapy is more like the holistic approach to the body. It’s strengthening the whole body.

Occupational therapy is more geared toward doing day-to-day tasks – using the bathroom, eating, dressing. And we have speech therapy, which can assist a person with cognitive issues, swallowing issues, voice or throat issues. This is available to all residents, independent living and others.”

Access to therapy is through a physician order.

“All three of these are insurance-driven as well,” McCartney said.

“For those on Medicare, you have to have Part B. And what people don’t realize is there is an annual dollar cap on what is covered.”

But residents needn’t worry about keeping track; staff takes care of that.

Another stop along the continuum is the relatively new Home Care program.

“Home care is really the next level,” McCartney said.

“You’re in your apartment and having a little bit of trouble, or there is a temporary circumstance. Home Care comes in so you don’t have to transition to the

next level – you can stay in the beautiful apartment you picked out.”

Home Care can help with the “activities of daily living” – dressing, bathing and such – and has a nursing component.

Home Care nurses can manage medications, give injections, care for wounds, provide diabetic foot care.

Home Care, which requires an assessment and enrollment into the program before services begin, can be scheduled at varying intervals to suit individual residents.

“The next level would be assisted living,” McCartney noted. “Even there, we still want you to do everything you can on your own, not to become dependent on us.”

Services in assisted living range from help with all “activities of daily living” to help with just selected activities the resident cannot manage alone.

Finally there is the Health Center – which includes the skilled nursing unit and Memory Care.

“Skilled nursing is (generally) short-term nursing,” McCartney said.

“If you have a stroke or an accident or surgery, after being in the hospital you come to the nursing facility to recover. The goal is to have the nurses in rehab strengthen you and get you ready to go back home to your apartment.

“Sometimes it will involve actual nursing care. If you had surgery and need to be monitored, and might have an open wound, nurses would be doing the dressing and monitoring you for an infection. Diabetes, too, is some-

### **3550 Health Care Coverage**

thing people often get later in life, and the nurses can teach you how to monitor that and be independent.”

People in skilled nursing stay about 30 days on average, she said.

The Memory Care unit, part of the Health Center, cares for people whose dementia requires they be in a secure environment.

The number of condo-dwellers in independent living far outnumber the places in the Health Center, so some residents worry that if they or a spouse or partner need to be in the Health Center, there may be no room and the couple will be separated.

Freedom from that worry, significant numbers of residents say, was the major reason they came to Mirabella.

McCartney said the worry is understandable – but misplaced.

“All I can say is that it has not happened anywhere I am aware of in a PRS community, and won’t happen here. My two cents for the residents who worry about that? Come talk to me.” ❀



(Contributors from p. 3)

shared a holiday memory in this issue.

**Nancy Moss** – Educator and playwright, Nancy’s fingerprints are all over the magazine. She covers health care in this issue, writes features and does editing.

**Ed Parker** – Ed Parker is a former Stanford communication professor, and co-founder and chief executive officer of a publicly traded satellite communication company. He is active in Oregon telecommunications policy. Ed is proud of his role in founding Oregon Health Network. He is a competitive duplicate bridge player and a member of the residents’ Financial Advisory Committee, about which he writes in this issue.

**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. Couldn’t do it without her.

**Anthony Sabatini** – Anthony is the executive director of Mirabella Portland.

**Claire Weber** – RAMP vice president, Claire worked as an attorney in such disparate places as Kazakhstan and the Louisiana legislature. She wrote the profile of Norma Paulus, among other contributions this issue.

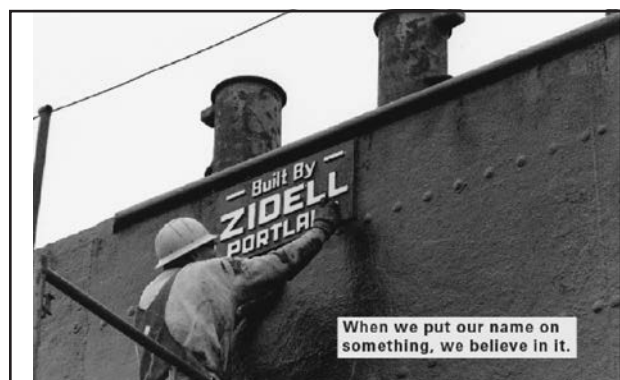
**Ron Weber** – Ron is a retired political science professor, enthusiastic water volleyball player and sports editor of 3550. He also coordinates photo coverage for all stories in the magazine.

**Sheri Winkelman** – A psychologist and counselor, Sheri is an active member of the Mirabella community. She writes feature stories, the Rumor Mill column and “Did You Know?” for 3550. ❀



(l to r) **Yvonne Branchflower, Hebe Greizerstein, Barbara Wrench**

Four artists represented Mirabella at the South Waterfront Art Exhibit in November: Hebe Greizerstein, two of whose watercolors sold opening night, Yvonne Branchflower, with two oil landscapes, Bill Stevens with an oil landscape and a maritime oil, and Barbara Wrench with a stained glass piece.



Did you know?...

Oregon’s “child food insecurity rate” is 29%, one of the highest in the country. More than a third of the people who eat meals from emergency food boxes are children.

For every \$10 donated, Oregon Food Bank can distribute enough food to provide 30 meals. Join Zidell in raising awareness of food insecurity among children and donate to the Oregon Food Bank this holiday season.

## A letter from Barry Shapiro

As we grow older and our needs change, so do our lifestyles. Sometimes we are ok, but our spouses or partners are not.

Many want to stay in their own apartments, and usually the spouse or partner becomes the primary caregiver for the loved one. This task is not easy. You must be able to take care of yourself before you can take care of someone else.

I propose we get a group of friends and neighbors who are willing to volunteer to sit with a resident for about an hour while the spouse or partner has some free time. As a visiting friend, there is absolutely no liability involved and the service is free. You do not have to do anything except be charming.

The second floor does provide 14 days of free respite care, but the resident being cared for must have a physician’s order and stay on the second floor.

Home Health also provides respite care in your unit, but that costs \$19.50 an hour; 24-hour respite care is about \$460.

We need a group of friends and neighbors to volunteer to sit with residents while their spouses or partners have some time for themselves.

If you are interested in helping me provide this wonderful service, please contact me at 6680 or pxdov@gmail.com.

Idea Exchange” is a promising new program under development by the Media group – **Sue Knoll, Paul Knoll and Sivia Kaye**.

Discussion will follow half-hour presentations of DVDs from “The Great Courses.” It’s all designed for small groups, to keep conversation lively. Stay tuned for details.

“Personal Prism” continues its popular monthly interviews with residents and staff. **Sivia Kaye** and **Rosie Batcheller** are the producers. The programs are broadcast on Channel 11, but those attending in Willamette Hall may ask questions of the guests.



**with Marge Carothers**

Newer duplicate bridge players **Oscar Berdichevsky** and **Sheri Winkelman** won silver master points in a recent “Sectional Tournament at the Clubs” game. **Sivia Kaye** ventured farther afield to compete for red or gold points in a recent regional tournament at Seaside. The top five Mirabella master point winners for the quarter ended September 30th were **Guy Woods, Ed Parker, Laurie Hardin, Joy Berdon** and **Jane Mausshardt**. Like to get in on this? See bridge “master” **Ed Parker** for details on where and when and how.

As popular as our Library is – thanks to the work of librarian **Linda McCammon**, new library committee chair **Jo Dwyer** and other trusty contributors – it could still use our help. The computer died and needs replacing, and a new CD player also would be appreciated.

Linda will come to donors’ homes to view any possible gift of books, DVDs, large print books and such, and arrange for a receipt. Or, you may also put an item or two on the Library desk and the concierge will give you a receipt.

**Susan Berg** will continue taking groups of Mirabella people to the John Wilson Rare Book Room at Multnomah County Library after the first of the year. Signups are in the Events book at the concierge desk. The trip takes about 2 hours from departure to arrival back at Mirabella.

**Nancy Moss**, playwright and On Stage leader, plans a reading of Dylan Thomas’s “A Child’s Christmas in Wales” on December 11<sup>th</sup> in Willamette Hall. Judy Seubert will play the recorder.

**John Van Laningham** wants everyone to know that bingo is on the horizon; beginning in January the Welcoming Committee will sponsor a trial run of bingo, played in the afternoon. If you have any interest in playing, please sign up in the mail room. You are guaranteed to come away a winner, at least in the “social fun” category.

**Walter Greizerstein** can answer your questions concerning our new Science Interest Group, which was officially recognized at the October RAMP council meeting. Everyone welcome.

An ecumenical group of Mirabella residents interested in the people, history, geography and moral issues in the Bible have been meeting for almost a year to exchange views and discuss issues of today’s world in the light of religious principles.

This is an informal group that meets on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month at 3:30 p.m. in the Parkview Room. Whatever your beliefs, disbeliefs, or background, you are invited. **Bettie Schweinfurth** leads the discussion.

We now have two Qi Gong classes in our building. Sponsored by the Fitness Committee, they are DVD-led Wednesday at 2:30 p.m. and 11 a.m. Saturday—both in the Activities Room. Increasingly popular in the U.S., Qi Gong (pronounced chee-gong) has been found in recent studies to improve quality of life in cancer patients and fight depression – and sometimes improve balance and blood pressure. It comes from traditional Chinese medicine, not martial arts, and is a close cousin to Tai Chi, but the motions are simple and repetitive. **Don Marshall** oversees the DVD in class.

**John Van Laningham** and **Gere Abere** report the Welcoming Committee threw a get-together for new residents **Cathy & George Bauer, Betsy Bullard, Doris Carlsen, Joan & Arnold Case, Nancy & John Dennis, Norma Knight, Joanne Naughton, Andree Stevens, Marlene Tulas** and **Carole York**. The plan is to make this a tradition as new residents join the community. **Doug & Denise White** organized the event.



## Did You Know?

(I didn't know that...)

by Sheri Winkelman

Residents have asked why Willamette Hall is reserved on Monday and Saturday afternoons for duplicate bridge. I thought you might be interested in some background, which was kindly provided by Ed Parker, chair of the Mirabella Duplicate Bridge Interest Group.

*Most of the South Waterfront land was previously owned by OHSU.*

*The OHSU plan was to make it easy for South Waterfront residents to remain physically and mentally active. To stimulate mental fitness, OHSU sponsored duplicate bridge classes in the South Waterfront that were by taught by Ouida McCullough, co-owner of the East Side Bridge Club. The small meeting rooms in other buildings in the South Waterfront were sufficient for small classes, but not for the games that people wanted after the lessons were finished.*

*OHSU suggested approaching Mirabella, since Mirabella had the only space suitable for duplicate bridge as the neighborhood grew. The South Waterfront Bridge Club was created as a separate new club.*

*Playing in the Mirabella was sponsored by the Mirabella Duplicate Bridge Interest Group, which now has 26 resident members who play in the South Waterfront Bridge Club games. Some had never played duplicate bridge before coming to Mirabella. The other South Waterfront bridge players make it possible for Mirabella residents to play duplicate bridge, which requires more players than party bridge.*

## RAMP Designated Holiday Charities

by Claire Weber

As days get shorter and there is a nip in the air, it is time for the Annual Holiday Charity Drive at Mirabella.

This year features two local charities, each addressing a different area of need. The charities, selected by a group of residents, are the Northwest Pilot Project and the Oregon Food Bank. Collection boxes will be on the first floor beginning December 3 and donations will be picked up on December 24.

The **Northwest Pilot Project** helps low-income seniors find — and stay in— affordable housing. It has been helping seniors since 1969 and is the only local charity that focuses on housing for needy elderly.

The Pilot Project receives referrals from a variety of organizations, including Social Security, the VA, the city Housing Authority, hospitals, apartment managers, and others. The charity helps low-income seniors find housing and ensures that they remain independent in their new homes by providing them with a variety of goods and services.

The Mirabella Holiday Drive will collect new items to create Pilot Project bedding kits. A bedding kit consists of a plastic laundry basket containing a set of sheets and pillow cases, a blanket, pillows, a shower curtain and curtain rings. Residents will be able to donate any or all of the items in a kit.

Carol Adler and Gwen Luhta are facilitating the Pilot Project collection boxes and will also accept monetary contributions. This charity offers residents an opportunity to help older people who are not as financially fortunate as we are.

Our second holiday charity is the **Oregon Food Bank**.

The Food Bank was founded in 1982 and distributes food to almost 350 pantries, kitchens, shelters and other programs that address the hunger problem in Multnomah and surrounding counties.

Residents can contribute non-perishable food items to the Food Bank collection boxes on the first floor. The Food Bank greatly needs donations of healthy, nutritious foods such as high protein foods, shelf-stable milk and whole grain product.

Laurie Meigs is facilitator for the Food Bank holiday drive and will also accept any monetary contributions. Resident food donations will make a huge difference in the daily lives of our neighbors who are unable to provide healthy food to themselves and their families.

Last year, Mirabella residents generously supported Toys For Tots at holiday time.

*Mirabella is a good neighbor for other South Waterfront residents who would not otherwise be able to play, while their presence makes it possible for Mirabella residents to play. In addition to giving a discount to Mirabella players, the South Waterfront bridge club also contributes*

*to the Mirabella Employee Appreciation Fund.*

Social or party bridge players who live at Mirabella also play at 1:30 each Friday in the Park View Room for a couple of hours. Games are open to any resident and players at all skills levels are welcome. ☼

# Our House: 25 Years of Service, Caring

by Adrienne Casey

On Barry Shapiro's first Saturday as a volunteer at Our House, he helped Vince, a weak and frail patient. One week later, Vince was no longer in his room.

"Where's Vince?"

The answer: "Vince is gone."

Barry didn't grasp that Vince was truly and irretrievably "gone."



**Bill Coffey, Bob Cramer, Chuck Schomaker, and Allen Simmons creating culinary delights at the 2012 Our House "Holiday Wreaths & Partridges in Trees" dinner at the Floral Design Institute**

"Where did he go?" he asked.

The Our House building on SE Alder has seen tragedy and more than its share of death.

It has also seen incredible joy, as residents rediscover life, staff members delight in coming to work, and a host of volunteers find working at Our House enriching and rewarding.

The staff, paid and volunteer, work with patients who have HIV/AIDS and usually a host of other medical and social problems, and get to know each Our House

resident. Our House serves both men and women.

Barry Shapiro is one of the Mirabella residents who are Our House volunteers, past or present.

Allen Simmons and Bob Cramer, supporters for more than 20 years, prepare dinner one Wednesday a month and frequently take residents for a holiday at their beach house.

Other Mirabella residents are financial supporters.

have a near-normal life expectancy and by 2015, an estimated 50% of people living with HIV will be more than 50 years old.

Better treatment is part of that. So is something many would not suspect; the Viagra era has put older people, gay and straight, at greater risk of contracting HIV.

The population Our House serves is far different today.

People with money and jobs now have access to treatment undreamed of a quarter-century ago and live without the need for a group home.

Residents today are more likely to be near-homeless, often in need of multiple social services, and bring a smorgasbord of medical problems, many because of their weakened immune system and some due to

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*Editor's Note: This issue continues our profiles of charities to which Mirabella residents give time or treasure. The last issue featured Albertina Kerr Centers. We look now at Our House.*

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mental illness or substance abuse.

Nursing care 24 hours a day, proper medication dosing, exceptional food, therapy for mental as well as physical needs, and a safe and clean environment can repair damaged people.

Time was, you didn't walk out of Our House. Today, many can.

## A Safe World

The crowded Our House facility at 2727 SE Alder was replaced with a new building on the same site in 2006.

On the ground floor, each of the 14 residents has a private room and bath, with a shared shower down the hall. There is a laundry, a therapy room, a room for a meeting or quiet time, a well-equipped den, nurses' station, a welcoming lobby, a large

## Climate of Fear

In 1988, only six years after researchers identified the HIV virus that causes AIDS, Our House was established in an international climate of fear and paranoia. Its mission: provide palliative end of life care, as AIDS was then a death sentence.

Fast forward 25 years.

End of life care continues. More often, though, Our House residents don't need help dying as much as they need help living.

Today, people with AIDS can

commercial kitchen and a dining room where meals are served on a long, solid, wooden table donated by The Joinery.

Old trees surround the airy, light-filled building, and wheelchair-accessible raised beds let residents and volunteers raise vegetables for the kitchen.

A second floor houses executive director Wayne Miya and a staff who manage not only the residen-



**Wayne Miya**

tial facility, but also the non-profit's other outreach programs:

**Neighborhood Housing and Care:** provides housing and in-home services including nursing, social work and occupational therapy to 25 people living with HIV/AIDS. Volunteers donated time and money, and the Oregon legislature granted \$350,000.

**Esther's Pantry:** a food bank where clients can select food and personal care items from well-stocked shelves. It helps support more than 200 clients each month. The Pantry is named in honor of Chester "Esther" Brinker, one of the first Portlanders to die of AIDS complications.

**Tod's Corner:** provides clothing and household items to people living with HIV/AIDS. Additional services include payment for basic veterinary care for companion pets, medical equipment, cremations, and for other needs on a case-by-case basis. Tod's Corner is named in memory of Tod Hutchins, who died of HIV/AIDS in 1988. His clothing

collection helped start the Corner.

With the population changing and many agencies facing funding shortfalls, Miya said Our House is always looking for ways to reach out to the community and help with needs not being met by others.

### **Fundraising**

Creative fund raising is a hallmark of Our House, carried out by enthusiastic volunteers and sponsors.

The next auction is March 8 at the Portland Art Museum. The Roaring 20s-themed event will include a silent auction, followed by dinner, entertainment and a live auction. Trips to Puerto Vallarta, Puerto Rico and Bali are already on the auction list.

Perhaps the best deal in town is Dinner at My House for Our House.

For 2013 – 2014, the catalogue lists 72 dinners. Hosts and volunteers prepare and serve multi-course meals, appetizers and wine. Often in a private home, the dinners may also be in a volunteer's restaurant or place of business.

Several dinners on the schedule include live music or other entertainment.

Performances by Lily Tomlin and Portland Center Stage's presentation of "Fiddler on the Roof" also benefited Our House. ❀

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### **(Responders from p. 13)**

"Our guys have put on Band-Aids, bandages and gauze," he said.

The number of times they have used the AED or administered CPR? "Zero."

By far, Hart said, the most frequent call for help comes from residents taking spills. Of some 20 medical emergency calls a month, perhaps 80% involve falls, he said.

The orientation session tells responders at the scene of a fall to make the resident comfortable; call 9-1-1 if there is severe pain,

inability to move, breathing problems, extreme dizziness or nausea; place a pillow or towel under the person's head and "assess the situation for possible complications – heart attack, bleeding wound and fracture/dislocation."

They are also told how to safely assist a resident who is "adamant about standing."

"Under no circumstances will we manually lift the resident from the floor," Hart's orientation presentation says. "The resident may have suffered a stroke, a heart attack, an epileptic fit, a bleeding wound or a fracture. Further injury of the resident can occur if manual lifting is attempted."

They will help, however, if the resident can at least get to his or her knees unaided.

Jane Waschler and her late husband, Bob, had experience with the first responders.

"I fell a year ago, and had a very serious accident in the park across the street," Jane said.

"Immediately, they came to me and immediately, an ambulance was there. There was no time between when I fell and when they were there helping me.

"Bob had his own issues," she said. "I found (the responders) to be respectful – and that's terribly important to me – and kind. They may not be trained to do open-heart surgery, but I think we are very fortunate to have them."

After every emergency call, the responder files an incident report. They are reviewed and discussed in training meetings.

First responders, Hart said, also do post-incident cleanup when a resident has been injured.

"They'll do a light bio-hazard cleanup," he said, having learned how to handle blood residue and such through online training programs. ❀

## Resident Committee Brings Scrutiny to Mirabella Budget, Expenses

by Ed Parker

It's our money. Mirabella Portland is a non-profit organization, relying on resident fees to finance the building and the services we receive. Mirabella's only other sources of funds to pay for our services are meals bought by visitors and charges to temporary non-resident users of our health care facility.

We should pay attention. And we do.

The Mirabella Finance Advisory Committee, sometimes called the Finance Review Group, is an advisory committee authorized by the Residents' Association of Mirabella Portland (RAMP) and Mirabella administration. It meets



at least four times a year to provide advice to Anthony Sabatini, our executive director, concerning the annual budget for Mirabella and Mirabella's financial operations. Anthony then advises the Mirabella Portland board of directors of the committee's opinions.

The committee includes the association vice-president and treasurer as ex-officio members. The RAMP president and Mirabella's executive director appoint other members, up to a maximum of 15, jointly.

The current members are: John Branchflower, Wayne Ericksen, Peter Fenner, Michael Gaines, Rolf Glerum, Cliff Grey, Bev Healy, Paul R. Johnson, Don Oura, Ed Parker, Jim Rudolph, Perry Walker, Doug White, Claire Weber, and Linda Wood.

Originally the committee was open to all residents, but too much time was spent each meeting teaching new committee members about Mirabella accounting. Now, with continuity, the committee can devote its time to strategic reviews and discussion. One purpose of the committee is to educate residents on the operations of Mirabella Portland and its finances.

Committee members gladly answer questions from other residents about the state of Mirabella's financial condition, but are precluded by the committee charter from sharing certain sensitive information and opinions expressed in the meetings.

If you have any questions, ask your nearest committee member. ❁

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## Our Greenway

We may be able to trod upon the riverfront path sooner than city Parks had forecast.

The riverfront project, now in a clean-up phase, has already seen grass being planted and the area generally spruced upon after, lo, these several years, but the scheduled opening to the patient public was not intended to be until next April or May, earliest.

Jim Luke, chair of the South Waterfront Nature & Greenspace Committee, had a better idea.

He wrote park director Mike Abbate, suggesting an early access plan. Luke suggested removing the orange fencing and installing green fencing only two feet high, which would allow people to walk along the river and have better access to the kayak ramp.

Abbate said “no, but.” Once the construction machinery is gone, he wrote Luke, “fencing can be arranged to leave a pedestrian route open through the lawn areas, over open paved asphalt walkways, to the river access ramp.”

Abbate said if the parks department find problems with grass maturing or with river bank planting, it’s back to Plan A until April or May.

South Waterfront residents who have endured years of construction and blocked river access can get back along the riverfront a bit early, thanks to Luke and his committee.

**-Nancy Moss**

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**CONVENIENTLY LOCATED MINUTES AWAY!**

(Paulus from p. 7)  
Norma says Bill was “the most handsome man in Oregon and he was just as nice as he was good-looking.”

Impatient and in love, Norma proposed to Bill.

And then she ran back home and collapsed in tears, telling a roommate “He said he’d *think* about it! I’ve lost him.”

While she sobbed, the door swung open. Bill Paulus burst in and shouted

“NORMA! When’s the wedding?”

They celebrated with a three-day engagement party and ultimately were married while she was still in law school. Daughter Elizabeth came along shortly before Norma graduated with honors in 1962, and son Fritz followed two years later.



**Norma & Bill Paulus and family**

New attorney Norma Paulus loved her appellate practice after law school, but electoral politics beckoned.

Her first venture into politics was her 1970 successful run for the Oregon House of Representatives. A campaign photo shows all four members of her family campaigning on a bicycle built for two. Reelected, she served in the House through the 1975 special session and cast her eyes on secretary of state.

That job is important in every state but particularly so here. The Oregon secretary of state is a constitutional officer who is first in line of succession to the governor because Oregon has no lieutenant governor.

Norma Paulus was elected secretary of state in 1977, and then

re-elected, receiving over 65 percent of the vote in a three-way contest.

In office, Norma was proud of Oregon’s government and reputation. She says Oregon state government was the “cleanest, most responsible government” with none of the financial and legislative scandals common elsewhere.

Telling stories of politics back in the day, she laughs as she says any Oregon scandal would have been only a “scandalette.”

As Secretary of State, she introduced vote-by-mail to Oregon, and to the nation.

And in the early 1980s she faced off against a cult leader called Bhagwan Shree Rajneesh, who was trying to create a haven for his followers – and his 93 Rolls Royces – on a 64,000

acre ranch in Wasco county.

Importing busloads of homeless people and signing them onto the voter rolls, the cult got Norma’s attention. While state and federal justice officials went after cult leaders for alleged attempted murders, poisonings and arson, Norma needed to put a stop to a political abduction of a rural community.

Her secret weapon was a provision in state law she had reluctantly accepted.

“A legislator from Astoria said he would support my bill only if we included a provision that said a county election officer could deny any registration if he or she suspected it was fraudulent, provided the person trying to register was given a hearing within 24 hours,” she told 3550.

So the suspect voters could be denied, but then needed almost instant hearings. In a rural county. With virtually no staff.

Calling on friends in the bar, who were equally appalled at the takeover attempt, Norma was able to round up 300 attorneys who were put on busses, held hearings and beat back an attempted political hijacking by a so-called spiritual leader.

That should be about enough for one career. It wasn’t.

Norma lost her runs for governor and US senator, but pioneered education reform during almost 10 years as Oregon superintendent of public instruction. At the time, only 10 women in the country held their state’s top education position.

On her watch, Oregon retained its reputation for educational leadership.

After leaving public office, Norma served as executive director of the Oregon Historical Society and as an active member of numerous boards, including Willamette University, the Oregon State Capitol Foundation and the High Desert Museum in Bend.

Today, still with a smile at the ready, she is often found in the Bistro or at Mirabella presentations, happy with her newest title: resident.



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(Brani from p. 8)

“It wasn’t a huge culture shock, because of the media and traveling. I’d seen cultures all over the world. It was different, difficult, with a new language and place,” he said.

The church program that brought the family to Portland offered English classes but Brani had to find



**Brani and daughter, Ivana**

a job. He did production work for several months, then worked at an auto dealership, washing cars.

In Sarajevo he had been certified as a mechanic, so the dealership promoted him to supervisor and had him doing pre-delivery inspections.

He worked hard and was respected.

Then the economy tanked and the dealership started layoffs. Brani was among the last to go.

“The president of the company cried when he told my dad he had to lay him off,” Ivana recalled.

He was out of work, his unemployment running out, when Biljana heard of a new retirement community about to open. Ivana brought Brani to Mirabella, but he was told his English was so poor there was likely no place for him. He understood.

Days later, he got a call with a job

offer. The switch?

“That was all due to Anthony (executive director Anthony Sabatini,) and I can never thank him enough,” Brani said.

He doesn’t know why Anthony cut him a break, but he is profoundly grateful for the opportunity to work at Mirabella.

Language keeps Brani from long conversations with people here, but he does talk with Mladen Kolonic, a native of Croatia. And if you take the time to know him, you will be rewarded with a friendly smile and wave.

His supervisor, head housekeeper Tammy Cortes-Flores, said Brani’s language deficit doesn’t stop him from being productive.

“He understands me pretty well,” she said. “I personally show him, if he needs guidance. Brani is very hard working, always courteous.

“I am fortunate to have Brani as part of the housekeeping team.”

Does Brani like it here?

He offers a big smile and an enthusiastic two thumbs up.

No translation necessary. ☘

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## Second Town Car



**Valet driver Katryn “Kate” Penney takes the wheel of the new town car, a Toyota Avalon. With the Lexus SUV, Mirabella now has a fleet of two.**

## No-Shows, Tardiness Inconvenience Residents, Staff

They call it the domino effect. Members of Mirabella’s travel club and transportation committee say when an inconsiderate resident cancels event reservations at the last minute or doesn’t show up at all, it creates problems for staff, the event provider – and other residents who sit and wait for people who aren’t coming.

And, they say, it has to stop.

“The concierge makes reminder phone calls to those who don’t plan to go anyway, and then can’t alert residents on the event waiting list,” said Sandy Stapleton, travel club chair.

“No-shows also affect the driver’s ability to select the appropriate vehicle,” she said. “The driver – and passengers – often sit waiting for people who are off doing something else.”

Event providers also suffer.

“Recently, for example, the Sunday Supper Club made reservations for 18 at Gilda’s, a small, family-owned restaurant,” Stapleton said. “The owner hired an extra chef and wait staff to handle the number of diners. Last minute cancellations reduced the number who attended and that was unfair to the restaurant.”

At a joint meeting of the travel club and transportation committee, members said inconvenience to residents and bad public relations for Mirabella has become a significant problem.

They asked Mirabella administration to charge erring residents.

They recommended instituting a charge for those who don’t cancel their reservations at least 24 hours in advance or are no-shows. ☘

# Elephants You'll Never Forget

by John Branchflower

Welcome to my Food Cart reviews, version 4.0. Each issue of 3550 will introduce you to at least one new cart, and perhaps an occasional hole-in-the-wall café. The carts on Alder are great most of the year. However, as we experience more rain and much colder weather perhaps it is time eat indoors.



Array of ready-to-go treats for the hurried customer at Elephant Deli

A family of Elephants is a Portland favorite.

Made up of Flying Elephants (take-away deli for those in a hurry, including one at PDX) and Elephant Deli locations, the herd has come to our neighborhood with its new Elephant Deli at 56221 SW Corbett Ave., just a mile south of Mirabella at SW Boundary. (Turn west at Pier One.)

I also tracked down a rumor that an Elephant Deli was to open in the new Emery apartments. Sadly, that's false.

The Corbett store, the firm's newest, is not a rumor, though.

A sampling of the Corbett store menu includes burgers, salads, pastrami Reuben, Baja fish tacos (Mahi Mahi), Tuscan chicken sandwich, pizzas, chicken pot pie, and tomato tart (pear tomatoes, basil, Swiss, cheddar & mayo in a biscuit crust, cooked and served in cast iron.) My personal favorite is Shelly's Vegan Wrap – it keeps well on a long flight and is large enough for two meals. The service is great, the atmosphere lively.

Keep in mind that the word is out about the Corbett store. It may look like a sleepy location one block from Macadam in a residential neighborhood, but it can be very crowded at lunchtime.

For complete menus and addresses, visit <https://www.elephantsdeli.com>.

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## Holiday Bazaar Starts Dec. 6

Still no gift for Uncle Arnold, who has everything?

Come to the South Waterfront Holiday Bazaar, at Willamette Hall, running December 6-8.

Hours are Friday, 12-7 p.m.; Saturday, 10 a.m.-5p.m.; Sunday, 10 a.m.-2 p.m.

Sponsored by the South Waterfront Community Association, the fair includes theme Christmas trees, artificial wreaths, jewelry, hand-crafted handbags and handmade notecards.

"We are planning on more vendors and greater variety this year," said Mirabella resident Toni Tidman, the fair's organizer. There are to be as many as 18 vendors offering their crafted products.

Tidman sent flyers and registration forms to crafters whose work she admires. All items on offer must be handmade.

Mirabella residents, staff and visitors have a chance to preview some of the handicrafts, for the Creativity on Display's resident artist for the month of December will be (drum roll, please) -Toni Tidman. ❀



## Rumor Mill

by Sheri Winkelman

***Is it true that valuable jewelry was taken from the room of a Mirabella resident on the skilled nursing floor?***

Yes, dear reader, sadly, this rumor is true.

A Mirabella resident was moved from independent living to the second floor for hospice care. Rebekah McCallum who, with her husband, Kevin, owns Imagen salon on our ground floor, came up to give her a hand massage. Rebekah took off her own rings to do the massage, mistakenly did not put them back on again and reports that soon after, the rings disappeared.

What can we learn from this unfortunate occurrence?

First, that it could happen to residents and visitors alike.

It occurs to me that while I

wouldn't wear jewelry to the hospital, I might not think to remove it before going to second floor for rehab or hospice, or to visit someone there. On the surface it seems obvious that a resident would remove jewelry not worn all the time. But what about wedding rings? What if you're too ill to think straight? Plus, for me at least, the skilled nursing floor feels like a part of my home and I am naturally less vigilant in familiar surroundings. And for a visitor like Rebekah?

For one thing, health services administrator Sharon McCartney reminds us that each second floor room has three lockable storage units. If someone goes off and forgets valuables, at least they will be safe until reclaimed.

No matter where we are, it behooves us all to remember that as wonderful as the second floor staff is, they cannot be everywhere at once. In addition to learning to lock our doors, which I admit I don't always do, I know I need to remember that second floor patients are more vulnerable and exposed to many different people.

Wherever we are, let's be careful and keep an eye out for each other!

## Love Costco? These Fliers Do

by Jim Luke

We were at the airport, headed off on vacation to visit relatives.

In line for the security screening, my wife informed me she did not have her driver's license. Oh my! Off to a good start.

You see, she has a separate purse she uses for Farmer's Market and she drove there the prior Sunday, then never switched back to her regular purse.

In our normal cool, calm and collected way we considered our options. She was looking at her credit cards when she noticed her Costco card has her photo on the back. Hmmmm. Will they accept that? Probably not, but with the undesirable other options, we went for it.

She stepped up to the screener with her boarding pass and her Costco card. He asked for a driver's license or passport. She smiled. She explained. He frowned. He called for a manager.

We stepped aside to wait. The manager had lots of questions and looked at other credit cards. He asked me to verify she is my wife and that we live at the same address. He decided to let her pass, but she would have to go through the pat-down search and have her luggage visually searched.

You bet! We approved that procedure and were good to go.

Thank you, Costco!

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