

3550



December 2014

a publication by and for the residents of Mirabella Portland



Steve Casey

Editor



Claire Weber

President

Funny thing. Maggi Travis thought she was a partner with Pacific Retirement Services in shaping MiraNet, the Mirabella intranet site where she was “resident administrator.” She kept our information fresh and looked for ways to make the site more useful. From wakeup to bedtime, she watched over MiraNet like she was minding a baby.

The deal was, Maggi would run the resident half of the site, and Anthony Sabatini would run the administration half. That was fine with Maggi, and fine with Anthony. But PRS had a contrary view.

For months, Maggi worked with Mirabella managers and PRS people on a user friendly re-design of the site, as PRS planned to take the format to all its communities. But it soon became clear Maggi was regarded as a very junior partner, increasingly shut out as MiraNet morphed into a corporate site.

While the recent strategic planning retreat made much of improving “communication,” PRS communication with Maggi lagged when formats she used were changed, when some admin authority was taken away, when people she’d never heard of were given authority to muck about in her area of the site.

The PRS message was clear: You are welcome to do the grunt work; we will make creative decisions. Maggi said forget it.

PRS had its reasons. For one, MiraNet was to include residents’ access to their own monthly statements online, and that private information had to be protected. Still, the result was that MiraNet, for all its enhancements, sacrificed local contribution for corporate control.

“It’s become all work and no play, without all the creative stuff,” Maggi told me. Of PRS she says only, “Their priorities are different than ours.”

Maggi’s departure makes MiraNet less relevant to residents. No longer partners, we are talked *to*, not *with*. PRS doesn’t get it that the value of the site lies not in The Gospel According to Medford, but in the ownership, the pride residents take – took – in a creative joint venture.

Pity. ❄️.

One of the best things about being RAMP president is writing a column for 3550 -- the finest magazine in any retirement community anywhere.

RAMP is our resident association, but I think the committees and interest groups are the heart and soul of RAMP. They provide us with entertainment, recreation, information and education. So I decided to use my first column to suggest that you try out a group or committee that is unfamiliar to you.

We have many groups, but here are a few to consider:

The Art Committee has various classes where you can try something new or revive a dormant skill.

The Science Group holds focused group discussions on various scientific topics. If you find yourself drawn to scientific articles on the web, this could be the group for you.

The Welcoming Committee conducts a particularly entertaining Sunday afternoon program of bingo — with prizes!

The Fitness Committee deals with the fitness center and Karle and Tony’s great classes. If you like the classes, or have ideas for new ones, this is the committee for you.

The Travel Club puts together day trips and organizes Sunday supper outings to local restaurants. If you like to get out of the building to tour — or to eat — try this group.

Attending one meeting does not require you to join anything — a single meeting is not a lifetime commitment. So if a group or committee sounds interesting to you, try it out by going once. If you like it, go back. If you don’t like it, never mind.

This is a low-key, stress-free way to meet people if you are new, to meet people if you are not new, to broaden your mind, to learn something different or to just have fun.

Personally, I am looking forward to a totally new experience in the Art Committee glass fusing class. I hope you can also find new experiences and new friends in a RAMP committee or group. ❄️

Urgent Care On Life Support

by Steve Casey and Nancy Moss

A resounding “no” has turned into a resounding “maybe.”

Oregon Health & Science University at this moment has no plans to include an urgent care center on the South Waterfront, according to Brian Newman, director of campus planning, development, and real estate. That may change. Stay tuned.

Mirabella residents had hoped urgent care would be part of OHSU’s next new building in the South Waterfront, scheduled for completion in 2018.

That building is now called “CHH2” or “CHH South,” as it will be constructed opposite the Center for Health and Healing at SW Bond Avenue and SW Whitaker Street, over the underground parking structure.

Newman met with a small group of residents in September and said urgent care was not in the works.

The OHSU group making the decision on what would be housed in CHH2 concluded that urgent care was “not viable,” Newman said. “At the end of the day, it’s a dollar and cents issue.”

Urgent care has been described as a low-margin, high-volume business that requires a sizable population base to be sustainable. Even some who wanted an urgent care center here questioned whether the South Waterfront – now – has a large enough population. But with new development, that population is expected to swell.

Then in early October, Newman sent word to Mirabella’s South Waterfront Committee that OHSU was “rethinking” that decision.

“An urgent care clinic is not currently in the plans for OHSU’s ‘CHH South’ project, but hospital leadership has directed staff to

revisit that decision,” he told 3550 in an email. “That internal process will take three to six months. I’m sorry for the mixed messages, but the issue has been fluid.”

Newman determines how to place OHSU clinics and other operations in the university’s buildings, once other officials determine what a particular building is to house.

“I am delighted that OHSU is pursuing the possibility of urgent care in the South Waterfront,” said resident Doug MacKinnon, long a leader in the effort to get a center established in the neighborhood.

In the September meeting with a handful of residents, Newman also outlined the university’s plans for expansion in the South Waterfront. That expansion includes construction of the Knight Cancer Center, once the university reaches its fundraising goal of \$500 million, to be matched by Nike co-founder and philanthropist Phil Knight for a total \$1 billion attack on cancer.

While all the discussions on urgent care took place, Anthony Sabatini, Mirabella executive director, separately pursued discussions with OHSU’s telemedicine unit and struck a deal that enhances resident access to physicians, all without residents even leaving the building. ❄️

(Please see separate Telemed story, page 6.)

On the Cover: Norman Bengel, Dot Lukins and Don Marshall rehearse “A Christmas Memory,” set for Willamette Hall. Please see story, page 29. Photo by Ron Mendonca.

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Long-Term Mirabella Financing Finally Secured

by Steve Casey

After months of negotiations, Mirabella's re-fi took effect October 1.

A new structure replaced a complicated short-term patchwork of variable-rate financing backed by a letter of credit from a group of five banks, four of them foreign.

Instead, Mirabella's debt is now in the form of 30-year, fixed-rate, tax-exempt bonds issued under the authority of Multnomah County.

The deal, according to Mirabella's executive director Anthony Sabatini and Mary Schoegg, chief financial officer of parent company Pacific Retirement Services (PRS), brings long-term stability and security to Mirabella and its residents.

The initial debt was some \$220 million. The company had paid it down significantly, and financed the approximately \$93 million remaining.

Refinancing was necessary, Mary told 3550, because the banks – most of them anxious to stop doing business in the U.S. – wanted out when the letter of credit expired, and because fixed-rate debt provides more certainty than variable-rate debt.

Here's a brief look back at the community's financing, and an answer to the question "Does this new deal mean my fees will go down?"

* * *

In the beginning there were bankers.

Their five-year letter of credit backed a clutch of bonds in a financing package sealed on Aug. 26, 2008.

"We had a fully sold-out community," Mary said. Reservations

were secured, deposits made, apartments fully committed.

But it came to pass that on the 12th day after the closing of Mirabella's deal, the housing market tanked with the Sunday federal takeover of Fannie Mae and Freddie Mac, done in by a disintegrating

After the first residents moved in, with no one else in the wings, prices on remaining apartments were discounted 15% to 40%, depending on demand.

In return for agreeing to the discounts, the bankers stepped up their involvement.



PRS CFO Mary Schoegg

sub-prime mortgage market.

There was chaos in the land.

Prospective Mirabella residents could not sell their homes. Investment profits disappeared. Retirements were postponed. Apartments stood empty.

Mary Schoegg told the bankers, "We're very concerned the building isn't going to fill as it was intended to, and we want your commitment to work with us on pricing before we open the doors."

The bankers agreed. They were not happy, but they agreed.

"Banks try to micro-manage your marketing efforts when you're in an untenable situation," Mary told 3550.

On the one hand, Mirabella and PRS were planning a community that would thrive, decade after decade. On the other, the bankers were looking at a five-year investment window, after which their involvement would be over.

Meanwhile, occupancy grew until, today, Mirabella is full.

"As people moved in we were able to move prices back to market, creating a financially viable

community that is a real success for us,” Mary said, giving credit to the marketing department.

But that pesky re-fi problem had not been solved.

To find more predictable and secure financing, and provide minimum interference with Mirabella’s vision for the future of the community, Mary looked elsewhere.

“Elsewhere” turned out to be Multnomah County’s board of commissioners, acting as the county’s Hospital Facilities Authority, which had the power to issue bonds.

The county authorized up to \$95 million in bonds, with non-profit corporation Mirabella Portland making all the payments to bondholders and assuming all the financial risk. For its part, the county gets a small fee.

When the bonds went to market, more than 30 bond funds checked them out and 20 purchased, Mary said.

The bonds carry an average interest rate of 5.48% -- that’s Mirabella’s cost of servicing the \$93-million debt.

The bonds have a 30-year maturity date, are callable (by Mirabella) after 10 years and bondholders have a longer view than banks selling letters of credit. This means, Mary said, “they are less restrictive on the covenants” – a nice way of saying “less meddlesome.”

Because Mirabella is such a young community, the bonds are not rated, which drives Mirabella’s cost up a bit. But the community’s solid performance to date made the bonds attractive in the market, she said.

“Anthony has done a fantastic job of delivering a very good operational product,” Mary said, noting Mirabella outperformed expectations in every category and that made it easier for her to get the re-fi done.

“Because the bonds are not rated, I didn’t want to sell them

to residents,” she said. “We have bonds that are rated, in our company, but these bonds are not. I think Mirabella is a totally solid investment, but I think it’s a good policy for our company not to sell unrated bonds to residents.”

With long-term financing secure, some residents have asked “does this mean my monthly fees will go down?”

No.

“It means they won’t go up related to financing. They will through increased costs in operation, but not financing. It means you have secure financing for the community on a 30-year horizon,” she said. “It gives the community long-term security and it’s very important for Mirabella and the residents there.”

This is not Mary Schoegg’s first re-fi rodeo.

In scarcely over a month, she closed financing deals for Mirabella (\$93 million), Cascade Manor in Eugene (\$32 million) and Trinity Terrace in Texas (\$120 million)✿.

From the Editor:

Your 3550 is a work in progress, an ongoing experiment.

Its look may change, its style may get tweaked, as your magazine staff constantly asks how we can deliver a better product.

Our mission will not change: to present in a fair and objective manner news and features you care about.

The magazine you are holding today has a different look and we’d like to hear what you think.

We also recognize our style on referring to people on second reference has been inconsistent.

It is standard journalism practice to refer to adults by their first and last names on first reference, and by last name only after that.

But ours is a small community and that seems distant. With couples and others who share a surname it is both impersonal and imprecise.

So we referred to residents on second reference by first name and generally referred to employees by last name.

Most residents know staff from executives to the newest hourly employee by first name, so employees and residents will – for now – all be identified on second reference by their first name.

We hope that does not sound disrespectful or too chummy.

An exception may be when we are writing about both outsiders and Mirabella folks in the same story. It would sound a bit strange if Marge Carothers chats up the president to say, for example, “Marge told Barack she loves Mirabella.”

Even though she does. ✿

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Video Doctor Only Phone Call Away

by Steve Casey and Nancy Moss

You are sick. It's not an emergency, but you feel truly awful. Your doctor is busy and, besides, getting to the office on a winter day is a struggle.

Wouldn't it be great if doctors still made house calls?

Well, in a sense, they do.

Kicked off by talks about bringing an urgent care center to the South Waterfront – which still may or may not happen – Mirabella and Oregon Health & Science University have put together a program that ultimately will be able to put a virtual physician right in your apartment on an hour's notice, at a cost comparable to an urgent care visit.

It all grew from discussions between Anthony Sabatini, Mirabella's executive director, and Mark Lovgren, director of the OHSU Telehealth Services.

"I know it's going to be great," Lovgren told 3550.

"In a nutshell, there will be a video conferencing, clinical-grade cart at Mirabella. Residents make it known they would like to be seen, and the goal is that within an hour they will be seen," he said. "On our end, who they will be talking with is a member of our Emergency Department (ED) faculty, who will connect in through a laptop."

On the Mirabella end of the conference, Sabatini said, a certified nursing assistant (CNA) will be with the resident, working the equipment and helping with physician requests.

"The key component of telemedicine is the tele-presenter," Lovgren said, "the person on the

other side of the camera who's with the patient. We aren't going to do things like sutures with the tele-presenter, but that person can help the physician, for example demonstrating the patient's range of motion."

The equipment carries its own blood pressure cuff, thermometer and stethoscope, with results displayed in real time for the doctor.

As with urgent care, some complaints are unsuited for

more immediately, in the ED," he said, and physicians will call 9-1-1 if they believe emergency intervention is needed.

Residents who participate in the program must be pre-registered. Doctors have immediate access to their medical and prescription information. OHSU will send a record of the video appointment to the patient's primary physician – even if that doctor is not part of



Mark Lovgren, OHSU Director of Telehealth Health Services; and Mary Tanski, MD, Assistant Professor of Emergency Medicine, OHSU

telemedicine.

"If I'm having symptoms of a stroke, or my heart doesn't feel right, or I'm feeling dizzy, these are the things you would want to see

OHSU.

"This," Lovgren said, "is (for) when your primary doctor is not available that day, or you'd like to be seen immediately. It is not meant

to replace the relationship the Mirabella resident has with his or her primary physician.”

The team of doctors selected for the program will serve several sites, so they don’t just sit around waiting for a Mirabella call, he said.

OHSU and Mirabella are launching the program in phases.

In the initial phase, video conferencing will be used in the Health Center, scheduling and orienting incoming patients and conferring with doctors.

When a patient is transferred from OHSU to Mirabella’s Health Center, a video conference provides a “warm video hand-off” to the Mirabella staff, Lovgren said.

“Upon discharge,” he said, “the nurses on both ends of the camera – with the patient – have an opportunity to have a dialogue about the patient. The patient’s anxiety level over where they are going to go and who’s going to care for them is a lot lower, for they can see where they’ll be in a hour.”

Sharon McCartney, health services administrator, is excited about the possibilities, for both incoming and admitted Health Center patients.

“When a resident is first being transferred to our floor, it will allow them the ability to see the nurse’s face, and even the room they will be admitted into, before they leave the hospital,” she said. “And having the ability to video conference with a physician or surgeon will allow for better quality of care and less burden on the resident than being sent out to the emergency room.”

Phase Two brings in independent living residents. They make a request – to whom was under review at press time; likely the concierge – get an appointment, then meet a CNA in the clinic room on the first floor and the consultation begins.

(see Telemed p. 8)

Telemed Q & A

Q: What hours will video doctor visits be available?

A: Initially at least, from 8 a.m. to 6 p.m. Monday through Friday. If demand warrants, hours could expand. “When a person starts to feel unsafe or unsure, it should be some comfort to know that first thing in the morning they can talk to someone and get some guidance – or some reassurance,” said Anthony Sabatini, Mirabella’s executive director.

Q: What is the benefit to residents in skilled nursing?

A: Several. The hospital discharge nurse can talk with the Mirabella nurse on video, with the patient present and participating. Records are available instantly, making the “handoff” seamless. The patient can see the actual room where he or she is going. Patients in skilled nursing can consult with doctors without leaving the building – often a cumbersome and expensive transportation process.

Q: What is the benefit to independent living residents?

A: When someone feels ill and needs to see a doctor but his or her primary physician is not available, the resident is able to access this program without having to make a clinic visit, without leaving the building.

Q: When will this start?

A: By the time you are reading this, the program will be in place in the Health Center. Sometime in December, it should be available for independent living residents to use in the first-floor clinic room. By year’s end, it should be ready for use in individual apartments.

Q: Do I have to be pre-registered to use this service?

A: Yes. An account and records need to be established in advance.

Q: What is the cost to register?

A: Zero.

Q: What is the cost if I register but don’t use it?

A: Zero.

Q: How much does it cost to use?

A: About as much as a visit to an urgent care center. A first-time video consult should cost about \$160 to \$180, Anthony said, with subsequent visits costing less. The bill includes the OHSU charge for the physician, Mirabella’s charge for the health aide who assists in the consult, and a service fee to cover use of the equipment. “We’re in the ballpark” with such urgent care centers as Zoomcare, Anthony said.

Q: Will Mirabella bill my insurance?

A: No. At some point, Mirabella may consider it, but it would require hiring people to handle the billing.

Q: How would I be billed?

A: The itemized charge will appear on your monthly statement. It will include billing codes, so if you want to bill your own insurance you will have all the information to do so. The bill will also provide support for an income tax deduction.

Q: Will my doctor know of my video visit?

A: Yes. OHSU will send a record of the visit to the patient’s primary care physician.

Q: If there is little demand for this by residents, isn’t it a wasted effort?

A: Not at all. Video conferencing will be used regularly in the Health Center.

(from *Telemed* p. 7)

Sabatini said this phase should be ready to go sometime in December.

Phase Three brings the portable video cart to a resident's own apartment where the conference takes place.

"The timing of that depends on how phase two goes," Sabatini said. "If we're successful, I'd say within a three to four month period we could have something like that



rolling."

And then there's Phase Four – taking the video cart on a commercial basis to neighbors in their South Waterfront homes.

"This is not an overly complicated, technical piece, so I can't imagine it would take a terribly long time to be able to offer it to the broader neighborhood," he said.

Mirabella Prices Ratchet Up

by Steve Casey

With Mirabella full, a healthy waiting list at the ready and a strengthening Portland housing market, entrance fees went up with the start of the 2014-15 fiscal year.

So did the non-refundable portion of those fees.

The hikes, which of course apply only to new residents, were effective Oct. 1.

Examples of the new prices:

With no hands-on doctoring possible, the program will serve the sick and the concerned, rather than the wounded.

Lovgren said ED physicians will be able to prescribe medications after the video appointment, but probably will not prescribe heavy narcotics.

Mirabella nurses will also be able to participate in monthly "brown bag" training, generally a lecture or case review or demonstration.

The new service began as an outgrowth of attempts to get urgent care in the South Waterfront.

"It started with the urgent care discussion," Sabatini said. "I put in a call to Brian Newman (OHSU's director of campus planning) to see what kind of traction I could get with OHSU on urgent care."

While nothing immediate came of the conversation, it didn't end there.

"I think there was a conversation with Mirabella and with our president, Dr. Joe Robertson," Lovgren said, "about how we can be better connected. And eventually it trickled down to me."

Sabatini and Lovgren then made it happen. ❄️

A penthouse apartment which last year started at \$749,320 is now \$799,000. A one-bedroom which last year was \$309,410 now is \$359,000. A two-bedroom deluxe which was \$596,260 is now \$698,000.

New contracts provide for 85% of the fee to be refundable, according to Adam Payn, regional marketing director.

He said the increases get Mirabella back closer to original pricing, which was discounted after the real estate market tanked in 2008. A few apartments early on were offered at 100% refundable entry fees. Fees were 95% refundable at original pricing, 90% refundable at discounted pricing and now are 85% refundable, he said.

Pricing changes start with Adam's finger on the pulse of the market and his recommendations, then are decided upon by Anthony Sabatini, executive director, by Mirabella's board of directors and by Pacific Retirement Services.

When apartments do become available, they are resold quickly.

"The important thing to know about apartment turnover is that we are identifying people who are ready to move in and have some priority spot on the waiting list, so when someone does move out we know exactly to whom to offer the apartments," Adam said.

While the general real estate market is important, it is but one factor, he said.

"The Mirabella decision is only one part real estate," he said. "It's also one part lifestyle and one part health care."

The decision to raise entrance fees had only a tiny effect on the waiting list, he said. ❄️

Carolyn Harbison tells us that the “Mirabella Travel Club sponsored a wonderful trip to Ridgefield, Washington on a glorious and picture perfect day in October. The two destinations were lunch at Myrtle’s Tea House and Herbery, and an afternoon at the Ridgefield National Wildlife Refuge, which was celebrating fall bird migra-

Around Campus



with Marge Carothers

tion weekend. A great time was had by all 22 of us.” Thanks, Carolyn.

Bettie Schweinfurth’s Bible Study group is planning its second annual Christmas Vesper Service on Sunday, December 21 at 4 p.m. in Willamette Hall. All residents and their families and friends are cordially invited to come celebrate the season by enjoying remembrances, singing Christmas carols, listening to other lovely sacred music and appropriate scriptures. Bettie reminds us that anyone interested in discussing the Bible is welcome and encouraged to come the 2nd and 4th Monday in the Park View Room at 3:30 p.m.

Mirabella duplicate bridge players hold their own in competition for American Contract Bridge League master points with some of the best bridge players in Portland in the regular duplicate bridge games at Mirabella. The top five Mirabella master point winners in the July to September quarter were: **Ed Parker, Guy Woods, Laurie Hardin, Fred Morris and Betsy Bullard.**

Creativity On Display – what a fabulous interest group, which **Rolf**

Glerum created two years ago. The splendid displays of artists’ works each month impress, inspire and amaze us—all accomplished by residents and staff members. **Rolf and Toni Tidman** have chaired the group, now led by **Jean Davis and Eunie Shiffman.**

Sivia Kaye surely must be one of our most versatile residents. Besides her writing skills she is chair of the Media Committee, with **Gwen Luhta** and **Muriel and Ron Mendonca** providing Personal Prism most every month. She also chairs Idea Exchange with **Sue and Paul Knoll.** Lots of great stuff and entertainment each month. Sivia also plans another memoir-writing group.

humanities, Ceil has been a donor, volunteer and fundraiser for Literary Arts. Its mission is to engage readers, support writers and inspire the next generation with great literature.

The top three names in the table tennis ladder tournament as of early October were **Art Moss, Ed Parker** and **Theone Ellis.** There are currently about 20 names on the ladder. Players may challenge players one or two steps above them on the ladder, and if they win the challenge match, move up ahead of the loser on the ladder. Come spectate or participate.

Bullseye Glass Studios and the Mirabella Art Committee (co-chair



Travel Club at Myrtle's Tea House

Susan Berg resumed her tours of the John Wilson Rare book room at the Portland Library (founded by her granddad John Wilson). There is an on-going sign-up sheet in the events book near the concierge should you wish to see interesting manuscripts, some from the 17th century and earlier.

Congratulations to **Ceil Huntington**, honored by Literary Arts, an organization she has served for more than two decades. Ceil received the Strunk and White Award, named for William Strunk and E.B. White, authors of *Elements of Style*, which has guided writers for almost 100 years. An avid supporter of the

Yvonne Branchflower) bring you the opportunity to learn about kiln-fired glass. Design your own 8” slumped and fused glass plate, choosing from a wide array of glass colors. No experience is required, and after completing this class you will be eligible to participate in Bullseye’s Open Studio sessions. Registration fee of \$100 covers all your supplies. Mirabella bus is free. January 14, afternoon. Flyers with more information are in the mail room.

Kim Batcheller calls all woodworkers and wannabes to join in at the well-equipped basement woodshop. Experienced craftsmen are ready and willing to help get you started. ❄️



Photo by Robert French

Barbara Herbold

by Nancy Moss

Finding life as a Marine Corps commanding general's wife too restrictive, Barbara Herbold took to the skies.

Resident Profile: Barbara Herbold Beauty, Inside and Out

"I learned to wear bifocals when I was flying, so I could look ahead and down at the map on my lap at the same time," she said of her days as a pilot.

Her husband Jim was the commanding officer at Barstow Marine Base in the Mojave Desert. "The commander's wife has nothing to do," Barbara said, noting that they had a cook and housecleaner to help with the entertaining required of an officer's wife.

So she learned to fly.

"It was boredom, nothing more," Barbara will tell you offhandedly, as if she had learned to bake cookies.

Both Barbara and Jim grew up in Pasadena, Calif., where she graduated from Whittier and he from UCLA a few years ahead of her. With his interest in geography, Jim had planned to teach, but when he got a low draft number and the draft loomed, he joined the Marine Corps. There he specialized in logistics, eventually becoming commanding general of the Marine Corps logistical force in Vietnam.

Known by fellow officers as 'Gentleman Jim' for his kindly manner, Jim differed from the fire-breathing Marines of action movies and video games. Although Napoleon famously said that an army marches on its stomach, a talent for organizing and moving supplies does not make a compelling plot for a blockbuster movie. Jim has said he was "never in a situation where he was being shot at in anger." No movie there.

A liberal Democrat from a Republican family, and with a Republican husband, Barbara followed Marine custom and kept her

political views to herself. "I never hesitate to stand where I stand," she said firmly, but she expressed her opinions by voting.

As the commander's wife, one of Barbara's jobs was running formal ladies' teas and luncheons. She and the other presiding military wife were organized: "One of us would wear a hat; the other would wear gloves," so that none of the ladies attending would be embarrassed if they were hatless or gloveless.

Since the Marine travels but his family does not, Barbara and the couple's two daughters spent most of their time in Washington, D.C., when Jim served overseas.

While Jim was stationed at El Toro Marine Base, the Herbolds owned a horse, Domingo. "A wonderful, wonderful horse," Barbara says now. "He would do anything for the girls." Barbara, who learned to ride when she was 12, made sure that the girls were responsible for their horse, brushing him down and mucking out his stall. "If you're going to have an animal, you have

to take care of it," she declares.

After Jim retired from the Marines in 1970, they spent a year traveling in Europe, with a caravan pulled by a Land Rover. Their daughters came and went, bringing friends. "Sometimes we had people sleeping on the floor, others on the bunks," Barbara recalls. "We met people every place we stopped."

After their trip, the Herbolds moved to Portland, where Barbara immersed herself in volunteer work. For 10 years she was a docent for the Portland Art Museum; she also served on the board of Portland Civic Theatre. In 2010, Barbara and Jim moved into Mirabella as one of its first residents. Jim died in 2013.

Political beliefs that Barbara squelched as a military wife found expression in her car's bumper stickers. "If you're against abortion, don't have one," is one she remembers. Or "I'm Against the Next War, Too." "Make Love, Not War."

After years of keeping her opinions to herself, Barbara went public through her car. When she decided to give the car up and passed it on to her grandson, he enjoyed all her bumper stickers, she said.

Barbara's family – a daughter, two grandchildren, and two great-grandchildren – gather for coffee every Saturday; her second daughter, a lawyer with a Portland firm, died of breast cancer 14 years ago. On Barbara's lanai, two pots of pale peach roses grow, taken from the garden of that daughter after her death.

Barbara looks back with nostalgia on her early days in Pasadena when the Rose Bowl was the only one, the Tournament of Roses that accompanied it a 100-year-old tradition. Unlike some of the numerous bowls cluttering today's landscape, the Rose Bowl does not hype a product.

The quality of being a lady is

(see Herbold p. 14)

by Steve Casey

At the age of four, Phuong Hart, facing a bleak existence in Vietnam, stood in a Saigon hotel room and said goodbye to her mother – perhaps forever.

Her father, a man she barely knew, was taking her to a strange country.

David Hart was a U.S. Army medic doing his second tour in Vietnam in 1971 when, in the village of Rach Gia, on the Gulf of Thailand, his daughter was born.

“His tour was over and he came back to the U.S.,” Phuong recalled for 3550 recently.

Phuong faced life as half-Vietnamese and half-American, in a culture where such children were shunned and abused.

“I would have been left out on the streets,” she said. “It was not a good future for me.”

Unlike a number of U.S. soldiers who fathered children in Vietnam, David Hart moved heaven and earth to find his daughter.

“He tried for about a year to get me and my mother,” Phuong said, “and he was able to do that in 1975.”

Adding to the urgency, the fall of the South Vietnam government was imminent.

Phuong’s American grandfather wrote then-U.S. Sen. Mark Hatfield, asking for help locating the family so David could get them to Saigon and out of the country.

Probably due to Hatfield’s aid, the family was located and brought to Saigon.

“My dad was in Saigon waiting for me and the family to show up,” she said. “He was there about 18 days before we left. Every night he called his father (in the U.S.) to get updates – he knew Saigon was going to fall and knew there was an evacuation plan.”

But by that time, Phuong’s

mother, Son Thi, decided not to leave. She chose to stay in Vietnam with the family she knew rather than go to a foreign land with a man she had not seen in four years.

So the former serviceman packed Phuong up in that hotel room, along with her aunt and two young cousins. Essentially, he smuggled the family out of the country on a cargo plane headed for the Philippines.

They lifted off from South Vietnam five days before the country fell.

“It was just like camping out,” she remembered of her two weeks in the Philippines, “and we were surrounded by a lot of other refu-

gees. We flew to Hawaii and then to Portland.

“My dad’s parents were going to pick us up at the Portland airport and on the flight my dad was trying to teach us to say ‘hello, grandma’ and ‘hello, grandpa.’”

David Hart, now recently retired after 35 years with the Bonneville Power Administration, was a doting father, Phuong recalled.

“When you are in kindergarten you pick up a lot, but I remember my dad using flash cards to teach me the language,” she said.

Her dad raised her alone, she said, and “he made it a point not to get into any serious relationships until I was out of high school.”

During a school trip to Washington, D.C., Phuong and her classmates met Sen. Hatfield in his office. On her way out, Phuong told the senator of the role he had played in her life.

After graduation from high school in Lake Oswego and college at Cal State Long Beach, Phuong tried out a career as a recreational therapist for children, but eventually returned to Oregon, looking for her calling.

“I was very interested in homes – in houses, architecture – and someone said ‘why don’t you get into real estate?’ And that’s what I did. I was working for a bank and I studied for my real estate license and got it on my first try, at 24. I loved it, and that’s what I did until 2008.”

Some 12 years ago, Phuong made a trip back to Vietnam, meeting her mother for the first time in 27 years.

Staff Profile: Phuong Hart Life of Love, Adventure

Seven years ago, Phuong sponsored her mother’s immigration, and Son Thi now lives and works in Portland.

By 2008, a memorable year in real estate for those who cherish memories of misery, Phuong was working for a developer and assigned to a community.

“So I was selling 200 homes or 300 homes at a time and doing really well at that,” she said. “But then the developer filed for bankruptcy.”

By that time she was married, pregnant, and wondering if she really wanted to work all the strange hours her former job had demanded.

Rose Villa, a senior living community south of Portland, was planning to redevelop and was looking for a person with real estate and new construction experience. It was a good fit.

(see Phuong p. 14)



Photo by Bob Cronk

Phuong Hart

(from Phuong p. 12)

Phuong, and her husband, Bob Cronk, will celebrate their seventh wedding anniversary on New Year's Eve. With daughter Ruby, they were South Waterfront pioneers, moving into the Meriwether when it was about all there was in the neighborhood.

Bob, a non-lawyer who has managed a local law firm for 24 years, is a superb amateur photographer whose work often involves the South Waterfront and various iconic Portland locales.

From the Meriwether, Phuong watched Mirabella start to rise, and the idea of a new community – and an across-the-street commute – was tempting. She was hired in a flash, and became a marketing mainstay as a senior living counselor.

“I love it here,” she enthused, “and I love the residents. In real estate, buyers and sellers are always going through some kind of stressful situation. It can be good stress or bad stress. Here, residents are going through stressful times, too, but I know what that is and I enjoy helping them. And I get to see my clients every day.”

Phuong and Bob hope their family soon will grow.

They are looking to adopt, and have been through the process, including a home visit.

“Now,” she said, “all that's left is waiting.” ❄️



Phuong with her dad, David Hart



Barbara Herbold in her 20s

(from Herbold p. 11)

surely more than wearing gloves and a hat at the proper time, or handling a teacup with assurance.

If it includes grace, a lively interest in others, and a willingness to participate in life, taking to the air when others remain on the ground, Barbara Herbold, proud Mirabella resident, surely is one. ❄️

*Happy Holidays
From
Your 3550 Staff*

Fung? Fong?

Phuong Hart gets this pretty often: “How do you pronounce your name?”

That's a toughie, because Vietnamese pronunciation is so nuanced and strange to English speakers.

The name Phuong, she said, means “Phoenix” and is a common Vietnamese name – for both boys and girls, depending upon pronunciation.

She tells people the closest English speakers can get is probably “Foong.” But that short-changes a little “u” sound and maybe over accentuates the “g.”

“But I'm used to it,” she said. “I'll answer to just about anything.” ❄️

Holiday Events

by *Cornie Stevens*

December is a month of many wonderful things going on in Portland. Here are just a few that come to mind.

MUSIC

Oregon Symphony

503-228-1353
www.orsymphony.org
Arlene Schnitzer Concert Hall
Andre Watts, Dec. 6, at 7:30 p.m.;
Dec. 7, 2 p.m.; Dec. 8, 8 p.m.

Portland Baroque Orchestra

503-222-6000
www.pbo.org
First Baptist Church, SW 12th and
Taylor St.
Handel's Messiah: Dec. 12 & 13,
7:30 p.m.; Dec. 14, 4 p.m.
Messiah Highlights for Christmas:
Dec. 15, 7:30 p.m.
Messiah: 1-hour young peoples'
concert Dec. 13, 3 p.m.

National Sanctuary of Our Sorrowful Mother (Known as "The Grotto")

503-254-9811
www.thegrotto.org
8840 NE Skidmore
Various singing groups, Dec. 13 &
14, 5:15 to 9 p.m.

Trinity Episcopal Cathedral

503-222-9811
www.trinity-episcopal.org
147 NW 19th Ave.
Advent Procession of Lessons and
Carols, Dec. 6 at 7 p.m.; Dec. 7 at
5 p.m.
Concert & Wassail Party, Dec. 13 at
5 p.m.; Dec 14 at 7:30 p.m.
A blaze of brass and song, Oregon
Symphony Brass and organ open
and close the program; Cathedral
Chamber Singers offer Benjamin
Britten's A Ceremony of Carols.

STAGE

Artists Repertory Theater

503-241-1278
www.artistsrep.org
1515 SW Morrison

Blithe Spirit, Nov. 22 to Dec. 21,
7:30 p.m. plus matinees

Portland Center Stage

503-445-3700
www.pcs.org
128 NW 11th Ave
Twist Your Dickens, Nov. 22 to Dec.
24 at 7:30 p.m. plus matinees.
Santaland Diaries, Nov. 23 to Dec.
28 at 7:30 p.m. plus matinees.

Portland Revels

503-274-4654
www.portlandrevels.org
St. Mary's Academy, 1615 SW Fifth
Ave.
Christmas Revels: Set in 17th
Century London, a tale with
singing, audience participation,
and dancing, Dec. 18 to Dec. 23 at
7:30 p.m., Dec. 20 & 21, 1:00 p.m.

FAMILY FARE

Oregon Ballet Theater

503-222-5538
www.obt.org
Keller Auditorium
The Nutcracker, Dec. 13 to 27.
Times vary; see website or call.

CHANUKAH EVENTS

Chanukah 2014 begins on the
evening of Dec. 16 and ends on the
evening of Dec. 24. Updated event
announcements will be posted at the
Jewish Federation website, www.jewishfederation.org or contact caron@jewishportland.org

Chanukah Fair

Shaarie Torah
920 NW 25th Ave.
503 226-6131
giftshop@shaarietorah.org
Dec. 7, 9 a.m. to 4 p.m.

Chanukah Gift Fair

Mittleman Jewish Community
Center
6651 SW Capitol Hwy.
503 535-3617
lfendel@oregonjcc.org
Dec. 14 11 a.m. to 4:30 p.m.

The Great Chanukah Challenge and Dinner/Shabat Service

Beit Haverim
1111 Country Club Rd, Lake Oswego
503 568-1241
office@beithav.org
Dec. 19, 6 p.m. to 9 p.m.
Reservations required.

GENERAL ENTERTAINMENT

Pittock Mansion

503-823-3623
www.pittockmansion.org
3229 NW Pittock Dr.
110-year-old mansion dressed up
for the holidays. Great view of the
city.

Zoolights at Oregon Zoo

503-226-1561
www.oregonzoo.org
4001 SW Canyon Rd.
Baby lions! Otters! 1.5 million
Lights! Great if it isn't raining.
Nov. 26 to Jan. 2.

Providence Festival of Trees

503-216-6625
Oregon Convention Center
Gala opening Dec. 4, 5:30 to 10 p.m.
Dec. 5 & 6, 10 a.m. to 5 p.m.
A glorious display of trees auc-
tioned off for the benefit of
Providence Hospital programs.

Portland Spirit cruises

503-224-3900
www.portlandspirit.com
Trips up the Willamette.
Dinner: 7 to 9:30 p.m. Lunch: 11:30
a.m. to 2 p.m.

Oregon Historical Society

503-306-5198
www.ohs.org
1200 SW Park Ave.
Holiday Cheer Dec. 7th, noon to 4
p.m. Invited Oregon authors sign
their books.
Fisherpoets Dec. 13, 11 a.m. to 3
p.m. Songs, knot-tying, fun for
all. ❄️

Favorite Holiday Stories

A Kid's Christmas in Oz

by Maggi Travis

For days before Christmas came to Australia, we made decorations — paper chains, paper roses, frilly-edged streamers. We didn't just decorate the tree; we decorated the whole room.

The living room held a sofa and an armchair, a drop-leaf table, table chairs, a piano and a radio console.

The tree stood in the corner, out of the way because the table would be pulled out to the middle of the room to accommodate everyone. Besides, there were few presents under the tree; Santa came some time after we had gone to sleep and left his gifts in a pillowcase hung at the bottom of our beds. (My best Christmas was the one when Santa left a snorkel, mask and flippers. Waiting the obligatory hour after dinner before going to the beach was agonizing.)

The meal itself was a variation of our usual Sunday dinner. Despite the summer heat it was a proper, midday, roast dinner. Uncle Tas, who worked at Dairy Farmers, always brought a ham. There were Christmas crackers which pulled open with a crack and contained silly paper hats, a small trinket, and some sort of written joke or puzzle. Afterwards there was the Christmas pudding with threepences and sixpences hidden inside.

The pudding was a family affair, prepared a month ahead of time. Everyone had to have a stir, at least three times around with a wooden spoon, before the money was added and the pudding wrapped in cheesecloth and gently boiled for most of a day. It entered the room in a blaze of fire and brandy fumes,

a sprig of holly on top, accompanied by cheering and clapping.

Somehow my grandmother managed to cut it so that everyone got a piece with a coin, although it was so smothered in custard that my Uncle Keith always managed to convince us he'd swallowed his.

After the meal, and the table was cleared, the adults settled down with a beer or a glass of whiskey and caught up on family news. The neighbors would be invited in. Perhaps someone would play the piano and there would be a bit of a sing-song. We kids would have already changed into our "swimmers" and be waiting for the OK to head to the beach.

Chanukah, the Feast of Lights

By Marvin and Lois Urman

Christmas has always been a difficult holiday for Jewish children, envious of those who celebrated the holiday with gifts and decorations.

Although Chanukah, the "Feast of Lights", is celebrated for eight days, it has never been considered a major Jewish holiday.

Our family has always observed Chanukah with a party in our home, dining on traditional food featuring pot-roasted brisket and potato latkes (pancakes).

We did give our three children a small gift on each of the eight nights when we lit the Chanukah candles.

We lived in a neighborhood where we were the only Jewish family. The whole three-block area was decorated inside and out with displays and bright lights.

One Christmas season, we were approached by a neighbor

representing the neighborhood, offering to decorate for us. We consented on one condition: that our family be sent to Hawaii during the holiday period. That was the last we heard of that.

On Christmas day, our congregation serves dinner to homeless



people in the area.

If you ask any Jewish person in the U.S. how they spend the day, they will tell you they go to a movie and then eat Chinese food — those restaurants being the only ones open.

Indian Holiday

by Irene Tinker

New Delhi 1953: all packed to leave and Mil came down with jaundice. Spent Christmas in a vacant house; raised a goose for the meal; had friends decorate a tree with one ball each. Still have some.

Commercial-Free

by Dona Morris

Thirty years ago we decided to spend Christmas in Italy. Our base was Montecatini Terme, a Tuscan spa town outside of Florence.

On Christmas Eve we went to the midnight service at the local church. It seemed as if the entire town was attending. Unfortunately, we in our travel clothes did not measure up to the beautifully dressed families. It seemed that even the babies were attired in mink coats.

There were no Santa Clauses or Christmas trees. The streets were decorated with huge red bows on the streetlights. Shepherd pipers came down from the hills and played on the street corners. After the service, the streets were closed to traffic and people sauntered down the street, many eating gelato.

This wonderful commercial-free Christmas was one of our best ever.

Scholarship Santa a Bit Late

by Ed Parker

When my wife and I moved to Stanford from Canada for me to start the first term of graduate school in the fall of 1957, we underestimated how much it would cost to live in California.

For example, we had not realized how high the rents were and that it was essential to buy and operate a car. By Christmas time that year we had completely run out of my scholarship money and savings, and were not quite making it from paycheck to paycheck on the low-paying job my wife had. Her next paycheck came the day after Christmas.

We collected enough bottles for bottle refunds to be able to afford a box of macaroni and cheese for dinner on Christmas day. We had our real Christmas dinner, a wonderful crab feast, in early January when I got my scholarship check for the next quarter.

Ready, Aim, Joy

by Gilbert Meigs

We were one of 20 or 25 warships in Task Force 77, off North Korea's coast, on Christmas Eve. I was the junior officer of the deck.

At about 11:30 p.m., a voice message from the fleet commander alerted us to an incoming air contact, range maybe 50 miles, bearing North. Not good news. There were enemy airports that way and maybe they thought our guard would be down.



"This doesn't feel the least bit cultish to you?"

Should we wake the captain? We did bring the guns around.

More ominous contact reports came because the range was closing and the bearing was steady from the north and so we woke the captain.

When he appeared on deck it was just before midnight and he was looking for trouble. His mood changed when the fleet commander identified the contact as Santa

Claus. It really happened this way.

Christmas Dinner in Korea

by Van Brent

In June 1950, the North Koreans began invading South Korea. By September, the U.S. Marines were called to Korea to fight and the First Marine Division made its landing on Sept. 15 at Inchon.

I was a member of the USMC in this invasion.

Six weeks later, the 1st Marines made another landing at Wonson, Korea. From there we advanced to

Hung Nam and on to the Chosen Reservoir.

By December, the Chinese entered the war with eight to 10 divisions, making it impossible for the Marines to hold their ground. By Dec. 16, we were evacuated from North Korea.

I was put on a ship for Pusan, then

transferred to an LST and I was sitting on cases of C rations as we entered port.

I was sure that is what I would be eating for my first Christmas dinner away from home.

To my surprise, on Christmas Day we were served a hot turkey dinner with all the trimmings. It was wonderful having that delicious dinner for Christmas. ❄️



Illustration by Anne Ferguson

All End of Life Options Available at Mirabella

by Ed Parker

Mirabella is our home. It may come as a shock to those of us who hope to live forever, but some of us may eventually die here. It is comforting to know that all of the end of life services available in Oregon can be used in our home at Mirabella – in independent living, in assisted living and in the second floor nursing facility.

Mirabella management has confirmed that the full range of hospice, comfort care, and aid-in-dying options are available for Mirabella residents who wish them.

“We are here to support the residents and their quality of life,” said Sharon McCartney, health services administrator.

“We don’t just support one form of treatment; we support our residents’ wishes,” she told 3550.

Many of us, when we finally accept that the time has come, would prefer to die in our own home with family and friends around. However, unless we make other plans in advance, the more

likely outcome is to die uncomfortably in a hospital bed after an ordeal of heroic medical interventions that failed to keep us alive.

Money and medical morals tend to take us down that path. Doctors take seriously their responsibility to extend our life’s span, even when some of us wish they would pay more attention to our life’s quality.

Some of us have made different end of life choices known through our advance directives, medical powers of attorney, and physician orders for life sustaining treatment (POLST) documents. Not all of us are going to stay healthy to the very end and then die peacefully in our sleep.

Several end-of-life choices are available to us.

Hospice care is one option.

Comfort care, sometimes described as palliative care, is available whether or not we are eligible for hospice. Some of us may prefer to be kept comfortable without the indignities of major medical interventions that may prolong life without curing the underlying

disease. Strong pain control medication is an option for those who need it. If we are in the final stage of life, the possibility of getting addicted to pain medication should not be a barrier to making our last days more comfortable.

When the end is inevitable and the intermediate process unbearable, taking advantage of Oregon’s Death with Dignity (DWD) law is an option for those who do not object on religious or moral grounds. (See sidebar article on what the law says.)

Participation is totally voluntary for both patients and doctors.

Those who wish to have that option available to them should consider asking their doctor whether she would prescribe the necessary medication, if that time should come. The law makes it clear that doctors are not required to make such prescriptions, but patients are entitled to change doctors.

The patient must make two oral requests and one written request for the prescription over a period

of at least 15 days. Two witnesses must sign the request; at least one of them must not be a relative or a beneficiary of the patient's estate.

Before the prescription is written, both the prescribing physician and a consulting physician must confirm the patient's disease, prognosis, and competence. Not all pharmacies fill the prescription but the doctor writing the prescription can direct it to the nearest pharmacy that does.

Fortunately for Mirabella residents, the pharmacy at Oregon Health and Science University's Center for Health and Healing, where many of us get our other prescriptions, has filled DWD prescriptions in the past and plans to continue to do so, a reliable source told 3550.

Even after the prescription is filled, the patient need not take it. Sometimes, just the comfort of having it available in case the indignities of painful dying become too much is enough to get patients through tough times.

Since the law was passed in 1997, 752 patients (approximately 64 per cent) of the 1,173 people who had DWD prescriptions written have died from ingesting the medications, according to the 2014 annual report on the program issued by the Public Health Division of the Oregon Health Authority.

The Oregon branch of the charitable organization Compassion and Choices has volunteers to provide confidential information and assistance to patients and their families on all of the various end-of-life choices. The Oregon Compassion and Choices site is <https://www.compassionandchoices.org/what-you-can-do/in-your-state/oregon/>. The phone number for confidential consultations on all of the various options and procedures including hospice and DWD is 503-525-1956.

Mirabella resident Anne Clark is a Compassion and Choices

volunteer who has agreed to talk with any resident in confidence.

The organization also can be reached by email at Oregon@compassionandchoices.org, or by telephone at 503-525-1956.

If desired by the patient, a Compassion and Choices volunteer can be with the patient when the end of life medication is taken. The volunteer is instructed to make sure the patient knows what will happen if the medicine is swallowed. The volunteer will leave before the voluntary 'hastening', as it is euphemistically called, if requested by family.

To make sure that Mirabella health services staff members understand the policy and are supportive of all residents, McCartney arranged for a Compassion and Choices training session for her staff on Oct. 23.

Mirabella is indeed our home and all the choices we would wish to have available to us in our own homes are available to us here at Mirabella. ❁

Questions Answered At Open Forum

Compassion and Choices, a non-profit that helps people understand what options are available to them under Oregon law, is to lead a discussion at Mirabella's Willamette Hall on Tuesday, Dec. 9 at 3 p.m.

Sharon McCartney, health services administrator, said she is getting a number of questions about what is and what isn't encompassed by Oregon's Death With Dignity law, and what residents need to know to make decisions that are right for them.

She asked Compassion and Choices to make a presentation.

After the talk, the organization's representative will take questions and encourage a discussion.

Oregon Death With Dignity Law Explained

by Ed Parker

"Death with Dignity" has been the law in Oregon since 1997.

The Death with Dignity (DWD) law allows terminally ill Oregonians to end their lives humanely through the voluntary self-administration of medications prescribed by a physician for that purpose. The law provides protection for physicians, patients who request aid in dying, and their loved ones.

The only people permitted to take advantage of this "hastening" of death, as it is euphemistically known, are terminally ill Oregon residents at least 18 years of age who are not expected to live more than six months.

Patients requesting aid in dying must be capable of making an informed decision and must make their request three times—twice orally and once in writing. They are allowed to rescind their decision at any time.

The medication must be self-administered and patients may decide at any time not to take it.

Doctors are not allowed to prescribe the lethal medication until the patient makes a second oral request at least 15 days after the first request and at least 48 hours after the patient's written request. Two people other than the patient's attending physician must witness the written request. At least

(see Oregon Law p. 20)

(from Oregon Law p. 19)

one of the witnesses must be someone who is not a relative, is not entitled to any portion of the patient's estate and is not an owner, operator or employee of a health facility where the patient is residing or getting treatment.

The prescribing physician must confirm that the patient has a terminal disease, is mentally capable and has made the request voluntarily.

To ensure the patient is making an informed decision, the physician must inform the patient of his or her medical diagnosis, his or her prognosis, the potential risks and the expected result of taking the medication to be prescribed, namely death.

The physician also must describe the feasible alternatives including, but not limited to, comfort care, hospice care and pain control.

The prescribing physician must refer the patient to a consulting physician who then must confirm the medical diagnosis and confirm the patient is capable and acting voluntarily. If either doctor believes that the patient is suffering from a psychiatric or psychological disorder or depression causing impaired judgment, the physician must request a mental health evaluation.

In that case, the attending physician may not write the prescription until the mental health professional determines the patient is capable and without impaired judgment.

The Physician Guide to Oregon's Aid in Dying Law was developed by the non-profit organization Compassion and Choices. The guide says mental health evaluation referrals are rare because attending physicians are unlikely to refer patients they know well or who are calm, lucid and rational. On the other hand, patients with severe depression or delirium will be referred for treatment, not the competency evaluation called for in the aid in dying law.

Under Oregon law, DWD is not "assisted suicide". The law says actions taken in accordance with the law "shall not, for any purpose, constitute suicide, assisted suicide, mercy killing or homicide, under the law".

Oregon law invalidates any provision in a will or contract, including an insurance or annuity policy, that could "be conditioned on or affected by the making or rescinding of a request by a person for medication to end his or her life in a humane and dignified manner". According to the Physician Guide, doctors are to cite the underlying disease as the cause of death on the death certificate.

Oregon physicians are not required to prescribe aid in dying medications. If a patient's regular physician declines, the patient may switch to a different doctor.

A hospital, nursing facility or clinic may prohibit a health care provider from participating in the provisions of Oregon's DWD law on its premises if it has notified the provider of that policy.

Prescribing physicians are required to recommend that the patient notify next of kin, but patients need not comply. Physicians are also required to counsel the patient about the importance of having another person present when the patient takes the prescribed medication. ❄

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you saw them in 3550*

Oregon The Model

America's medical system is "poorly designed to meet the needs of patients near the end of life."

That's the opinion of the co-chair of a prestigious committee, which recommended sweeping changes to national policy on end of life care.

On September 17, 2014, the Institute of Medicine issued a report titled "Dying in America: Improving Quality and Honoring Individual Preferences Near the End of Life." The 507-page report was developed by a 21-member nonpartisan committee.

Co-chair David M. Walker, a Republican and former U.S. comptroller general, told the New York Times the current system is "geared towards doing more, more, more, and that system by definition is not necessarily consistent with what patients want, and is also more costly."

The report concluded that changing end of life care to be responsive to patient needs and desires would improve the quality of medicine, the quality of life for patients and make the entire health care system affordable.

The report recommended national expansion of physician orders for life sustaining treatment (POLST), which was developed by the Center for Ethics at Oregon Health and Science University. POLST was originally implemented in Oregon.

More than a dozen other states have adopted POLST or something similar. The report did not recommend Death with Dignity laws, which also originated in Oregon and are now available in five states.

❄



Holiday Faire

Okay, procrastinators, time to get the holiday shopping done.

One likely place to do that is the 2014 South Waterfront Holiday Craft Faire.

The annual event is again being held in Mirabella's Willamette Hall in early December.

Bringing local artists and artisans together, it offers a nice selection of stocking stuffers and presents for under the tree.

And speaking of trees, once again Toni Tidman's popular miniature trees will be on sale. One of her creations is pictured above.

The craft sale hours are:

Friday, Dec. 5, noon to 6 p.m.

Saturday, Dec. 6, 10 a.m. to 5 p.m.

Mirabella residents and other artists and crafters sell holiday items, cards, caps, scarves, photos and other locally produced goods.



Rumor Mill

Pssst. Have you heard? Residents moved out of two apartments because there is no room in assisted living!

Well, that was a hot rumor going around, but is it true?

There are 16 assisted living units in Mirabella, and many hale and hearty residents do wonder, "Will there be a place for me?" when needed. So rumors of people moving out because it's "full" can be disquieting.

First, according to Sharon McCartney, health services administrator, assisted living is available to those residents who qualify – who are screened, and have an actual need to move to that level of care.

Second, "full" today is not "full" tomorrow.

"What residents need to keep in mind is assisted living has constant transitions," Sharon said. "Some of our apartments have already had three or four families. We see individuals transition to and from assisted living frequently. When we are 'full' it's deceiving, because more than likely someone is on their way to a different level of care."

Third, while Sharon and her staff try to move qualifying residents into assisted living as soon as the need arises, if for some reason there is going to be a wait until an apartment is available, care can begin immediately.

Executive director Anthony Sabatini has said repeatedly that if a resident qualifies for assisted living and there is a temporary shortage of apartments, that resident will get assisted living-level care in his or her own independent living apartment, and will pay only the assisted living charge, not an hourly Home Care fee.

Then, when an apartment is available, that resident will move.

When Anthony announced this at a community meeting, you could hear the sound of relief. Problem solved. Worries over. You will be taken care of.



But how about the residents who left?

It would be unseemly to discuss their individual cases, but it's fair to say that while "They left because there is no room in assisted living" makes good gossip, the real reasons behind their departures were more complex and personal.

Conclusion: Because (a) Mirabella always tries to get residents who truly need assisted living into an appropriate unit as soon as possible, and (b) if there is a delay in moving, assisted living services are available immediately, and (c) other factors contributed to residents' move-out decisions, 3550 rates this rumor as FALSE.

Editor's Note: Rumor Mill columnist Sheri Winkelman is taking some time off due to a death in the family. Our guest columnist is 3550 editor Steve Casey. ❄️

Northwest Pilot Project: Your Generous Donations at Work

by Gwen Luhta

Editor's Note: Each issue of 3550 brings readers one charity Mirabella residents support or should know about. This issue, we return to the Northwest Pilot Project, which Adrienne Casey profiled in June. NWPP, as it's known, assists seniors – less fortunate people in our own age group – with housing and related needs. This year, the RAMP Council named NWPP the beneficiary of our community's annual holiday charity drive. Gwen Luhta, a longtime supporter, introduces one woman NWPP has helped.

In 2012, at age 57, Susan Steves found herself back in Portland's St. Vincent hospital suffering from depression.

No job, no money, no place to go. She was homeless.

The hospital social worker put her in touch with Catholic Charities, which helped her find a bed in a church and get food stamps.

When Susan was discharged from the hospital in the evening, bus and Max rides took her to the church in Hillsboro. She finally found the church and looking inside she saw only men. She was terrified.

Soon, she was put at ease by a church host and was given a space on the floor with other women. She had to leave the church by 7 a.m., so she rode the Max line all day, just to keep warm.

Over a two-year period Susan was in and out of the hospital three times.

She moved through some stays in temporary housing, never far from sleeping on the street.

Quite a fall from what she had

known.

Before landing in St. Vincent Hospital, Susan had lived an upper middle class life. After her divorce in 1988 she raised her family, went to Portland State where she earned a criminal justice degree, and started a business in Bend.

Then her life went south.

When Susan met Heidi Scofield at the Northwest Pilot Project (NWPP), an agency helping needy seniors find decent housing, Susan thought of Heidi as an angel, her guiding star.

Heidi helped Susan sign up for medical care through the county and found her a small, clean room

with lots of light and a private bathroom in downtown Portland.

NWPP also supplied her with bedding, cleaning supplies and toilet paper. She notes, ironically, that she can afford a \$5 cappuccino with a Starbucks gift card but can't buy a roll of toilet paper with food stamps.

Susan moved into her new home in May 2013 and now lives with Charles, a small dog she says she rescued from death row.

Charles gets her outdoors for exercise and therapy.

Well dressed and attractively groomed, Susan is proud of her bright and cheery kitchen, but even more proud of the life she now leads with NWPP's help.

Although we might not think she is living an easy life, Susan herself is very grateful for her downtown home. Showing her gratitude, Susan helps other women who are, as she was not long ago, struggling to find



Susan Steves and Charles.
Photo by Ron Mendonca

their way in life.

Recently she joined a group called "Write Around Portland" which included one of her poems in a collection called "A World Where the Rules Were My Own."

(It is available at Powell's City of Books, paperback, \$12.)

Here is her poem.

Have we met?

Have we met?

I'm one of the people you read about;
I'm told I don't look homeless
So what does homeless look like anyway?

Have we met?

I had a career, a home, enough
that I was able to share
with others.

Have we met?

I've always done a lot of volunteer work
for the disadvantaged in my community.

Now I am the one in need.

Have we met?

I could have been your former
neighbor, mother, sister, friend.
They say I don't "look" homeless.

Have we met? ❄️

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Bringing Quality of Life to Memory Care

by Nancy Moss

If I can make a difference in one person's day," says Alex Gulpan, activities coordinator for Mirabella's second floor Health Center, "I am doing my job."

The Health Center has two components – the skilled nursing unit and the memory care unit.

A day's activities on the memory section have a variety worthy of a cruise ship. An exercise program runs every day, sometimes combining ball toss with conversation: "What's your favorite sandwich?" (or ice cream, or color), or "Think of a song with a person's name," Alex will say, as a ball arcs back and forth.

Once a week Jill Seager, an occupational therapist in her professional life, runs an extra exercise program, rousting residents out of their rooms to make sure they attend.

Second floor music programs involve CD's, with Sinatra, Cole Porter, or Strauss waltzes. Once a month Kathy Boe Duncan plays the piano while Julanne Weller leads singing of old favorites like "Down by the Old Mill Stream," or "Old MacDonald Had a Farm." Attendance may be light, but as Julanne said, "If it brings a smile, it's worth it." Again, one person's participation means success.

Ronnie Rudolph plays the piano for second floor residents once a month, using an electric piano that converts to an organ at the push of a button, and Jim Rudolph sings. Patients sometimes hum along with her.

Alex plans frequent activities throughout the day for second floor

memory residents. "Anything that gets them out of their room," she said.

She personalizes the repetitive actions characteristic of dementia patients: for a woman concerned with mail, the staff will provide envelopes to open; another resident finds satisfaction in neatly folding and refolding her clothes.

This personalization of patient care begins before someone is admitted, according to Sharon McCartney, Mirabella's health

care conferences. She stresses the importance of family; people whose family are closely involved tend to decline less rapidly than those on their own, McCartney said.

For families wishing more extensive care for a resident, trainers are available to run programs at a cost. And restorative aid, where Certified Nurse Assistants (CNAs) walk patients along the hallways, is free. Residents should "walk, not wheel" to the dining room, McCartney said.

One independent living resident with a husband in memory care praised the initiative of a CNA who, seeing how comfortable he was on the lanai, on a warm summer day, moved his lunch, along with that of three companions, outside so they all could enjoy it.

Two independent residents with spouses in memory care mentioned the high CNA turnover. McCartney said turnover is lower in memory care than in the nursing center, but noted that some CNAs are students finishing their nursing program and will move elsewhere. And as in all professions, some CNAs have more of that special sensitivity and empathy, anticipating someone's need before it arises, than others.

Alex said the second floor was designed to encourage circular motion, "wandering with a purpose," as she put it. There are low tables with hats, coffee table books, and boxes to be opened, all for curious residents; a glass-fronted case with gardening tools, packets of seed and a small birdhouse hangs on one wall to attract ex-gardeners. Lots of stimulation for wanderers.

In a recent Personal Prism



Jill Seager works with patient

services administrator. She meets with the person's family to learn what he or she did for a living, since dementia patients often revert to past activities.

"We partner with the family to set up a care plan tailored to that resident," McCartney said. After that initial conference, she holds at a minimum quarterly

program, Justin Zarb, former second floor program coordinator and now Assisted Living and Home Care manager, said, "If you've seen one dementia patient, you've seen one dementia patient," explaining that mental decline takes different forms and occurs at varying rates.

With care that begins before a patient's admission, Mirabella's second floor program intends to provide its residents a gentle, cushioned descent rather than freefall.



Online Course Offered For Caregivers

Living with Dementia: Impact on Individuals, Caregivers, Communities and Societies" is a free, five-week course offered online by Johns Hopkins University, school of nursing.

The course begins Jan. 12 and is offered through the website www.coursera.org that provides access to courses in many fields, taught from universities around the world.

Each weekly class is taught using video lectures.

The course begins by examining the brain of a person with dementia, providing an overview of disease pathology and diagnostic criteria, stages of dementia and the trajectory of illness.

"Weekly discussion board questions and structured exercises will be designed to challenge students to advocate for a new and more humane approach to dementia care," the course description says.

It is designed for health professionals and students, as well as family and caregivers.

To sign up for the course, go to www.coursera.org/dementiacare.

Did You Know?

by Sharon McCartney

We all know one of the Mirabella benefits is a stay in the Health Center on the second floor, but did you know there is a difference between a skilled nursing stay and a temporary free stay? Mirabella offers both of these benefits to our residents and can fashion your stay according to your needs.

A skilled nursing stay is paid for by your health insurance or Medicare. Your insurance and/or Medicare pay the nursing facility a per diem rate based on your level of care. It includes your room and board, therapy services, nursing services, pharmaceutical services, labs, x-rays and more. Whether there is any cost to the resident depends on his or her insurance, which may include a daily co-pay.

To be considered for a skilled nursing stay, you must first have a qualifying hospital stay or receive authorization from your insurance to use this benefit, along with a physician's order. (A "qualifying hospital stay" generally – depending on insurance – is three to four nights as an admitted patient, not one "in observation," in the hospital.)

Residents who enter Mirabella's Health Center following that hospital stay typically require intense rehabilitation or skilled nursing care for complex medical needs.

Mirabella's Skilled Nursing Facility (SNF, pronounced "sniff") assists residents in their transition from hospital to home and offers a full range of in-patient medical care, nursing services, and advanced rehabilitation programs.

The SNF focuses on helping residents rehabilitate back to their previous condition prior to their hospitalization. The average length of stay in a SNF varies depending on the admitting diagnosis and a person's level of motivation. A good

average is roughly 30 to 40 days.

The temporary free stay is a Mirabella resident benefit. It is not paid for by insurance or Medicare and only covers your room and board. Ancillary services, like pharmaceuticals, therapy and medical supplies, are billed to your Part B benefit and may still require co-pays. Therapy services vary, and many have maximum amounts that are available each year. Residents on a temporary free stay will still receive 24/7 nursing services and Mirabella's team will provide a healthy and nurturing environment to enhance each resident's quality of care, just as we would for a SNF resident.

The purpose of a temporary free stay is to assist you in getting back to your normal well-being and return home. The average length of stay during a temporary free stay is five to 10 days. There is no hard and fast upper limit on days, but the informal limit is 14. We can be flexible depending upon the medical needs of the resident.

Both services are benefits to Mirabella residents with a goal of getting you back to your current living situation. For those with complex medical needs, a SNF is more appropriate. For those recovering from an illness not requiring a hospitalization, a temporary free stay is appropriate. No matter what your type of stay, both require a physician's order and appropriate diagnosis to access Mirabella's Health Center.

If you have questions or concerns regarding what stay might be appropriate for you, please contact me at 503-688-6514.

Editor's Note: Did You Know columnist Sheri Winkelman is taking some time off due to a death in the family. Our guest columnist is Sharon McCartney, Mirabella health services administrator. ❁

Dog Day Overnight

I'll never forget the emergency phone call we got recently from our beautiful daughter, Suki.

My lovely wife, Adrienne, and



I had just snuggled in together on our sumptuous blue leather couch with a large box of heavily buttered popcorn to enjoy yet another exciting evening of TV in our den.

Suki's voice, usually sweet and low, was high and very loud this time, her speech rapid, basically a scream. It made me so nervous that I dropped most of the hot

Larry Braverman

buttered popcorn on Adrienne's gorgeous antique hand-woven silk Persian rug. Adrienne, also now screaming, immediately sprung to action – not to take the call, but to save her rug – while I slipped discretely into the bedroom with the phone so that I could hear Suki yelling. My heart was pounding so hard I could hardly hear Adrienne, still shouting in the den.

"What's wrong?" Suki asked, suddenly calm. "Is everything all right there? Why is mom screaming?"

"Nothing out of the ordinary," I replied discretely. "Why were you yelling?"

"We need help," she explained. She and her husband, Roger, and their two babies had been invited to go to a friend's mountain cabin for the long Thanksgiving weekend, but their dog, Ollie, was not

included. Ollie, short for Oliver, is a mix of collie and lab, black as coal, large as a small pony, and has the personality and soft brown eyes of a doe.

"Can you babysit him, just for one night?" she asked plaintively, the way one's kids manage to do so skillfully. "We will bathe him twice," she promised, "and brush him until his skin squeaks."

"Sure," her mother chirped sweetly on our living room extension, her voice now totally under control, before I could scream out a decent excuse as to why not. Of course, at this point it was too late to voice a legitimate concern.... without coming across as the heavy, as I usually (read always)

do.

And so, the "die" was cast...so to speak. In other words, we were dead. Ollie was ours for Saturday night.

I suspected from my limited experience with Ollie that there were five potential catastrophes awaiting us, which I wisely kept to myself.

Ollie would pee and/or poop on our sumptuous blue leather couch; or

Ollie would pee and/or poop on Adrienne's gorgeous hand-woven silk Persian rug; or

Ollie would pee and/or poop in the crowded Mirabella elevator; or

Ollie would pee and/or poop in front of the always busy concierge



"We get in, we go down, we walk to the Park. I do my business; we're in and out in ten minutes. Anyone asks, you're with me."

desk; or

Ollie would manage to do all four of the above during his single night stay at our apartment.

And so, after Suki hung up, I cleverly lay down the required ground rules if I were to go along with this madness.

Suki would deliver Ollie to us while Adrienne would be responsible for the simple task of taking Ollie for walks, as needed, and/or cleaning up all of Ollie's messes; I would take care of the complex ordeal of transporting him back to Suki's house first thing Sunday morning.

I pointed out that my huge responsibility subjected me to the enormous potential risk of Ollie peeing and/or pooping in the car while being transported down I-5 by yours truly. I didn't mention that I planned to secretly calm him down with an extra large dose of Organic Stress Diffuser Pet Relaxer for Dogs.

As it turned out, Ollie was hardly any problem at all. Adrienne merely took him for a walk every time he twitched — I think it added up to about 20 times, including several strolls between midnight and 5 a.m., which I personally found very irritating because it interrupted my sleep.

In the short intervals between walks — with no babies to bother him — Ollie napped either on our sumptuous blue leather couch or on Adrienne's gorgeous antique hand-woven silk Persian rug.

Frankly, there was no way to stop him, short of tying him to the toilet. Besides, Suki had bathed him twice and brushed him squeaky clean. It was obvious to me that Ollie thought he was in dog heaven.

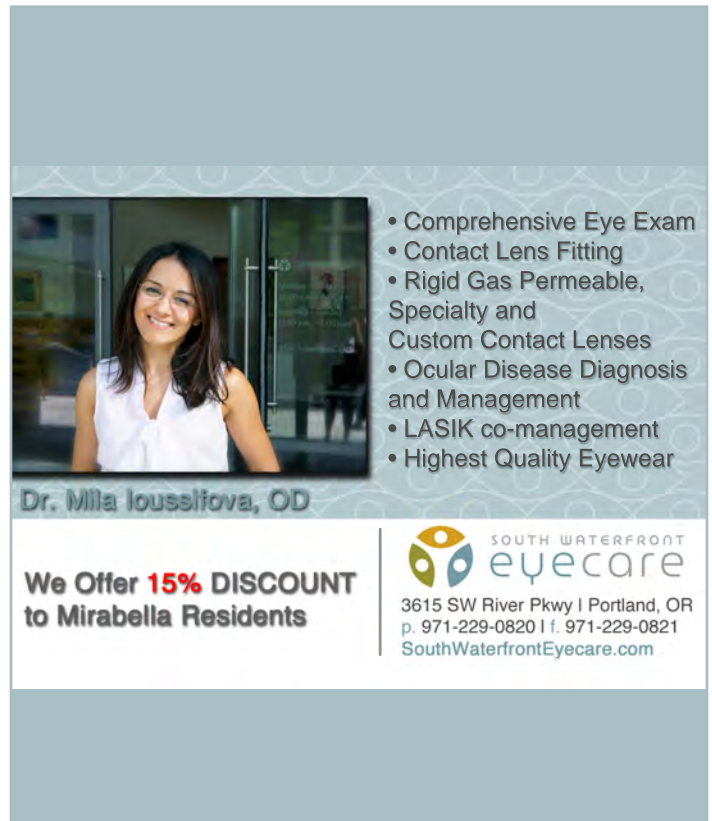
The only problem was, when his short glorious holiday vacation was over, he didn't want to go home.

In fact, Adrienne had to drag him out the door, into the crowded elevator, and past the always busy concierge desk to our car where I was sitting patiently, reading the Sunday New York Times.

And, oh yes, on the return trip to Suki's house, despite my brilliant plan, he messed up our once-immaculate vehicle -- including the Times -- so badly that I had to have the car professionally cleaned and fumigated. Frankly, I don't think the car will ever be the same. I know the Times won't.

"You never want to give Ollie any stress relaxers," Suki gently informed me much too late. "He's allergic to them. Believe me, we have tried."

Now guess who was screaming. ❄️



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Baritones Headline Foundation Event

Two popular baritones are offering a Broadway revue as a benefit for the Mirabella Portland Foundation's employee scholarship fund on Feb. 11 in Willamette Hall.

Foundation committee co-chair Ron Weber said the event will be the foundation's major fund-raiser of the year. Tickets are \$75 and include a glass of champagne.

The concert, sponsored by residents Dona and Bob Morris, stars baritones Rocky Blumhagen and Ron Spivak.

Rocky has presented programs locally on Cole Porter and George Gershwin and performed at the Portland Art Museum in benefits for OHSU. Ron, his new singing partner, is from New York.

They are donating their talents to Mirabella and will be backed by a trio.

Rocky is working toward a personal goal of raising \$1 million for charity. This year, he crossed the \$700,000 mark.

Rocky met the Morrises at the Salishan resort when Dona was executive director of the Cascade Head Music Festival.

He and Ron met a few years ago in New York City, and later when they performed separately at a Walla Walla Symphony gala. Their mutual admiration led to the idea of performing a selection of Broadway duets written

specifically for two men.

Plans for the February show coalesced over a year, while the two worked from opposite coasts. The concert's theme is everything's "better with a baritone."

At Mirabella they will present a special edition of their two-man Broadway revue featuring some of musical theater's most impassioned ballads by Stephen Sondheim, Andrew Lloyd Webber, Jerry Herman, Michael Valenti and others. The program includes selections



from "Phantom of the Opera," "Les Miserables," "A Little Night Music," "The Pajama Game" and "La Cages aux Folles."

The Mirabella show will be repeated with the full Portland Chamber Orchestra on Feb. 18 at the Lewis and Clark College chapel. ❄️

Moss's Play Honored

Nancy Moss's play "Deception" has won Portland Civic Theatre Guild's playwriting contest and will have a reading Jan. 27 at the Old Church downtown.

The play was one of "over 300 submissions," according to the Guild's Julie Accuardi.

Set in 1880s Portland, "Deception" follows the story of Anne Winter, a young woman of color who passes for white during the time of Oregon's exclusion law, which barred blacks and mulattoes from residence in the state.

Anne's black half-brother Caleb arrives to blackmail her, threatening to reveal the truth about her racial background.

Meanwhile, entrepreneur Conrad Ryan, to whom Anne is attracted, wants her to glean inside information about competing Portland railroads from a German investor who has desires of his own.

The event begins with refreshments at 10 a.m., followed at 10:30 by the play's reading. The Old Church is located at 1422 SW 11th Street. A Mirabella bus, already fully booked, will take residents to the reading. Others can easily reach the church on the streetcar.

Nancy, deputy editor of 3550 and a prolific writer, has been a playwright in Hawaii and Portland.

"It's an honor," she said of the award, which includes a \$200 stipend. "It's great to see Portland institutions rewarding local writers."

The reading is offered as part of Fertile Ground 2015, an 11-day arts festival in Portland showcasing the work of local artists in theater, visual art, film, dance, and comedy. ❄️



Truman Capote at Mirabella?
You bet.

The Mirabella Players present an adaptation of Capote's story "A Christmas Memory" in Willamette Hall on Dec. 10 at

7:30 p.m.

Long a favorite of Nancy Moss, who adapted the story for this performance and directed the play, "A Christmas Memory" deals with the relationship

between a 67-year-old woman and a young boy, who make fruitcakes together.

"I always loved that story," Nancy said. "It's compelling and strange. Well, it's Capote, of course it's a bit strange."

Don Marshall (right) plays the boy, both as a youth and as an adult looking back in time. **Dot Lukins** plays his friend and, Nancy said, "She's going to surprise people," nailing the hillbilly character.

Norman Bengel (left) plays Mr. Haha Jones, owner of a speakeasy.

Also in the cast, and frequent actors in Mirabella Players presentations, are Marleen Tulas, Joan McCoy and Carrell Bradley. Music for the production is by Judy Seubert. Toni Tidman is doing props and costumes. ❄️

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Serene Asian Pleasure at Red Onion Thai Cuisine

by Nick and Priscilla Cowell

Your oldest friend is in town for a few hours and you want to show her Portland and have an authentic ethnic meal, all by streetcar. Here's how.

Ride the NS line to its end point and back, a 45-minute tour each way through downtown and the Pearl. At the turnaround stop at NW 23rd and Marshall, alight for an exceptional Thai meal at Red Onion Thai Cuisine.

Opened in 2006, Red Onion attracts medical folks from nearby Good Samaritan Hospital, Asian families, and a loyal group of neighborhood residents.

The dining area is filled with serene Buddha statues and lively conversation. The servers are friendly young Thais who love to describe the dishes.

A lunch menu served Mon-Fri between 11 and 3 offers the usual stir-frys, curries, noodles, and fried rice, all of them good. For the really special dishes, though, we looked at the separate House Specials menu, where Chef

Boonyakamoi shows off his northern Thailand origins with rare typical Thai dishes. The menu changes monthly.



According to our waiter, the most popular house specials are the oxtail soup and the grapefruit salad. We tried the salad, a mixture of grapefruit, strawberries, shallots, peanuts, coconut, mint, and grilled shrimp with a lime sauce, and loved the combination of flavors and crunch.

We each tried a new mild main dish. Roasted duck with egg noodles was an intensely flavored duck broth filled with tiny noodles and sliced duck and sprinkled with green onions. Three-flavors halibut was encased in a thin, crisp batter and served on a bed of pineapple, tomato, bell peppers, and cucumber and topped with a spicy sweet and sour sauce and crispy basil. Both were outstanding.

We drank Thai Singha beer and sweet Thai green tea and did not need dessert, although the usual fried banana, mango and coconut ice creams, mango and sticky rice, and even fried ice cream are on offer.

Some of our favorite dinner dishes from many years of visiting Red Onion include the crab fried rice, perfectly seasoned and using only the best quality Dungeness crab; lemon chicken; and roasted tangerine duck.

To return to Mirabella, walk back to NW 23rd and Marshall past Shogun gallery, where fine Oriental antiques in the window may tempt you inside to browse.

1123 NW 23rd Avenue, lunch M-F 11-3, dinner M-F 5-9, Sat. and Sun. noon-9. (503 208-2634) ❄️



Bob DiLallo shakes hands with Art Danner of the Mary's Woods water volleyball team before the third in an annual series of matches Mirabella's aqua athletes play against them. After four games this year, the result was mixed, but nobody cares because all had so much fun. Stay tuned for a return match this spring.



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Did you know?.....

Oregon's "child food insecurity rate" is 29 percent, one of the highest in the country. More than a third of the people who eat meals from an emergency food box are children. For every \$10 donated, the 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.



Foundation Awards Employee Scholarships

Nine employees received scholarships from the Mirabella Portland Foundation this fall. Pictured, left to right: Spencer Van Pelt, a CNA on the second floor; Monique Munro, concierge; Robert Webb, a CNA; and Jennifer O'Brien, assistant pastry chef. Also getting scholarships were Jen Burns, food server; Sara DeClerque, second floor food server; Sebastian Ellis, CNA; Sarah Koniarski, nutritional services manager, and Diana Ruiz-Chambers, concierge.

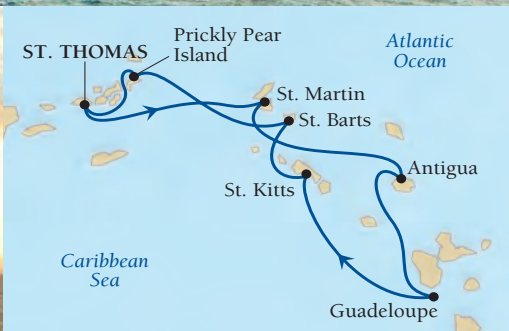
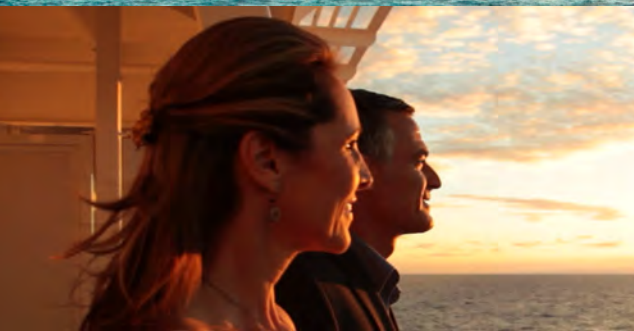
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