

3550



September 2018

a publication by and for the residents of Mirabella Portland



Steve Casey
Editor



Bev Healy
President

THERE IS A GROUP OF PEOPLE SO ANNOYING THEY CAN MAKE US feel sorry for federal agents who snatch children from the arms of their mothers.

They are the “occupy” army who swarmed the Immigration and Customs Enforcement building on Macadam.

They came allegedly in protest of the Trump Administration’s “zero tolerance” order to lock up every adult who ever crossed the border illegally and to separate them from their children.

That is a policy stunning in its stupidity, mind-bending in its brutality. And ICE, a hubris victim, disdains talking to the public it serves, so has few friends.

Starting last November, 3550 repeatedly sought to speak with its local leader and was soundly ignored. Letters never answered. Email requests going nowhere. Telephone messages dying of loneliness. Not even a local congressman’s office knew how to actually talk with an ICE official.

From a PR perspective, not telling your story is felony dumb and this crisis began with enormous support for the protesters.

Then we met them.

One Mirabella resident sought to walk down a public path blocked by the massed protesters. “You are not welcome here,” he was told, “you could be harmed.”

A 3550 photographer twice visited the scene and twice was harassed by “peaceful protesters” who later attacked and threw a wooden slat with protruding nails at federal agents. Through it all, cringing city officials showed no spine.

The free-range protest warriors didn’t simply oppose family separation. Check their signs: “Abolish Prisons, Police, ICE”, “Imperialists, #1 Terrorists”, “Destroy capitalism before it destroys the planet.”

While city hall finally allowed the cops to shut down what looked like a homeless camp, that came late.

This tawdry experience taught us the White House revels in playing schoolyard bully, and also that some people who espouse causes we agree with are still wild-eyed nitwits unworthy of our support. ■

TIME GOES FAST WHEN YOU’RE HAVING FUN.

My stint as your RAMP president really has been fun. So many meetings, so many committees, so many nice people to spend time with that days become weeks, then months. There are laughs aplenty with a few disputes, but no blood has been shed. By the time we reach the Golden Years, we’ve figured out how to compromise.

While we rest secure in our big, blue skyscraper, the neighborhood around us changes.

Remember the surface parking on Block 28, and the grassy park on Block 29?

There were hundreds of apartments created in the past five years, all of them seemingly occupied by dog owners. Our safety and security remain the chief concern of management and hundreds of loyal staff, every day. Living here remains the finest gift we can give to our children and loved ones.

What does the future hold, we wonder.

An aging population is evidenced by increasing numbers of canes and walkers. Willamette Hall is packed every weekday morning with tai chi practitioners acquiring the skills to prevent falls and strengthen our shaky legs. Committees, classes, calisthenics both in and out of the water, clubs, games, music, lectures and rooting for the home teams keep us engaged and in contact with one another — the healthiest way to age in this Life Plan Community, formerly known as a CCRC. The annual Quality of Life survey highlights what we like the best, and least, about being Mirabellans. Your feedback is essential in telling management how to go forward in meeting our changing needs.

In late September, vice president Linda Wood and I travel to Medford for a first-time gathering called the “Resident Summit,” bringing together representatives of many regional PRS properties to get residents more involved at the corporate level.

In four more years, our building loan from PRS should be paid off. While there is a significant construction debt still owed on the building, paying off PRS is something to celebrate, so let’s have a “burn the second mortgage” party. I’ll drink to that. ■



ON THE COVER: Popular concierge Christina Dye is an avid cyclist, a Portland native and hopes to combine her creative skills and love of travel. Photo by Ron Mendonca.



BACK COVER: WELCOME to Autumn. The color of the season is captured in this 2013 photo by Robert French, taken at Riverview Cemetery on Taylors Ferry Road.

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3550 MAGAZINE

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From chef to boss

Todd Albert New PRS Dining Director

THE NEW PACIFIC RETIREMENT SERVICES (PRS) CORPORATE CULINARY director has a face long familiar to Mirabella residents.

And some of his best work is familiar to 3550 readers.

Todd Albert was Mirabella’s executive chef when the community opened its doors in 2010, and when the dining



Todd Albert, Pacific Retirement Services corporate culinary director

director departed he was named as the replacement, continuing his executive chef role and taking over the front of the house as well. Since day one, he has been enormously popular with residents and his staff alike.

In 2016, he became regional dining director, working with PRS communities in several states as they bolstered their dining programs.

Then in late June, he was promoted into the job of supervising dining services in every PRS community.

“I’m all about helping people become good leaders,” he told 3550. “That’s going to be a real focus of mine.”

Through the five-year history of the magazine, professional photographer Todd has also been a regular contributor, producing many magazine covers and photo spreads. He is the only non-resident on the magazine staff.

I texted Todd to ask what his official job title is now.

“3550 magazine photographer,” he answered. “Oh, wait, you mean the other gig.”

—Steve Casey

John Hart Promoted

FACILITIES DIRECTOR JOHN HART HAS BEEN NAMED LEAD FACILITIES director, which means he will assist counterparts in other PRS communities with certain projects, according to executive director Sharon McCartney.

She said John has an encyclopedic knowledge of the PRS program that tracks maintenance issues, and provides management information, and will help other directors make use of that tool.

‘My Choice’ Plan Taking Long Rest

IN THE MID-1970S, IN THE “WEEKEND UPDATE” SEGMENT OF Saturday Night Live, Chevy Chase frequently reported that the condition of Spanish dictator Francisco Franco was “stable.”

“Generalissimo Francisco Franco has spent a restful summer in Spain and plans to remain there for the fall and possibly the winter,” he “reported” on Sept. 18, 1976, of the military dictator who had died the year before.

In that vein, perhaps the planned “My Choice” dining program is spending a restful summer and fall.

It continues to rest in what corporate dining director Todd Albert describes as “indefinite hold.”

Although tested in a few communities and despite months of work to make the proposed dining program run smoothly, Pacific Retirement Services put it on the shelf for now.

“My Choice” would have replaced the “meal credit” system of dining with a pay-per-item system, in which each resident received a dining allowance that could be spent in a more flexible fashion than could “meal credits.”

—Steve Casey



VETERAN’S DAY THIS YEAR FALLS ON A SUNDAY, NOV. 11, AND will be observed on Monday Nov. 12. As they have in the past, Toni and Stan Tidman are planning and sponsoring a Mirabella observance.

Pictured above with Marines and Army soldiers are the Tidmans, transportation supervisor and vet Rick Thompson, and Multnomah County veterans’ services supervisor Kim Douthit, at last year’s celebration.

Some 85 residents and employees are veterans. For information on the 2018 event, contact Toni at x6739.

Mirabella Swimmer Breaks World Records

by Ed Parker

MIRABELLA RESIDENT AND FORMER OLYMPIC SWIMMER Margaret Toppel had four first place finishes in five events and broke three United States records for her age group in the 2018 US Masters national championship swimming meet in Indianapolis in May.

She was swimming for the first time in the 70 to 75 age category. Because the event lengths were measured in yards and the rest of the world competes in metric events, her results can be considered world records.

Her new US record in the 50-yard free style event is 28.75 seconds. In the 50-yard backstroke her record time was 34.60 seconds. In the 100-yard backstroke event her new record time was one minute and 14.57 seconds. Her first place finish in the 50-yard butterfly stroke event did not break the record for her age group.

Margaret is hardly new to competitive swimming. She competed in the 1964 Tokyo Olympics. In Oregon events she now competes as a member of the Multnomah Athletic Club team. At national events, she competes as a member of the statewide Oregon team.

At the Indianapolis nationals, she was disqualified for using the wrong style on one of her turns in the 100-yard individual medley event. The medley has four segments with a different stroke in each: back stroke, breast stroke, butterfly and free style. Each has a different style of turn. Margaret said it was on the afternoon of the third day of the meet and she was feeling light-headed from fatigue and hunger on the starting block and just blew it.

She recovered impressively from that medley lapse in her next meet.

On June 9 in the Oregon Senior Games in Bend she set a new US speed record for her age group in the 100 yard individual medley with a first place finish of one minute and 14.73 seconds.

Margaret and her teammates are also frequent winners in relay races. She and three teammates beat the previous world record for their age group by an amazing 30 seconds in the 400-meter mixed (men and women) freestyle relay race at a swim meet in Hood River on November 12, 2017 with a winning time of 0.74 seconds over six minutes. Her teammates were Willard Lamb, David Radcliff and Joy Ward.

Willard, who has been called Wink since he was in the same high school class as Mirabella resident Marge Carothers, competes in the 95 to 99 age category.

Wink set five new records at the Indianapolis meet. He was named world masters swimmer of the year in 2017 and holds the world record in 19 events.

For Margaret and her teammates, there's more to retirement than sitting in a rocking chair.



Teammates (l to r) Joy Ward, Margaret Toppel, David Radcliff and Willard Lamb after breaking the world record for their age group by 30 seconds in a relay race at a masters swim meet in Hood River in November.

Doug and Lefty play Carnegie Hall

THE ORIGIN OF THIS HOARY STORY IS LOST IN THE FOG OF TIME, but the tale goes like this:

A lost tourist in New York City sees Dizzy Gillespie getting out of a taxi and rushes over to ask, "How do you get to Carnegie Hall?"

Without missing a beat, the jazzman answers "Practice, man, practice."

Mirabella residents Lefty Page and Doug White practiced.

"We practiced for hours every day," swears Lefty.

And on the first Saturday of June, they were part of a 130-strong chorus that sang Faure's Requiem Mass in D Minor on the stage of the famed concert venue.

Conductor and Pacific University professor Scott Tuomi was the guiding spirit behind the Carnegie Hall performance, according to Lefty.

Tuomi combined singers from the Multnomah Athletic Club's Balladeers and Mellow Macs, its men's and women's groups, with singers from Pacific University and some Long Island high school students to present the performance.

"The kids put the pants on what we were singing," Doug says.

Singers arrived in New York City on Wednesday, practiced Thursday and Friday and had a dress rehearsal Saturday before the evening's performance.

Both Doug and Lefty's families came out in force; 18 of Lefty's family members attended the show. It was exciting to enter Carnegie Hall by the back door, Frances Page says, thinking of the famous performers who had also come through there.

Doug and Lefty grew up singing together in Coos Bay, and have harmonized in varying musical styles over the years.

—Nancy Moss

No Decision Yet on Urgent Care

WHILE RESIDENTS OF THE SOUTH WATERFRONT HAVE BEEN waiting for Oregon Health & Science University's decision on whether to place an Urgent Care center in the new "CHH South" building, they will have to wait a bit longer.

At press time, the latest word is that the university "continues to explore" the concept and no decision has been made.

Stay tuned.



Denise White took this photo of Lefty Page (r) and her husband Doug somewhere in New York City.



South Waterfront got an early start on summer with the end of May neighborhood Street Fair. Photos by Curtis Guthrie.

“Occupiers” Snarl SoWa Traffic, Threaten Business, Pedestrians

WHILE THE CITY STOOD BY IDLY, THE “CAMPERS” OF OCCUPY ICE PDX created a village complete with communal kitchen and children’s play area next to the federal Immigration and Customs Enforcement building on SW Bancroft Street.

The occupation of property adjoining ICE, lasting well into its second month, also saw the temporary closing of the ICE facility, threats of harm to pedestrians who wanted to walk the public path on the property, abandonment of the planned trolley to Lake Oswego, and threats of physical harm to owners of a food cart across the street which led the cart owners to shutter the business.

The food cart had apparently earned the ire of protesters when an employee dared to sell food to an ICE staff member.

“To them, they (ICE and Department of Homeland Security agents) are the enemy, and since we serve them, we are the enemy,” an owner told Willamette Week newspaper.

Traffic snarls when federal officers repeatedly closed SW Bancroft hurt other businesses in the area as well. Portland police officers were nowhere in sight.

Finally, Mayor Ted Wheeler allowed Portland police to go in and clear out the encampment on July 25. The site was cleared without major incident.

—Steve Casey



Photos by Robert French and Ron Mendonca



Is Portland Really Weird?

by Rolf Glerum

HOW MANY HAVE HEARD OR SEEN THE BUMPER-STRIP SLOGAN, Keep Portland Weird? Ever wonder where it came from?

One of many theories is that it refers to our city's archaic and, to many, cumbersome form of government. Many of us who have lived here for decades don't understand why we have our municipal scheme, either, and we know it's weird.

We also know that Portlanders seem to like it — changing it has been on the ballot eight times and eight times it's been turned down flat, the last time in 2007.

Here is how our city government is organized, and why it's so strange. Our system is known as the commission form of government, familiarly referred to as the "weak mayor" system. Our mayor has only two unique responsibilities among the five council members — to name the directors of the city's eight bureaus, and to set a city budget. In all other matters, he is on the same level, with one vote, as the other four commissioners.

Those commissioners, whose only management experience may be winning elections, are actually the hiring-firing-and-policy-making bosses of important and expensive city operations, like streets, water and police.

This system has been in place since 1913, and leaves Portland as the only large city in the country to retain this form. Is that weird, or what?

The other two and far more prevalent systems of local government are the so-called "strong mayor" system (the mayor has veto power over all legislation), and the "council/manager" system (the council sets policy and a professional city manager administers it).

So enough about city governments. What else makes Portland weird? I know, I know — Voodoo Doughnuts, the World Naked Bike Ride, the 24-Hour Church of Elvis, Mill Ends Park (smallest park in the world), the Portlandia statue and TV show, and many more.

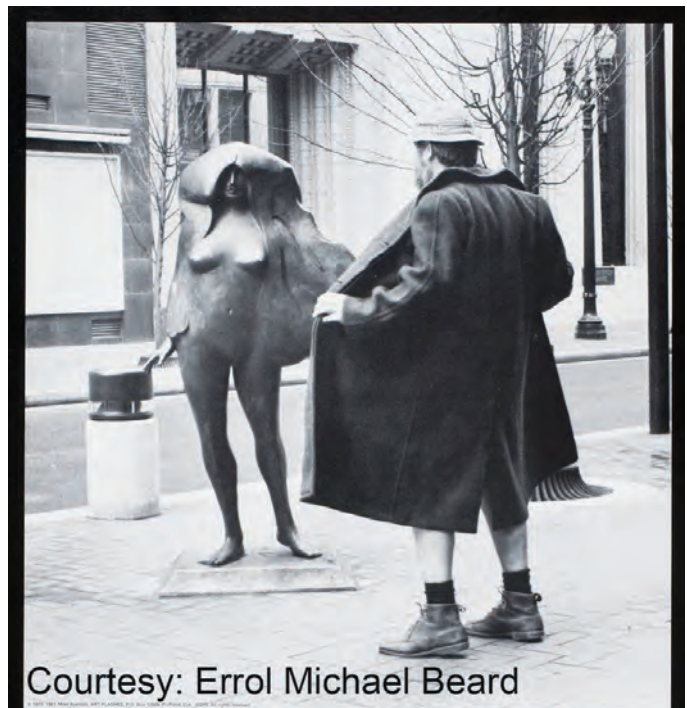
We also have our share of weird politicians.

First and foremost has to be John E. Clark, Jr., known and loved by all as "Bud." Elected mayor in 1984, Clark was a popular, but little known, tavern owner (Goose Hollow Inn) who decided that then-mayor Frank Ivancie had to go. He won the primary ballot with 55% of the vote, meaning he didn't have to run in the general election.

The most visible (and weird) attachment to the Clark era is the famous poster, Expose Yourself to Art, picturing an unidentified "flasher" opening his raincoat to a nude

female public statue. The flasher, of course, was Bud Clark, who claims he was wearing shorts for the photo op. The poster has been seen throughout the world (this writer saw one at a Moscow street shop) and remains an icon of the Clark legacy.

Portland burst upon the national scene in the mid-1950s, when then-Sheriff Terry Schrunk was accused of taking a \$500 bribe from a bar owner whose establishment was raided ... but not shut down. The U.S. Senate Committee on Labor and Racketeering got involved in the scandal and its chairman, Sen. John McLellan, sent chief counsel Robert Kennedy to Portland to hold hearings.



Courtesy: Errol Michael Beard

expose yourself to art™

By this time, Schrunk had been elected mayor after a hard-fought campaign, but was able to convince the jury of his innocence and was quickly and unanimously acquitted. Schrunk went on to become one of Portland's longest serving mayors, holding the office from 1957 to 1972. Additionally, his son, Mike, served as Multnomah County district attorney from 1981 to 2013, the longest-serving DA in the state's history.

The city's first female mayor was the arch-reformer Dorothy McCullough Lee, elected in 1946 when Portland's unsavory reputation as Sin City was at its zenith. "The forces of evil are pretty deep-seated in this city," she claimed, "and I promise to clean up sin, gambling and prostitution."

Boy, did she ever, beginning with the forced removal of illegal slot machines from the American Legion, Eagles, Odd Fellows, Masonic Shrine Temple and even the presti-



Portland mayor Terry D. Shrunck in Washington, D.C. in March 1957 for a special Senate probe.

gious Multnomah Athletic Club. Lee survived a recall effort in 1949 but lost a second term when she refused to kowtow to many of the city's more influential businessmen.

Portland's second woman mayor was Connie McCready, appointed to the position upon Neil Goldschmidt's resignation to become U. S. secretary of transportation in the 1979 Carter Administration. She served less than one term and was defeated in the May 1980 primary election.

The most prominent mayor of either gender in the past half-century was Vera Katz. Elected in 1973 to the Oregon House of Representatives, she was re-elected to additional two-year terms through 1990 and was the first person in Oregon history to serve as Speaker of the House for three straight terms.

Then it was on to the mayor's office, a position she held for three terms from 1993 to 2005. A major force in Oregon politics, Katz was known as a fierce defender of women's and workers' rights and is still revered as the mayor who revitalized the city's neighborhood associations.



Mayor Vera Katz

From the election of Dorothy McCullough Lee in 1946 to the present, Portland has had 12 mayors ... and only three of them were women.

Now if that's not weird, I don't know what is. ■

This issue is available to everyone on the magazine website: www.3550magazine.org. So is every back issue.



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Photo by Ron Mendonca

Dan and Rosie Hole

by Priscilla Cowell

DAN HOLE NEVER THOUGHT HIS PROFESSIONAL CAREER WOULD revolve around the iconic Marlboro Man in billboard advertisements of yore.

Acknowledged in 1997 by the Wall Street Journal as “the nation’s leading painter of Marlboro billboards, a job with precious little security at the moment,” Dan painted some 400 of the monster images before billboard technology and anti-smoking efforts shut that career down.

Now Dan and his wife, Rosemary, who built a successful management and financial career while Dan painted, are Mirabella residents.

Dan and Rosie’s partnership began decades ago in the second grade of a Norman Rockwell-esque one-room schoolhouse with a pot-bellied stove and outdoor water pump in Mount Pleasant, Michigan.

Resident Profile: Daniel and Rosemary Hole

They became friends right away and started dating as juniors in high school. The following year Rosie was homecoming queen and Dan was a captain of the football team. They went off together to college at Central Michigan University and married immediately after graduation. Rosie taught kindergarten while Dan continued his art studies.

With an MFA degree in hand, Dan taught painting, print-making, watercolors, and art history for 12 years at a college in northern Vermont, rising to tenured associate professor.

Rosie designed a preschool program for the college and went off to school with her young son enrolled in the class.

“Jesse called me Miss Rosie just like all the other students,” Rosie remembers fondly.

The isolation, frigid winters, and their 10-year-old daughter Laura’s medical need for a warmer climate led them to decamp to Palm Springs.

It was the heyday of outdoor advertising.

While teaching life drawing, Dan stumbled on a job designing pictures and texts to advertise restaurants and property developments on billboards lining the highway into Palm Springs. Next, he was asked to design and paint movie poster billboards, learning to transpose actors’ faces onto much larger spaces.

“That was the hardest part,” said Dan, “getting Clint Eastwood or Sylvester Stallone to look like themselves.” In his studio, he painted onto metal panels which were broken down and later racked up on outdoor billboard structures.

Rosie moved into retail and was soon managing three departments at the Saks Fifth Avenue in Palm Springs. Heeding her father’s advice to do something in the financial world, when E.F. Hutton was recruiting new brokers, Rosie listened. She spent five years working with a partner as a securities broker and completing an MBA degree at Pepperdine.

When Hutton came a cropper with the law, Rosie and Dan decided to follow Rosie’s partner to San Diego, where they put down roots in La Jolla.

Dan was family chef while Rosie continued her brokerage career.

“I had time to paint landscapes and portraits again,” Dan recalled, “but I needed a steady job.”

Enter the Marlboro Man.

Dan joined a painter friend at a company that had won a contract with cigarette maker Philip Morris to paint with quality and consistency Marlboro billboards that were larger than normal — three stories high by 90 feet across. He had to learn to paint very large faces, his biggest challenge yet. His largest painted face measured 42 feet, ear to ear. When his friend died, Dan took over the role of main Marlboro painter for 13

years.

The Leo Burnett ad agency in Chicago had created the Marlboro Man by taking 35 mm slides of the five or six real working cowboys who would portray the character in ads, and turning them into prints.

Dan would trace the photo on acetate, and project the line drawing image onto a white painted wooden billboard made up of 4’x10’ panels.

With a few assistants, he would then spend a day pre-mixing the required colors from regular oil paint, and several weeks completing the painting, lettering, and varnishing.

“It was exacting work, and each poster would be carefully examined by the ad agency and seen by many motorists,” Dan recalls.

The panels were trucked to Chicago and then erected on prime highway sites there and in Detroit, Atlanta, Phoenix, and other cities. The tallest billboard was six stories high, looking down on Sunset Boulevard.

(see Hole p. 12)

(from Hole p. 11)

After two months, the billboards were shipped back to San Diego to be whited out and repainted with a different image.

By 1998, as cigarette smoking was declining and the national settlement of a government lawsuit against major tobacco companies banned such “youth targeted” advertising as outdoor billboards, Philip Morris shut down billboard advertising.

Dan returned to painting on his own and showing at local galleries.

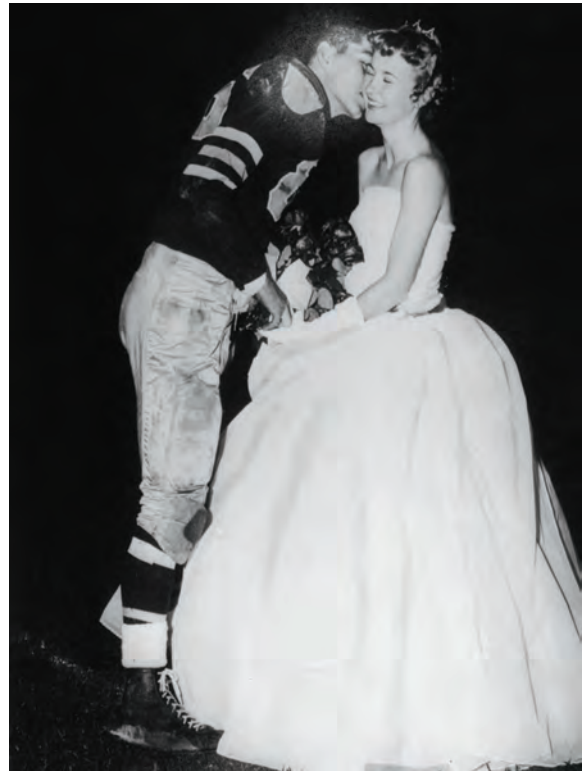
After six years, Rosie retired from her brokerage job but not from work.

“I always loved a challenge, and I was asked to help start a trust department at Scripps Bank, later US Bank.” She was a trust officer there for 13 years.

After her final retirement, Rosie wrote “Samurai,” a children’s book about a feral cat who adopted them. Dan illustrated the book with charming oil paintings and the book won several awards.

Dan and Rosie recently moved to Mirabella to be near their family, along with Oliver, their gray Lakeland Terrier. Dan’s paintings adorn their walls.

Rosie hopes to do more writing and Dan is mulling his next steps in art. ■



Football captain Dan kisses homecoming queen Rosie in top photo. In bottom photos, Dan and Rosie provide perspective on just how large his Marlboro paintings were.





©Glenn and Gary McCoy/Distributed by Universal Uclick via CartoonStock.com

I've reached that age when my brain goes from "You probably shouldn't say that" to "What the hell, let's see what happens."

You have been warned!
Mid-term elections coming November 6.



MANKOFF

"And, in the ongoing saga of Western civilization, declines continue to lead advances by a wide margin."
continue to lead advances by a wide margin.



MANKOFF

"Look, we've got to improve our voter-tracking algorithms if we want to make more accurate wild-ass guesses."



MANKOFF

"Hey! There's no soap in here."

BEHIND THE MIRABELLA CONCIERGE DESK SITS A WOMAN WHO was not pleased with her life about a decade ago, so she totally re-designed herself.

Now 32, energetic and athletic, Christina Dye at about 22 or 23 knew she needed a reboot.

"I just came to the realization that I wasn't happy, I didn't like who I saw in the mirror and I decided to make a complete lifestyle change," she told 3550. "I started working out and jogging, joined a gym and lost 80 pounds by choosing to be a more active person."

You read that right: 80 pounds. She did it the sensible way: slowly, consistently, over about two years.

"It was definitely hard, but not enough to make me quit," she said. "You just kind of stick with it ... and there's always light at the end of the tunnel."

Getting heavily into diet and exercise, she found, "creates a new way of thinking. I got a lot of strength out of this particular situation and I was able to grow a lot from it."

A native of Portland, where food probably qualifies as a mainstream religion, Christina became more conscious of what she was eating and sought out creative ways to make recipes healthier. Two of her favorites are for black bean brownies and avocado chocolate mousse. (Her mousse recipe accompanies this story.)

The regimen paid off, emotionally as well as physically.

"I'd say I'm a happier person," she says with a gentle laugh. "I'm a work in progress."

Health and fitness remain important to Christina: "That's why I bike to work."

Designing and creating has been her passion since early childhood, so building Christina 2.0 seems almost natural.

"When I was a kid, I was always drawing and coloring," she said. "I used to sew clothes for my Barbies, first by hand and by the time I was nine or 10, on the sewing machine." Her creativity paid off in high school. "I designed and made handbags and sold them to friends — I made some money that way," she said.

Christina grew up with her older sister, Jennifer, and her mother and father in the Roseway neighborhood of Northeast Portland.

After graduating from Madison High School, she attended Portland Community College, aiming to complete her first two college years relatively inexpensively and then continue studies at the Art Institute of Portland. She earned a bachelor's in fine arts and apparel accessory design from the Art Institute. After she graduated, the school eventually closed following concerns about very low student retention rates and lack of post-graduation employment.

"Looking back," Christina says, "my program was new and it would have been a better decision to go to a school with a more established program."

Before Mirabella, Christina worked in customer service at Home Depot. She liked the job as a "challenge because it was something different. There was a lot of variety because customer service is interacting with a variety of people."

Next, she put her creativity to work at a local leather goods manufacturer, Spooltown. She designed products and also did actual production work on the leather products. She found the production part to be "routine and not very creative" so "I transitioned my creativity into cooking and gardening and other things."

After four years and a rotator cuff injury from repetitive motion activity, she was laid off from Spooltown. While checking Craigslist for a position in design, customer service or as an administrative assistant, she found the Mirabella concierge job.

"I like my job," she says with a grin. "I like to get to know residents and learn more about them. I have a special feeling about the Mirabella job."

She notes that Mirabella "is a different atmosphere: the

Staff Profile: Christina Dye

residents are characters, and so are the staff."

Christina also observes that "your perception of age changes as you grow up."

When she was growing up, the family lived next door to Parm Holeshimer who became "my adopted grandmother. My sister and I loved to hang out with her. She would go ballroom dancing and had amazing costume jewelry. We would go over there every Saturday night, drink tea, eat cookies and watch 'Touched by an Angel.'"

The sisters would "hang out with her and go on trips." One time, Christina "even got to leave school early to go to Seattle" with her.

Ms. Holeshimer was artistic and Christina admired her "white flocked Christmas tree. It was silver and white and always had the same ornaments — white doves and a mirrored pump shoe. We would go there on Christmas

(see Dye p. 16)

Photo by Ron Mendonca



Christina Dye

(from Dye p. 14)

morning and have cocoa. She gave us Christmas tree ornaments" which Christina still treasures. "She was a classy lady" who became Christina's personal example of a great friend who happened to be an older person.

In the future, Christina is interested in continuing work in a creative field and is shooting, if not for the stars, at least for the sky as a flight attendant.

She recently applied to Alaska Airlines and made it all the way through the process to the final in-person interview. "They interviewed 60 people and only chose 10," she reflects. She realized that the interview really began the moment she entered the room to wait for her turn to be called in. The candidates "were always being observed and I learned how little time you have to make an impression."

She will probably reapply to Alaska Airlines, the airline she favors because working there would give her a "sense of belonging to a company from my region."

Being a flight attendant would also allow her to indulge her interest in travel. She was outside of the U.S. once a few years ago, when she spent a couple of weeks in Portugal and Spain. She found the trip fascinating and enjoyed seeing "friends in Madrid, the Alhambra, Barcelona and especially the (Guggenheim) Bilbao." In Barcelona, a friend recommended a local bar that she says "was like I was back in Portland. It had craft beer and vegan food."

Her ultimate interest is in doing design for a local company like Nike or Adidas.

She also would enjoy doing "technical design where you create technical drawings for product development. I do like the idea of being a flight attendant and then ending up in a position in the airline organization in design — maybe uniforms."

Christina lives in Southeast Portland with three roommates and bikes to work, for economy as well as exercise. On the concierge desk, she handles phone calls, walk-ins, resident queries, emergencies and the constant drumbeat of demanding activity with courtesy, aplomb and speed. That's made her well-regarded by residents and staff, and she enjoys working at Mirabella.

"I feel like I am helping people, plus the days go by really fast," she says.

"It is interesting to see people over time but also sad to see some decline. I like the people and I get satisfaction out of making someone's day better." ■

Christina's Dark Chocolate Avocado Mousse Recipe

Ingredients:

- 2 very ripe avocados
- 4 ounces 70% cacao baking chocolate, melted
- ¼ cup unsweetened baking chocolate, melted
- 1/3 cup almond milk
- 1/3 cup maple syrup
- ½ teaspoon vanilla extract
- 1/3 teaspoon ground cinnamon
- Sea salt

Directions:

- Combine all ingredients in a food processor and puree until creamy. Spoon the mousse into four small ramekins and chill for at least one hour. Serve capped by your desired toppings such as chocolate or coconut whipped cream, roughly chopped dark chocolate, berries or nuts.

Christina notes that the recipe is adapted from recipe blog "Love & Lemons."

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The Signs for Lewis Are All Good

by Nancy Moss

ANYONE WANTING TO GREET LEWIS GOODMAN, A NEW Mirabella resident who's been deaf since birth, can wave and say "Hi," articulating clearly.

Lewis will understand. He is adept at picking up what hearing people say. Body language and facial expressions help, his sister Ryna says. I have found that Lewis picks up on gestures, a serious sort of charade, and he works — or plays, since he has a powerful sense of humor — to aid the exchange of understanding.

Marlene Tulas, born to and brought up by deaf parents, has been leading sign language classes at Mirabella. She tells us about Lewis, how he attended special public school classes where he learned to read lips. Sign language was not allowed, Lewis writes. "If we used our hands at all, we were hit with a ruler."

There is more liveliness and vigor to sign language than to oral speech.

He taught himself American Sign Language; since age 25 it has been his primary language.

Today a group of Mirabella residents and valet Ricky Jones sit around a long table in the Art Studio, with Marleen at one end and Lewis at the other. Rafa, Lewis's certified hearing dog, lies on the floor near him.

We are going to learn how to sign.

Last week we learned, or at least were taught, signs for coffee, tea, dog, and cat, in addition to the alphabet. This week we learn how to sign the five senses, the verb 'can,' and then the verbs think, dream, sing, paint, sew, dance, write and type.

We can sign a sentence! The word 'dance,' for instance, is fingers skittering around the palm of our hand. I can dance.

"Now we're talking," says Bernard Brown. "Let's get a party going!"

Lewis is happy to update us, keep us slangy. When Marleen teaches us 'what,' a finger running down the palm of her hand, Lewis makes it "What's up?" or maybe "Wassup?"

There is more liveliness and vigor to sign language than to oral speech. Maybe it's the physicality, fingers

and arms moving as quickly as our brains can manage or giggling over errors, or Lewis's showman's sense of humor. As Marleen leads us in "I can sew," her fingers pulling an invisible thread up and down, Lewis pretends to prick his finger and mimes the pain. He is a great ham.

"It's theatric," Marleen says of signing.

After living in Fort Lauderdale, Florida, where he owned a commercial cleaning business, Lewis moved west to San Diego, where he spent two years, then to Portland's Pearl District and finally to Mirabella.

He has grown ever more comfortable at Mirabella, Lewis indicates, as people learn to greet and sign to him. Concierge Adam Hampton called him a VIP, Lewis brags.

In the Bistro, he sits across from the counter, where servers can see him and where servers like Lea Joell put him at ease.

He plays bocce across the street in Caruthers Park and has ventured out on some travel club excursions, especially ones with visual exhibits rather than long lectures. Twice a month friends take him to a senior center for the deaf in



Lewis Goodman. Photo by Ron Mendonca.

Vancouver, Washington.

After teaching us 'can,' Marleen shows us the sign for 'can't: I can't paint, sew, dance, write, all the verbs we are learning.

"I can't hear," Lewis signs. But he can communicate, in a vivid and very individual way. Residents who are willing to wave and say "Hi" out loud to him can take the first step toward meeting this surprising and very original man. ■

Ratcheting Up Security

by Steve Casey

FIRST, THERE WAS THE BURGLARY SERIES IN MAY AND JUNE 2017. Last October, a car was stolen out of the garage by a thief desperate to escape after dumping a stolen motorcycle he rode in on.

This year, two reckless teenagers followed a resident into the building, made their way to the Mirabella roof and danced along its edge.

In June, a man wanted on a warrant for exposing himself was on the run and hid out in the closed Dolce Vita Bistro, only to be hauled out by police within minutes.

Recent protests at the federal ICE facility down the street led to neighborhood security concerns.

Some residents became alarmed. Mirabella management quietly took care of business.

Executive director Sharon McCartney, with an assist from the resident security committee, gradually tightened



At press time, the defendant in Mirabella's burglary series, Tariq Muhammad — aka Terry Evans — was reported to be at the Oregon State Hospital, deemed psychologically unable to assist in his defense. His next hearing should be sometime in September. Illustration by Hebe Greizerstein.

the security of the building and is investing in new hardware and training to make our home a tougher target.

Some of the security issues raised:

- ◇ Are perimeter doors, including those opening into the lobby outside Willamette Hall, locked?
- ◇ Should the garage gates be kept closed?
- ◇ Should Mirabella staff two concierges or a concierge and security officer for up to 16 hours a day?
- ◇ What is the responsibility residents themselves have for building security?

Some of the security-enhancing steps Mirabella has taken:

- ◇ Security officers from Pacific Patrol Services have been more highly visible, visiting the lobby and making building security checks.
- ◇ While Bistro doors to the front patio are to be locked when the Bistro is closed, residents hanging out there after hours report shooing away people who have just walked in from the street. That error has been corrected.
- ◇ Some concierge duties are being shifted to other employees or to residents themselves, the aim being to keep the concierges from being so swamped they can't be on the lookout for security concerns.
- ◇ Sharon is ordering new security hardware, including replacements for the video system, from surveillance vendor Genetec. It should be in place later this fall.
- ◇ She is considering purchase of a vehicle license plate reader for the garage, which would mean the gates could be kept closed and residents would not have to search for their garage fob but would be automatically admitted. (Provisions could be made for guests and others.)
- ◇ New guest stickers have replaced the guest passes which were large enough that some guests did not wear them. Some guest passes with fobs wandered off and were deactivated and replaced.

◇ The concierge staff has been directed to call residents when a guest arrives, making sure the guest is expected and it's okay to send the person up. (Residents can override this instruction by asking the concierge to "always send up my dog walker" or such, or by calling in advance to say, "I'm expecting Joe Blow around noon; please send him up when he gets here.")

So how secure are we, anyhow?

Alarmists say we are wide open to everything from burglary to assault to terrorism and chances are we are all going to be victims. And there's probably a monster under your bed now.

A more reasonable position is that we live in a safe building in a low-crime neighborhood, and tweaks to make

our security tighter are good but we have absolutely no reason to be afraid of things that go bump in the night.

Violent crime and even property crime is comparatively low around here, although hard figures are difficult to come by, as city crime statistics lump South Waterfront in with the greater South Portland area.

As a security vendor paid by the South Waterfront Community Association and by Mirabella individually, Pacific Patrol Services should know how safe this neighborhood is, but won't say.

After consulting his superior, operations director Nathan Nakasone answered 3550's request for information by saying in an email that "our company policy is to NOT provide any comments to the media, including and (sic) internal building media such as this magazine."

While the occasional security incident raises eyebrows, observers say those pale in comparison with security problems individual homeowners face: strangers free to walk onto a porch of a private home; packages stolen from porches; no protection from burglars or violent criminals; car burglaries on the street; smashed mailboxes and other vandalism.

At Mirabella, we likely will never again suffer a car theft, while throughout Portland some 7,000 autos were stolen last year, putting Portland third in the nation (behind Detroit and Baltimore) for the most cars stolen per capita.



Security cameras recorded two young men entering Mirabella's Bistro from the patio before they allegedly followed a resident into the main lobby, then made their way to the roof, forcing open a locked door to gain access.



Portland police arrested Michael P. Doleman in the closed Dolce Vita Bistro on a warrant alleging indecent exposure, which did not occur at Mirabella.

Making Mirabella well-nigh impenetrable would not be difficult, but would make Mirabella well-nigh unlivable.

Mirabella could toughen up by locking the River Parkway and Pennoyer Street doors and requiring an employee with a special fob to open them, making all residents and visitors enter and leave through the front door; stationing a security officer in the outer lobby; frisking employees coming to or leaving work; installing iris recognition software; logging in and out each delivery vehicle; adding video surveillance cameras in elevators and hallways.

Should it?

It comes down to striking a balance between gracious living and absolute security.

"Security is in the eye of the beholder," Sharon said. "We all have different opinions on what security looks like at Mirabella.

"What I ask of you is, how secure do you want the building to feel and look? If you ask your neighbor, you most likely will get a different opinion than your own. My goal is for all residents to feel secure but also comfortable in their environment," she told 3550.

"We all have a responsibility to help one another out but need to respect that this is one another's home. If security is of high priority to you, keep your doors locked and ask your visitors to wear the appropriate badges," she said. "Mirabella will continue to do the best we can to make you and your guests feel safe — and comfortable — in your home." ■



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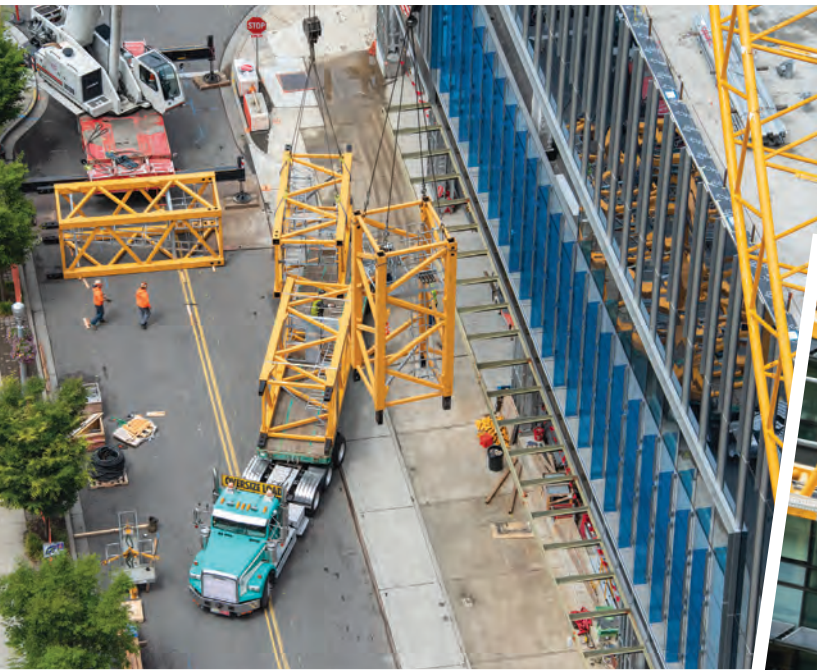
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Adios, Mr. Crane

Photos by Robert French
and Ron Mendonca



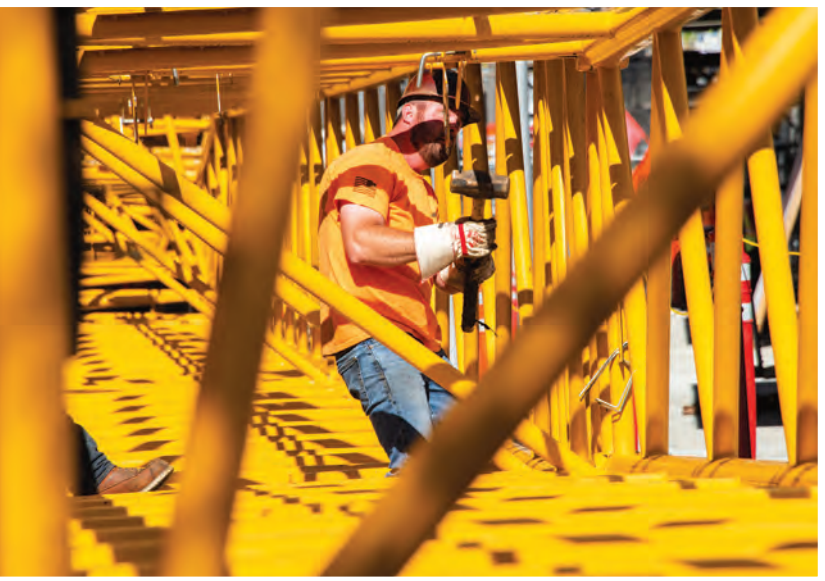
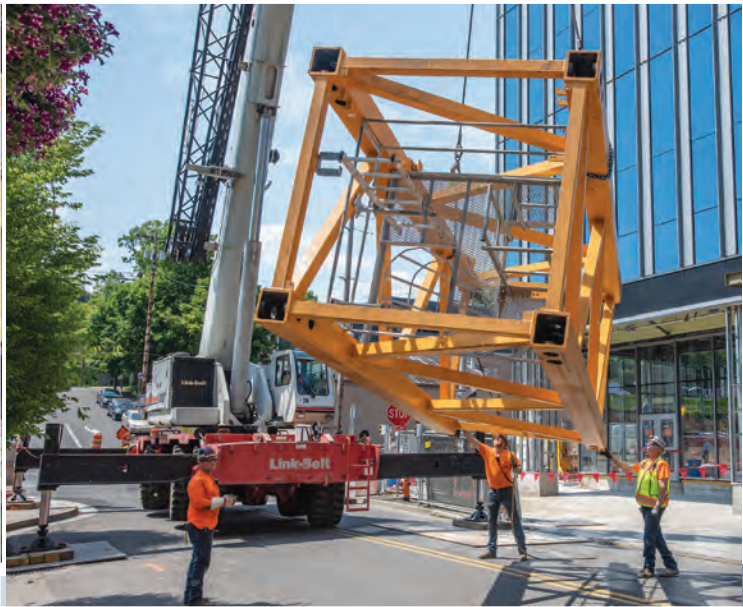


Farewell, Tall Friend

THE CRANE THAT FOR MORE THAN TWO YEARS HAS BEEN INSTRUMENTAL IN CONSTRUCTION OF Oregon Health & Science University's new "CHH South" building — and has provided countless hours of interest and entertainment to locals — has come down. Over the course of a week, the giant was taken apart and moved from the property, as most of Mirabella watched from front-row seats.

The crane was captained by operator Anson Barrow, who with the Block 28 crane operator, the late Spike Schmit, was profiled in the September 2016 issue of 3550. Staff photographers Ron Mendonca and Robert French shot the dismantling.





WOW. THIRTY-THREE — AGAIN, 33 — PEOPLE IN **DORRIS Bull's** family all came to Cannon Beach in July to celebrate their matriarch's 95th birthday.

They came from Maine, Georgia, Texas, Iowa, Minnesota, as well as Oregon — along with four dogs. "Everyone came — no sniffles, broken legs — the best time ever," says Dorris. Congratulations big-time to my hall-mate and very special friend.

Ever wonder at the origin of Mah Jongg? Our chair, **Susan Berg**, believes no one actually knows the true beginnings of this game. "Some believe that Chinese



seamen played on shipboard to keep from getting seasick, or dock workers in China played to pass the time before a ship docked for unloading, or another origin tells us that a Chinese princess betrothed at birth to a prince of a far-away family carved tiles and played with servants as companions as she was shielded from the outside world while growing up." Ohhhkaay. Whatever its origin, it is enjoyed in Mirabella three days a week — Monday at 10 a.m. in the Park View Room, Wednesday at 12:30 in Willamette Hall and Saturday at 2 p.m. in the Park View Room. If you are new or need help, Susan is eager to assist. Her phone is 6719.

Ed Parker, on top of our Earthquake Preparedness, along with Barbara Short, says that Mirabella will be participating again in the Great Shakeout Drill this year. It will be at 10:18 a.m. on 10/18/2018. Please see his story about this important event in this issue of 3550.

Ed also reminds new residents that pool continues to be available in the Sky View Room for those interested, and table tennis is available in the late afternoons and on weekends when there are no classes in the activity room. The table can be rolled out of the closet and set up easily, and the balls and paddles are available at the concierge desk.

One of the most active guys around — including serving as a senior editor of this world-class publication, Ed also reports that **Bryant Symkowiak**, our wellness coordinator, has arranged for balls to be available at the

concierge desk to use to play boule (the French term) or bocce ball (the Italian term) for the game played on the outdoor court in Caruthers Park. Bryant can tell you more about it, but we've heard it's a lot of fun.

Speaking of fun, Pool Volleyball on Mondays and Fridays from 11 a.m. until 12:30 p.m. is another rousing game of fun and competition.

Our Travel Club tells us that "whether you're a new resident of Portland or were born here, your ideas for day trips, restaurants, off-the-beaten-path tours, seemingly far-out suggestions — they'll all be received with great enthusiasm by the Travel Club. You are an important member of our community, and the welcome mat is always unrolled for your suggestions." Contact **Ann Morris** at 6791 or **Geri Abere** at 6752.

Following a brief vacation, The Bible's Place in History (or Bible Study) class will resume Sept. 10 in the Park View Room at 3:30 p.m. Leader **Bettie Schweinfurth** says the class will continue its study of Matthew, the first of the four Gospels in the New Testament and the favorite of many Bible students. All are encouraged to visit, participate and join the group. No knowledge of the Bible is required. Call Bettie at 6750 for more information.

Thanks to **Linda Wood**, once again buses have been requested for the popular Metropolitan Opera HD Live performances at the Lloyd Center movie theater for the 2018-2019 season. "For those who haven't been to these performances, they are a great opportunity to enjoy live opera on the big screen direct from the stage of the Metropolitan Opera in New York City at a fraction of the cost of attending a live performance. Plus, the interviews between acts are only seen on HD. All performances have English language subtitles, so you know what is being said," Linda tells us. Tickets can be purchased at the theater after you arrive or may be purchased on line in advance.

The first opera of the season is Aida by Verdi on Oct. 6. This is grand opera at its grandest. On Oct. 20 is Samson and Dalila by Saint-Saens, based on the Biblical tale of seduction, and on Oct. 27 it will be the Girl of the Golden West by Puccini, which tells a moving love story set during the California gold rush. There are seven more exciting operas on schedule for the rest of the season. Call Linda at 6782 with any questions.

Sivia Kaye offers tips on how to write an obituary — your own. "Many of our most illustrious statesmen, scholars and high-octane executives have written their own description of their life," she says. Over three or four hours in a couple of workshop sessions, anyone can write an effective obit, she says. She also offers to repeat her memoir-writing classes. Call Sivia at 6790 if interested in either idea. ■

‘Perfect Storm’ Preparations Can Speed Health Center Admits

by Steve Casey

WHAT WOULD LATER BE CALLED “THE PERFECT STORM” THAT left Paul Johnson and Carol Domenico scrambling for help from Mirabella’s second floor health center began early on a cold and overcast Saturday morning, March 3.

Awakened by their usual 7 a.m. alarm, Carol stepped on a pillow on the floor, slipped, crashed into their bedroom wall, broke three ribs and punctured a lung.

She did not recognize the severity of her injuries at the time but, as her pain became something Tylenol wouldn’t touch, fellow resident Jane Wachler told her, “you need an ambulance.”

That presented an immediate problem, as Paul, Carol’s husband, has Parkinson’s disease and should not live alone. Normally, Carol’s daughter who resides in Portland would hotfoot it over to help, but she was out of town and not due back until the next day.

Easy enough solution, they thought. Paul could go the health center where he would be looked after until Carol’s return. Off they went, Carol to the hospital and Paul and Jane to the second floor.

That’s when things went south, and the fallout has left residents wondering “what if that happens to me?”

The good news is that after a couple of false starts Paul and Carol did get the help they needed, and Mirabella

management is making health center admission more customer friendly.

Mary Ann Lagazon, the health care administrator, told 3550 “I did an in-service training with my nurses, mainly to restate the customer service piece” of the health center’s mission.

Mirabella executive director Sharon McCartney invited a new resident task force, a subcommittee of the resident health committee, to make recommendations. Sharon also is working with outside physicians to make sure they know what the health center requires, to make the admission process as smooth as possible.

The bad news is that nothing works perfectly all the time.

Paul and Carol agreed to talk with 3550, in hopes it might shed light on getting admitted to the health center, and help other residents prepare in case they might face a similar emergency.



Health care administrator Mary Ann Lagazon. Photo by Ron Mendonca.



“In the event of the end of Medicare, which country has an intact health care system?”

After talking on the phone with Jane, Carol called an ambulance. Jane arrived at Paul and Carol’s apartment while a maintenance staffer, firefighters and emergency medical techs were attending to Carol.

Carol went off in the ambulance. Jane took Paul to the health center, where he was turned away.

While by state regulation admission to the health center requires a physician’s order and isn’t normally granted to someone who just wanders in, Jane thought since this was an emergency surely it wouldn’t be a problem.

It was.

The nurse they talked with that Saturday said the health center’s hands were tied — no doctor’s order, Paul simply could not stay. Goodbye.

So Jane took Paul up to the hospital, where they had lunch and Carol was admitted. Carol remembers that that afternoon, an emergency department doctor tried to get

(from Perfect Storm p. 27)

She told 3550 that some residents would call the number repeatedly, not leave a message, then complain when they didn't get a return call.

"I could be dealing with patients, doctors, be in a meeting or otherwise not available at that moment, but I was always conscientious about answering phone

There are no admissions to the Health Center without a physician's order — but the staff can help you get that, even in an emergency.

messages," she said. "I didn't return 'missed calls' with no message, for I had no idea who it was or what they wanted."

In an urgent situation, Mary Ann says, a patient can be admitted to the unit relatively quickly, if physician's orders are signed and other necessary information is in hand. The health center staff can help an overwhelmed patient get that documentation, she said.

"We are not a hospital," she told 3550. "We're not even a sub-acute nursing facility. But if I'm given a heads-up, we can make it happen."

That's doubly true when the requested admission is off in the future, as in the case of scheduled surgery.

As part of planning for surgery or other stay, hospital discharge planners can coordinate the transfer with Mirabella's nursing unit.

In her Musings piece, Sharon noted there are several routes to the skilled nursing unit in the health center:

- ◇ Admission from the hospital on an insurance-paid stay,
- ◇ Admission from the hospital emergency department,
- ◇ Admission from an outpatient surgical center,
- ◇ Admission from one's apartment.

In all those cases, the key to admission to the second floor is the physician's order, which is not simply a telephone call or a note saying, "Admit Joe."

It is a document that sets out the patient's condition, the reason for hospitalization, the patient's medications, dietary restrictions, known allergies and such. A nurse-to-nurse report, describing what is needed to care for the person, also should be part of that patient hand-off.

For those who don't need or are awaiting admission to the health center, the In-Home Care program may help. Prior registration for In-Home Care speeds up that process, but even that may not solve every problem in an emergency.

In-Home Care is staffed for its known patient load, but not for surprise patients.

A resident might get lucky or might have to wait several days. In the interim, the In-Home Care staff can provide contact information for private service providers.

For more on In-Home Care, please see Nancy Moss's story on page 30.

Paul Johnson and Carol Domenico believe they presented the health center with a novel problem.

Generally, housing a resident there as a respite patient is intended to allow the patient's healthy caregiver a break to run errands, complete tasks or just get temporary relief from the stress of caregiving.

But here the "healthy" one was in intensive care, the couple faced an emergency, were both over-the-top stressed out and required help that could not possibly have been scheduled.

Under the circumstances, with a giant boost from OHSU's emergency department case manager, getting a physician's order and getting Paul admitted did not take all that long.

But it was grueling for both him and Carol.

With her re-stated emphasis on "customer service," and offering to have health center staff help obtain necessary orders for the patient, Mary Ann is trying to make the admission process not only prompt but as painless as possible. ■



"Simple rule of thumb; if it tries to eat us, serve with red. If it runs away from us, a white."

Your Guide to Health Center Admissions

How do I get admitted to the skilled nursing unit in the health center on the second floor?

First rule: Any admission to the unit requires a signed doctor's order.

No order; no admission. Period.

That's true whether admission is for treatment or to place a spouse or partner to provide "respite" for the caregiver spouse, and whether the patient is coming from the hospital or a private surgery center or his or her own apartment.

An emergency? You still need an order.

So how do you get an order?

If you know you will need a second floor stay — after surgery or to take a break from caregiving duties, for example — the first thing is to contact the health care administrator.

That is Mary Ann Lagazon, whose office number is 503-688-6514.

She will get the process rolling, and by the time you need to check in, all should be set.

For help on nights or weekends, call the skilled nursing unit 24/7 admissions line — 503-621-8452. (The number is in the staff directory posted on Miranet and available from the concierge.)

That is a cell phone Mary Ann generally has during business hours. A manager carries it at other times.

If no one answers, it's likely because that person is in the middle of some other work and will have to call back, so leave a message. Messages are answered. Simple "missed calls" are not.

Even in an urgent situation, the nursing unit staff will work with residents to obtain the necessary order, Mary Ann says.

Why is a physician's order so important?

First, it is required by state department of health services rule, violation of which could result in loss of the health center license or significant sanctions.

Second, it contains information the nursing unit needs, such a medication list, relevant medical records, dietary restrictions and nurse-to-nurse notes which are particularly important for the new nurse who is going to provide your immediate care.

I'm entitled to a health center stay as part of my residence at Mirabella. Can't I just show up?

Nope. See "First rule: Any admission requires a signed doctor's order," above.

Will signing up for In-Home Care let me cut the line and get in?

No, but it can speed things up as the staff will already have information on your medical history. The physician's order is still required to make sure the information is current and complete.

How long does it take to be admitted?

Depends. If all the stars are aligned and your doctor signs an order promptly, the process can be smooth and quick. Pre-planning helps a lot in non-urgent situations.

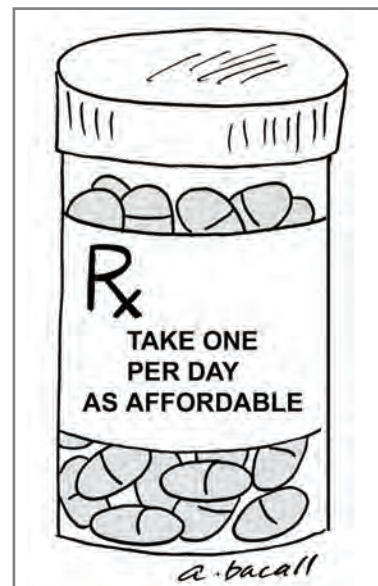
The health center is many things, but it is not an emergency room. In an unexpected situation, count on help with the process, just do not expect things to happen immediately.

The process is actually for your benefit — it gets the health center complete records of your condition and all information to make sure you are treated safely and properly.

—Steve Casey



"See, the problem with doing things to prolong your life is that all the extra years come at the end, when you're old."



Early Home Care Signup Can Bring Results

by Nancy Moss

ENJOYING INDEPENDENT LIVING? FEELING GOOD?

Still, you would be wise to register for Mirabella's In-Home Care service well in advance of any urgent need. So say Mirabella's executive director Sharon McCartney and the program's manager, LeAnn DeLuna.

For then, when a resident begins to encounter difficulty, he or she will already have gone through the assessment process. And getting help — while probably not immediate — will be faster.

"When the time comes, we'll be ready for you," Sharon says.

Registering begins with contacting LeAnn, who makes it easy. There is no charge for pre-enrolling, and it can decrease the stress someone may feel when coping with increasing health needs.

In-Home Care (often known just as "home care") can help meet those additional needs as patients age. However, LeAnn points out, it is not an emergency service.

Manager of both the in-home program and assisted living, LeAnn sends out her staffing schedule on Friday for the following week. "It's helpful to have In-Home Care changes known by the prior Wednesday," LeAnn says, as two to three days of lead time help insure proper service delivery.

For example, 24/7 care requires nine full-time certified nursing assistants (CNAs) a week. LeAnn cannot come up with that kind of staffing without notice, even for people who have pre-registered.

She does not have a CNA on call and it takes months to "onboard a new CNA," she says, requiring reference checks, a background check and orientation.

In an urgent situation, a resident can try to contact LeAnn to ask for In-Home Care, but "there is no guarantee" that it will be available right away. LeAnn can instead recommend interim caregiver services in the outside

The In-Home Care program can help you, but it is not designed as an emergency service.

community until Mirabella can provide the desired in-home help.

Both Sharon and LeAnn said they want additional staffing to cover emergencies, to "hire a pool of caregivers," to put Mirabella in a stronger position.

It was easy to find competent CNAs in 2010, Sharon points out; today's low employment rate has brought more challenges. As of early July, Mirabella had 13 caregivers, providing residents 750 hours of care a month.

Sharon points out that Mirabella's In-Home Care services are more affordable than those of outside agencies. Residents can sign up for half-hour sessions instead of the two-hour minimum charged by other firms.

Mirabella needs at least to break even on in-home care, Sharon stresses, and at present enjoys a "very modest profit." She hopes to increase business from residents of outside condos, who can be charged a higher rate.

LeAnn, who reports to Mary Ann Lagazon, Mirabella's health services administrator, manages the in-home program and maintains its standards. After working at the Cottage Hospital in Santa Barbara in in-patient rehab and as nursing care coordinator, LeAnn wanted management experience and earned her master's degree in nursing education and management.

Her office is tucked away on the third floor, next to the Terrace elevators. She's a busy woman, often out working on the floor. Emailing or telephoning her is a better way of contacting her than dropping in. Residents can email her at LDeLuna@retirement.org or call her at 6566.

"We do our best to provide services," LeAnn says. "We want to be there for everybody." ■



LeAnn DeLuna, manager of In-Home Care and assisted living. Photo by Ron Mendonca

Confessions of a Research Junkie

by Ed Parker

HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO SLEEP inside a Magnetic Resonance Imaging (MRI) machine with your head wired with electrodes to monitor brain function? Didn't Steve Casey's article about the brain's garbage disposal system in the June issue of 3550 make you want to try?

No? Then you are probably not a research junkie like I am.

That's one of four Oregon Health and Science University (OHSU) cognition and aging studies I am participating in as a research subject. I guess that, as a former Stanford professor who taught human subjects research methodology and as a caregiver for a wife with Alzheimer's disease, I was predisposed to help find some answers.

I am also a participant at OHSU in the national Alzheimer's Disease Neuroimaging Initiative (ADNI) study. I like to think that I am included in that study because they needed people who are somewhat normal to compare with people who have the disease. Testing over time should tell whether my assumption of "normal" is correct.

In that study I will have two scanning sessions in a Positron Emission Tomography (PET) machine. I will be given a colorful radioactive injection prior to each scan that will attach to specific abnormal tissues with a dye that can be detected by the machine. One scan will look for tau tangles and another for amyloid plaques, both of which are found in brains of Alzheimer's patients when autopsies are performed after they die.

Dr. Christopher Clark, a former professor of neurology at the University of Pennsylvania and the deceased husband of my domestic partner Anne Clark, was the lead scientist on the research team that developed and got Food

and Drug Administration (FDA) approval for the type of injection needed to diagnose Alzheimer's via a PET scan.

I will also have a spinal tap to draw out some spinal fluid to test for indications of Alzheimer's. Prior to the development of the PET scan technique, a spinal fluid test was the only biological test available that correlated with Alzheimer's patients' cognitive symptoms.

Both the ADNI study and the brain garbage disposal study include cognitive testing. Although the researchers do not disclose results unless they detect a fixable medical

problem, I can tell from the tests that my memory, which was never good, is getting worse. But I think the disease I have is called "normal aging."

The research team did notify me when a urine test indicated what they thought might be a urinary tract infection. I didn't have any symptoms. Further testing by my primary care physician showed that the first test was either a false positive result or something that had cleared up quickly without treatment.

Anne and I are in one longitudinal "aging in place" study together. Our apartment is monitored with motion sensors and an electronic scale connected back to OHSU via the Internet. When we step on the scale each morning it measures weight, body fat and pulse rate. It also gives us the local weather forecast. That study includes periodic medical and cognitive testing and a weekly questionnaire that we fill out on our computers.

I am also in a study about using technology for medical monitoring. For that study, I respond to online questionnaires about a variety of topics, including opinions about Fitbits, smart watches and other wearable devices. I have also tested use of electronic pillboxes.

I am not always accepted into studies I volunteer for. A few years ago I was rejected in the same month for two

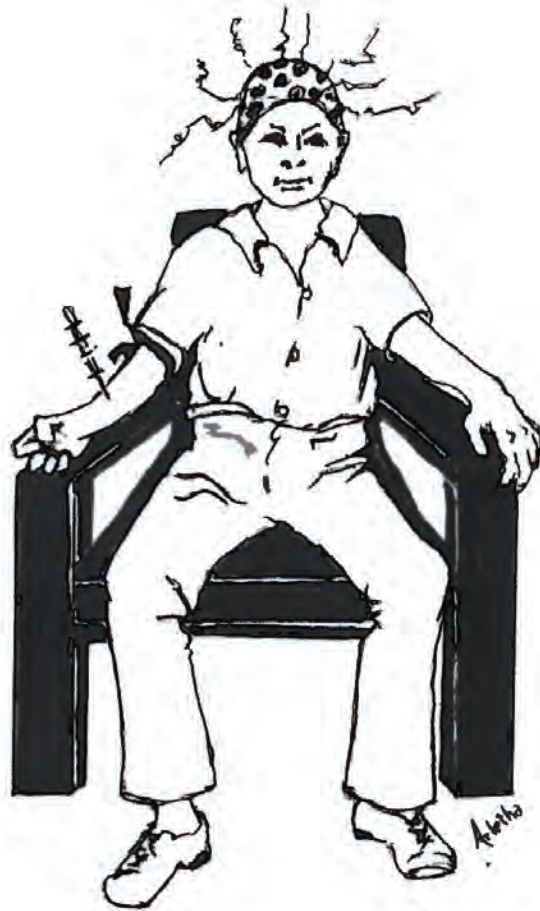


Illustration by Arletha Ryan

(see Research p. 32)

(from Research p. 31)

studies, one because I was too healthy and one because I was not healthy enough.

The “too healthy” study was intended to study the effects of fish oil treatments on cognitive performance. When blood was drawn to test my starting baseline level, OHSU found that my regular diet of Mirabella fish put my measured levels of omega 3 fatty acids at the high end of what they hoped to achieve in the experimental group. Therefore I was not eligible to be in either the experimental group or the no fish oil control group.

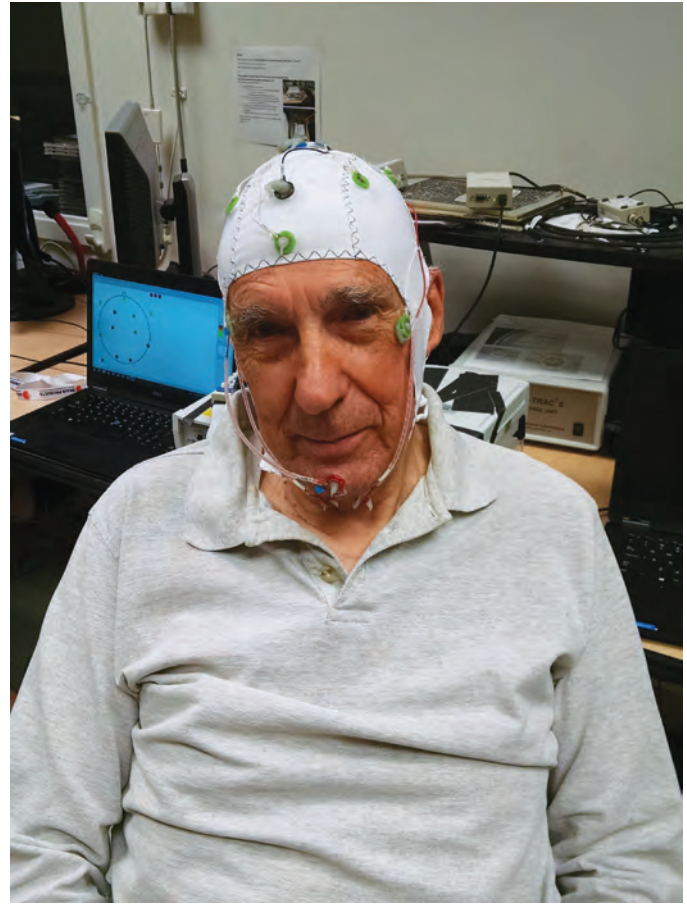
The “not healthy enough” rejection was because I had had both prostate cancer and lung cancer surgeries within the past five years. Even though both cancers were completely removed before spreading to other parts of my body, I was considered not healthy enough to participate.



Intrepid journalist Ed Parker is prepared for MRI by OHSU’s Selda Yildiz. Contributed photo by Katherine Powers.

Sometimes studies don’t work out. For a time I participated in a driving study that measured my stopping, starting and braking behavior, among other things. I think we eventually figured out they also were measuring the starts, stops and braking of the valet staff.

I am signed up for one final study. I have agreed to donate my brain to OHSU when I die so they can find whatever surprises it may have for them that they didn’t anticipate from the various studies I have served in.



The very tired author wired up for testing.

Oh? You really wanted to know about sleeping in an MRI machine after all? There is not much to tell because I was asleep.

Before the MRI sleep monitoring, I wore a sleep-monitoring Fitbit and kept a sleep diary for two weeks so they had a baseline measure of how I sleep.

I stayed awake all night before going in for an early morning MRI sleep test. They attached 15 non-magnetic electrodes to my head to have electrical as well as magnetic resonance measures of what was going on in my head while sleeping for a couple of hours. A noisy MRI machine is not the most comfortable bed I have ever slept in, especially with wires attached to my head and without any way to move any part of my body. It is a good thing I am not claustrophobic.

I do hope the results of this and other studies advance the scientific understanding of how the brain works and contributes in some way to the development of treatments for Alzheimer’s disease.

If you are interested in helping to find answers about this or any other disease, see the OHSU website for information about clinical trials at OHSU’s website (OHSU.edu) and in the “enter keyword” box, search for “clinical trials healthcare.” ■

'Virtual Urgent Care' Offered Here

by Bruce Howard

IT'S NOT AN OLD-FASHIONED HOUSE CALL, BUT IT'S CLOSE. Oregon Health & Science University (OHSU) is bringing its program called "Virtual Visits - Urgent Care" to Mirabella, promising rapid consultation and care for a variety of minor conditions without the patient leaving his or her apartment.

Health care providers — generally nurse practitioners and physician's assistants — can diagnose a range of non-emergent medical conditions and call in any necessary non-narcotic prescriptions.

The conditions for which virtual visits are appropriate are those that the provider can manage with history and visual examination alone, and that are not serious enough to require referral to a hospital emergency room or an urgent care center.

OHSU has a list of commonly treated conditions suitable for virtual visit consultation, including allergies, asthma, back pain, constipation, fever, insect bites, minor cuts and burns, nausea, pink eye, a runny nose, sore throat, strains and sprains, and urinary tract infections.

Unlike telemedicine, which involves the patient going to a designated area where the video equipment is housed and having the assistance of a nursing assistant, the virtual visit can take place anywhere in Oregon, over a patient's cell phone, tablet or computer.

Again unlike telemedicine, no one takes the patient's vital signs or otherwise assists, although Mirabella residents

enrolled in In-Home Care can hire help through that program.

About 85% of Mirabella residents have an OHSU primary care provider (PCP), which gets them access to OHSU's virtual care system through MyChart.

Even if the resident's primary doc is not at OHSU, the resident can still access OHSU virtual care if signed up on MyChart.

The OHSU program is not the only virtual visit around.

The Providence health system offers an almost identical program, available whether or not the patient has a primary provider within the Providence network.

Kaiser Permanente North West has its own video visit service, available to its members.

Other than for Kaiser HMO patients, whose video visits are included in their plan, the maximum a patient is charged for a virtual visit is \$49. That is not covered by Medicare.

Both OHSU and Providence virtual care services will automatically transmit the summaries of the virtual visit to primary care docs in their systems, and will send summaries to providers who are not in their systems.

Prescription orders (except for controlled substances for pain, and for benzodiazepines) will be transmitted to the pharmacy of the user's choice.

So, how does it work?

The time that virtual urgent care is available varies slightly program to program. In the case of OHSU, it's open seven days a week, 7 a.m. to 10 p.m.

To use the virtual care systems, patients need a device with a built-in microphone and a front-facing video camera — a mobile phone, tablet or computer. Mobile devices require that an app be downloaded that is unique for each system. Computers require the downloading of a plug-in that is identical for two of the systems.

The best time to test whether the set-up is operational is before there is a medical emergency, and at a time when technical support is available. For OHSU, that's Monday through Friday, 8 a.m. to 6 p.m.

I was successful in setting up my iPhone and my MacBook Pro laptop in our unit. I was also able to make a connection using the AT&T network away from our unit. Use of the cell phone might be problematic at locations outside of Mirabella because a high-speed, broadband Internet connection is required.



"The assistant to the physician's assistant will see you now."

(see Research p. 34)

(from Virtual p. 33)

Mirabella, for a charge, will provide support for residents if they are enrolled in the In-Home Care program, according to executive director Sharon McCartney and program manager LeAnn DeLuna.

One selling point for virtual visits is that extended hours are available.

OHSU virtual care can be accessed seven days a week, including holidays, from 7 a.m. to 10 p.m. Providence virtual care is available every day, 8 a.m. to midnight. Kaiser Urgent Care advertises that it provides service seven days a week, 24 hours a day, with triage by a registered nurse.

There are differences among the systems in who is on the other end of the line. OHSU virtual care uses family nurse practitioners (FNPs) and physician's assistants (PAs) who are supervised by the medical director.

Physicians and FNPs provide Providence virtual care. Kaiser Permanente virtual care offers virtual appointments in most medical specialties

OHSU virtual care is accessible from anywhere in the state of Oregon. It is available to people from anywhere, but they must be physically in the state of Oregon at the time of their virtual visit. (It's a licensing thing.)

Kaiser Permanente Northwest includes Washington and contiguous areas. Providence virtual care extends into Washington, California, and Montana. ■

	OHSU Virtual Visits – Urgent Care.	Providence Express Care/ Virtual	Kaiser Permanente NW Video Visits – Urgent Care
Access by Mirabella residents	Everyone	Everyone	Kaiser enrollees
Cost	\$49 out-of-pocket maximum	\$49 out-of-pocket maximum	Free if in traditional HMO, including Sr. Advantage
Hours available	7 days a week, including holidays, 7 a.m. to 10 p.m.	7 days a week, 8 a.m. to midnight	7 days a week, 8 a.m. to 11 p.m.
Providers	FNPs and PAs	MDs and FNPs	MDs, FNPs, PAs and RNs
Geographic areas	Oregon	Ore., Wash., Calif., Mont.	Ore., Wash. and contiguous areas
Assistance by Mirabella In-Home Care	Yes	No	No



"And now, Bach's Brandenburg Concerto No. 1, 1st movement."



Zidells Hope City Impasse Just Bump in Road

by Edward Weiner

WHEN MANY OF US MOVED TO MIRABELLA, WE WERE fascinated by the neighborhood and had great expectations for future developments.

The elephant in the South Waterfront room is Oregon Health & Science University (OHSU), which is now keeping construction humming as it nears completion of two buildings right across from us.

Another heavy-hitter is Zidell Yards which owns what has been described as the most valuable riverside vacant property in Portland.

Within a three-block radius surrounding our new high-rise home, we looked upon a medical building connected by aerial tram to a university medical center, a working shipyard, a navigable river, urban parks, and several high-rise residential towers.

Today, we are watching construction of the two new OHSU buildings as the university expands its south waterfront campus, and looking over Zidell's former barge building facility.

What's next? Perhaps not much, at least short-term.

OHSU says it has no current plans to build on other property it owns here.

Zidell Yards, the barge builder and post-World War II ship dismantler, terminated its development agreement for the former shipyard with the city, putting at least a temporary halt to the development of its prime 33 acres.

Zidell had promoted — and still believes in — a master plan for a mixed-use development adjacent to the Willamette River and north of the aerial tram. Had it been realized, millions of new square feet of commercial and residential space, parks and a riverfront greenway would have become part of our neighborhood.

Newspaper reports claim the problem is simply money, and at a South Waterfront presentation at Mirabella in July, company chief executive Jay Zidell agreed but said he still harbors hope the family's vision will become reality.

He and his sister, attorney and company spokeswoman Charlene Zidell, explained the history and details of their proposal and what caused it to run off the rails at city hall.

"This property to the Zidell family is not just a piece of dirt," Jay said. "It is a very meaningful asset to the family; it is our legacy."

The Zidells noted their master plan calls for 5.6 million square feet of development, spread among residential, office, parking and retail uses. Charlene said the plan is

for six apartment towers and two condo towers. All this requires massive public infrastructure — defined as that which is owned by the public or for public use, such as streets, sidewalks, utilities, parks and open spaces.

Getting the infrastructure in place is a necessary first step before you can move ahead. "You need roads to make sure people can get around, and you need the roads to service your building," Charlene said.

Jay Zidell said the infrastructure cost should be some \$100 million, give or take 10 percent.

"The city was unwilling to make that investment" of urban renewal funds, he said. "In an effort to keep things moving, we scaled back that number ... and came up with what we refer to as phase one, which accounted for everything from the Ross Island Bridge south."

That brought infrastructure costs down to \$60 million. The city offered \$54 million and while it left a \$6 million hole, "it was enough to get us started," he said.

But then came what he regards as an added \$35

million in infrastructure costs, as the city "re-prioritized" where the urban renewal money it was prepared to contribute would be spent. "They wanted most of it spent north of the bridge," leaving Zidell to fund a good deal of infrastructure in the southern — phase one — portion.

That's a financial non-starter, he said.

The project is the family's vision and won't be reduced in scope, Jay told the packed house. "We think the plan we have is fabulous and we think it would be great for the city. We are not interested in

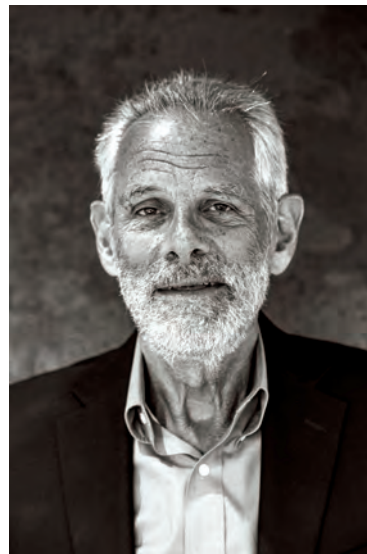
scaling back for the sake of getting this moving."

While having no agreement with the city about funding necessary infrastructure put the brakes on development for now, Jay is still hopeful.

"We like to think of this as a bump in the road, but I can't guarantee it," he said.

"We really like (the plan), we are committed to it and we are going to build it. We've been on the property 90 years. We are patient people."

(Editor Steve Casey contributed to this report.) ■



Jay Zidell

Urban Renewal, the Mother's Milk of South Waterfront Development

by Roger Gertenrich

IN THE LATE 1990s, THE PORTLAND CITY COUNCIL HELD A PUBLIC hearing about creating what is now known as the North Macadam Urban Renewal District.

At the time, my wife and I were living in one of the Riverplace townhomes.

I testified in favor of this new district. Portland's then-mayor, Vera Katz, asked me what my experience was. I told her I was a former mayor of the City of Salem.

She laughed, but within a few days I was asked to become a member of the North Macadam Urban Renewal District Committee.

Serving on this committee was a challenge, as the developers who owned land in the South Waterfront area wanted to build their future condo towers right on the lip of the Willamette River. Further, they seemed to want to stack the condos up in sort of a straight line along the river bank. Others, including myself, pushed to move the condo towers back off the river bank to provide for an expanded Willamette River Greenway. We also wanted the condo towers to be spaced out to allow viewing corridors to the river.

One compromise for us was to allow the condo towers to be built taller the further back from the river they were sited. For example, the Mirabella tower rises much higher than the two Meriwether towers smack up next to the Greenway.

We also wanted all future construction that lined the river bank to be high-rise towers. We prevailed on all issues except the fact that the future Prometheus four blocks located north of the Old Spaghetti Factory are now scheduled to be low rise apartments.

The Meriwether twins were the first towers built. My wife and I were among the first owners to move in. There were a few dirt roads still in the area. We have breathed in much dirt from construction projects over the last 12 years.

During the early years, owners often met socially. At one of these events we listed what we felt should be the goals of our new neighborhood. We discussed forming a new Portland neighborhood association but decided not to do so, so that we could bond with the neighborhoods surrounding us. We did think that perhaps in a decade or so we should revisit this issue.

HISTORY AND OPINION

The goal of urban renewal is to convert a blighted area into a self-sustaining good place to live and work.

Thus, we set some priorities such as getting a grocery store, having several parks (e.g. Caruthers Park and a park adjacent to the Ross Island Bridge), having a community gathering place, getting Portland Streetcar & MAX services, welcoming good restaurants, and providing adequate parking to accommodate guests, retail patrons and other visitors. A priority was building Willamette River greenways connecting us to downtown.

Our list went on: We wanted river access for the use of small watercraft. We wanted enhanced services such as security, clean streets and sidewalks, and special holiday decorations.

We are all living with those amenities today, brought about and managed by two important neighborhood entities: the South Waterfront Community Association (SWCA) and South Waterfront Community Relations (SWCR).



Roger Gertenrich

The North Macadam Urban Renewal District established a committee of the vested parties.

On this committee were members of the South Portland Neighborhood Association and selected South Waterfront residents.

The Portland Development Commission, now called "Prosper Portland," oversees the functions of all of Portland's urban renewal districts, something like a dozen of them. Over the past several years, citing a lack of funds, it has reduced resident membership on the urban renewal district budget committees to the point where there is effectively no resident input. That means we have little or no

significant say on how millions of dollars are spent each year in our own area. Ask yourself, have you ever seen a notice of any North Macadam Urban Renewal District budget committee meeting?

The district was primarily funded through what is called Tax Increment Funds (TIF money). Multnomah County property tax bills list each property's contribution to the TIF fund. Presently, the flow of funds into this urban renewal account is some \$14 million a year. In contrast, the SWCA is close to \$500,000 a year. Each condo tower and apartment complex generally pays about \$50,000 a year to the SWCA /SWCR to have them provide services such as

Millions of dollars rest in our district urban renewal contingency fund

private patrol service, holiday lights, flower baskets, and the Farmer's Market.

While some residents are concerned about the seemingly high cost of these services, few even know about the vastly greater sums managed by the urban renewal district.

There are still millions of dollars resting in the district's contingency fund, by the way.

Our urban renewal funds must be spent only in the North Macadam Urban Renewal District. That means *here*, where we live. Since its inception, the district has been expanded, now reaching into the Portland State University area. Its life was also extended, to bring in more urban renewal funds.

From what I can determine, its budget has already been planned out, with much of the funding going to Oregon Health & Science University (OHSU) and the Zidell developments.

South Waterfront residents have been supportive of both OHSU (tax exempt by the way) and Zidell, but where will the funding come from for another park or a community gathering place?

As the remaining land parcels are developed in the next decade, we will have a community larger than many of Oregon's towns.

A decade from now will we wish that we had gotten funding in place to match the goals of urban renewal?

Editor's note: Roger Gertenrich is a former mayor of Salem, a pioneer South Waterfront resident and an expert on urban renewal. ■



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Varied Menu, River Views Make For Enticing Venue

by Nancy Moss

DINERS AT SOUTH WATERFRONT'S ROSSWOOD RESTAURANT look out over the Greenway, with its joggers, slow-moving walkers and darting bicyclists, tall cottonwood trees and the river beyond.

"We want to liven the space up," says Chase Underwood, Rosswood's food and beverage director, "(we want) to be a leader in South Waterfront dining."

After extensive renovation, it has taken over the former home of the Aquariva restaurant, next to River's Edge Hotel on SW Hamilton Court.

Rosswood offers a menu combining "locally inspired northwest cuisine with a Mediterranean influence," according to Underwood. The night we were there that meant sashimi-grade albacore tuna over a polenta cake that was crisp on the outside, deliciously tender within, snap peas, shaved zucchini, and mild pickled red Fresno chili peppers.

We followed this with strawberry shortcake with a basil-infused simple syrup over fresh strawberries, a fluffy biscuit and crème fraiche.

The menu varies from night to night, with prices for entrées ranging from the high teens to the twenties.

Happy hour patrons can choose a hamburger with Rosswood's signature cottage fries or, if they wait until 5 p.m., there are roasted beets, which blend red and golden beets with paper-thin slices of fuchsia and white Chioggia beets, topped with hazelnut crumbs and a honey-yogurt mint dressing. Diners can round out the meal with a salad or burrata, a mozzarella cheese traditionally made with water buffalo milk but more frequently now with cow's milk, with a sourdough bread toast.

Underwood has been in touch with the River's Edge Hotel, with which Rosswood is affiliated, to see if Mirabella can receive discounted stays for visiting relatives or prospective residents. The hotel's manager is aware of the arrangement with previous owners, he says.

We stayed at the hotel for four days recently and sampled Rosswood's breakfast menu. I can recommend their avocado toast, which uses a whole avocado and comes with two poached eggs over thickly-cut toast.

Underwood is working on "specialized dinners, a wine pairing menu or beer tasting, featuring local breweries," he tells us.

The night we were there, diners ate, drank and chatted as they enjoyed the river's ambiance.

With a new décor that emphasizes black and white, and with open spaces to frame vistas, Rosswood hopes to host community events, to expand its menu and to become a gathering place for South Waterfront residents. ■



Beautifully presented roasted beet dish is a surprise hit, top photo. Jane Partridge enjoys happy hour at Rosswood with manager Chase Underwood. Photos by Art Moss.

2018's 'Great ShakeOut' Slated for October

by Ed Parker

AT 10:18 A.M. ON 10/18, THAT'S OCTOBER 18, 2018, Mirabella will participate in a "Great ShakeOut" event to help us recover when the big Cascadia earthquake happens, as it certainly will. We just don't know when.

According to the event's website, www.shakeout.org/oregon, nearly 200,000 Oregonians and more than 8 million people around the world have signed up to participate in the event.

This is the second year Mirabella Portland management and residents will practice what to do when the Big One hits. Like last year, the building public address system will broadcast the sounds of an earthquake. You won't feel the shaking, but at least you will hear what it sounds like.

And like last year, everyone will be asked to practice the "Drop, Cover, and Hold On" safety measures we have

been taught. For a quick refresher course, either check your red binder or go to Miranet, click on groups and then on emergency preparedness. A short way down the left side

All 27 e-teams will search for 'victims' and triage them, part of the drill that's new this year.

of the page you will find a "drop, cover, hold" link that will bring up a document with instructions, including what to do if you are in a wheel chair or using a walker or cane.

As residents listen to earthquake sounds and contemplate what it will be like with the building shaking, the emergency response committee suggests thinking about what more they can do in advance to protect themselves from flying or falling objects or broken glass, which are the most frequent causes of earthquake injuries.

And to think about how else to prepare to "camp out" in our apartments when Mirabella can't provide meals, the plumbing doesn't work and electricity and telephones are unavailable.

Again like last year, resident emergency teams will practice radio communication so they will be able to call for help when landline and mobile phones fail. People learned a lot from last year's Great ShakeOut drill and have been practicing every month so the drill this year will make us confident that we can communicate in a real disaster.

This year for the first time, each of Mirabella's 27 emergency response teams (e-teams) will practice search and rescue and triage. One resident volunteer in each team will act as a "victim" who other team members will find. A description of the supposed injuries attached to the "victim" will be a surprise to the other e-team members.

The resident association's emergency response subcommittee asks all residents who are prepared to help their neighbors in a real disaster to come to one of two training sessions in Willamette Hall on Tuesday, September 25 and Thursday, September 27 from 3 to 4:30 p.m. to learn how to respond. They will then be able to participate in the October Great ShakeOut drill with more confidence. With each year's drill Mirabella's disaster response improves.

Structural engineers expect Mirabella, the building, to survive the big quake. How well Mirabella, the community, survives will depend on how prepared we are to help ourselves and one another. ■



Simulated view of Meriwether Tower during a quake

Lively Profile Theatre Season Showcases Works by Women

by Polly Grose

FOR MORE THAN 20 YEARS, A PORTLAND THEATER HAS BEEN showcasing the work of accomplished and honored playwrights, and now enters its third season of presenting plays created by women writers of renown.

Jane Unger, the founding artistic director of Profile Theatre, said Profile since its inception has presented a playwright's body of work over a full season.

New artistic director Josh Hecht wants to be even more ambitious as Profile embarks on the first season of its third decade.

For 2018-19, his first full season with the theater, Hecht is staging six plays by two playwrights at the height of their careers, the plays running the gamut from searing docu-drama to wild comedy.

Hecht says audiences will see Profile's signature: work of high quality that connects us to one another and challenges us to see ourselves in one another's stories.

The two playwrights whose works will alternate over 18 months are Lisa Kron and Anna Deavere Smith.

Kron took home two Tony awards in 2015 for her play, "Fun Home." She is a founding member of the collaborative theater company The Five Lesbian Brothers and has received numerous playwriting fellowships.

Smith has garnered two Tony award nominations, three Obie awards, received a MacArthur Foundation "genius grant," and received the National Humanities Medal from President Obama in 2013.

The season began last January, with presentation of Kron's "2.5 Minute Ride," directed by Unger.

During October, Smith's play "Fires In The Mirror" explores tensions and escalating violence within a Brooklyn neighborhood, using excerpts from resident interviews to provide the core for a drama of adversaries.

During November and December, Lisa Kron's new work, "In The Wake," sets forth a female protagonist to remind us of the aftermath of the 2000 election. Protagonist Ellen resonates through her anger, assumptions, and blind spots. The play is illuminated by humor and passion.

During the spring months, Smith offers "Let Me Down Easy," a tribute to the miracle of human resilience viewed from the perspective of the national debate on health care

in a rotation with Kron's "Well," which debates the question "Do we create our own illnesses?"

The writers will cast a team of actors to perform in each play in repertory.

Over the past 20 seasons, Profile's featured writers have won 10 Pulitzer Prizes, 20 Tony Awards, 18 Drama Desk awards, and other national tributes. More recently Profile has twice been recognized by Age and Gender Equity in the Arts.

The Profile Theatre promises an adventure exploring new and vibrant work dealing with the tumultuous issues of our time.

It's a lively, humorous, and passionate season. ■



Lisa Kron.
Photo by
Joan Marcus.



Anna Deavere Smith.
Photo by
Mary Ellen Mark.

What is Your Holiday Story?

THE HOLIDAYS, TIMES OF STRESS AS WELL AS JOY, SOMETIMES teach us unexpected lessons.

After Nancy Moss' father died on December 23, soldiering on through a bleak Christmas revealed something about her family's resilience.

How about you? She'd like to know, and share with readers in the December 3550.

Write a brief essay on a discovery the year's end holiday brought you. Submit it to Nancy Moss, hawaiiimoss@msn.com or put it in mailbox #2102.

Performing Arts Schedule

Portland Center Stage

128 NW 11th Ave
503-445-3700

The Color Purple
Sept 15 thru Oct 28

A Life
Sept 29 thru Nov 11

*A Christmas Memory/
Winter Song*
Nov 24 thru Dec 30

Twist Your Dickens
Nov 11 thru Dec 23

Portland Playhouse

602 NE Prescott
503-488-5822

Wakey, Wakey
Sept 26 thru Oct 21

Artists Repertory Theatre

1515 SW Morrison St
503-241-1278

Skeleton Crew
Sept 2 thru Sept 30

Small Mouth Sounds
Oct 7 thru Nov 4

Everybody

Nov 25 thru Dec 23

Lakewood Theatre

368 S. State St., Lake
Oswego
503-635-3901

Pippin
Sept 7 thru Oct 14

*On a Clear Day You Can
See Forever*
Oct 19 & 20

Inherit The Wind
Nov 2 thru Dec 19

Portland Opera

Keller Auditorium
222 SW Clay St.
800-273-1530

La Traviata
Nov 2 thru Nov 10

Portland Opera Broadway Series

Keller Auditorium
222 SW Clay St.
800-273-1530

On Your Feet!
Oct 16 thru Oct 21

Broadway Rose Theatre

12850 Grant Ave
Tigard, OR
503-620-5262

Ordinary Days
Sept 20 thru Oct 14

*A 1940s Radio Christmas
Carol*
Nov 21 thru Dec 23

Shaking The Tree Theatre

823 SE Grant St.
503-235-0635

_____ *the wolf*
Oct 5 thru Nov 3

White Bird Dance

Newmark Theater
1111 SW Broadway
503-245-1600

Pilobolus
Oct 4 thru Oct 6

Circa
Oct 11 thru Oct 13
PSU Lincoln Hall

Lucy Guerin Inc

Oct 18 thru Oct 20
Arlene Schnitzer Hall
1037 SW Broadway

Tangueros del Sur
Nov 14

Bag & Baggage Productions

253 E. Main St, Hillsboro
503-345-9590

Deathtrap
Oct 4 thru Oct 31

Bell, Book and Candle
Nov 29 thru Dec 23

Triangle Productions

1785 NE Sandy Blvd
503-239-5919

Ann
Sept 6 thru Sept 23

Who's Holiday
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The Poet*
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SKELETON CREW

by Dominique Morisseau
directed by William (Bill) Earl Ray
ON STAGE NOW!



SMALL MOUTH SOUNDS

by Bess Wohl
directed by Shawn Lee
STARTS OCT 7

Telemann In Paris
Oct 26 and Oct 27

An Empire of Silver & Gold
Nov 16 thru Nov 18

Young People's Concert
Nov 17

Oregon Symphony

Concert at the Oregon Zoo
Sept 1

Arlene Schnitzer Hall
1037 SW Broadway
503-228-1353

Rodrigo y Gabriela
Sept 5

Star Wars: A New Hope
Sept 7 thru Sept 9

Beethoven's Violin Concerto
Sept 23 thru Sept 25

The Music of U2
Sept 15

Lily Tomlin
Sept 22

Opening Night With Renee Fleming
Sept 23

Star Trek Beyond
Oct 6 and Oct 7

Gregory Alan Isakov
Oct 8

Garry Trudeau
Oct 16

Lila Downs
Oct 22

The Capitol Steps
Nov 6

Tchaikovsky v. Drake
Nov 8

Milagro Theater
525 SE Stark St
503-236-4174

Alebrijes! A Dia de Muertos Story
Oct 18 thru Nov 11

Oregon Repertory Singers

First United Methodist Church
1838 SW Jefferson St
503-230-0652

ORS Fall Concert and CD Release
Oct 13 and 14

ORS Youth Choirs Fall Concert
Nov 10

Capella Romana
Call 503-236-8202 for venues

The Rachmaninoff "Vespers"
Sept 22 and Sept 23

Heaven and Earth: A Song of Creation
Oct 13 and Oct 14

They Are At Rest: The 1918 Armistice
Nov 11

Theater Vertigo
2110 SE 10th Ave
503-306-0870

A Map of Virtue
Oct 19 thru Nov 18

Oregon Ballet Theater
Keller Auditorium
222 SW Clay St
503-222-5538

Napoli
Oct 6 thru Oct 13

Oregon Repertory Singers 2018-19 Season

ORS honors its past and celebrates the future in its 45th season of world-class choral music.

Shadows on the Stars | October 13 & 14, 2018
Hear Veljo Tormis' *Curse Upon Iron* alongside Morten Lauridsen's *Mid-Winter Songs* and more. This concert also marks the release of ORS' new CD, featuring music by Lauridsen and more Pacific NW composers.

Glory of Christmas | December 2, 7, & 9, 2018
Highlights include Ešenvalds' *Stars*, Biebl's *Ave Maria*, Lauridsen's *O Magnum Mysterium*, and a lively finale as guest youth choirs join ORS for *Betelehemu*.

White Light | April 27 & 28, 2019
Te Deum and *Berliner Messe* by Arvo Pärt, the most performed living composer in the world, will enchant audiences in the final concert of ORS' 45th season.

Learn more or buy tickets today!
orsingers.org | 503-230-0652

Another Glorious Fourth



Staff photographer Todd Albert often can be found on Mirabella's roof if there are exciting events like the Fourth of July fireworks to shoot. Here he captures part of this year's finale, which left many of us watching from Aria or our own windows simply spellbound.

