

3550



December 2018

a publication by and for the residents of Mirabella Portland



Nancy Moss

Deputy Editor



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President

MIRABELLA'S LIBRARY COMMITTEE SOMETIMES FUNCTIONS LIKE a Rube Goldberg machine, with many moving parts and quirky connections, but its goal remains constant: furnishing residents with a welcoming, richly furnished space.

Heaviest traffic in and out: mystery and suspense novels. No surprise there. Any world that moves from mutilated corpses and blood-splattered walls to a tidy solution, with bad guys vanquished or dead, is satisfying indeed, superior to the chaos of daily life.

The library buys only large print books, stocking up against a time when more and more residents will find regular print annoyingly small.

The rest of our collection is donated; books we can't use we cycle through organizations like Street Books, which makes yellowing and dog-eared paperbacks available to street people.

Multnomah County Library's monthly visit, the third Thursday of each month from 10:30-11:15 a.m., bolsters the committee's efforts. Their number is 503-988-5404, for residents wishing to register with them or order books. They handle tablets, too.

The New York Times, *Wall Street Journal* and *Oregonian* are available each morning, for perusing in comfortable chairs by the fire. Copies of *The New York Times* crossword are on the librarians' desk. Residents can test their mettle by trying the Thursday-Saturday puzzles, full of obscure references and annoying puns.

Robert Frost begins his poem "Provide! Provide!" with "The witch that came/The withered hag/to wash the steps with pail and rag/Was once the beauty Abishag."

He goes on to suggest that in facing the ravages of time "Some have relied on what they knew/Others on being simply true/What worked for them might work for you,"

Whether a satisfying book or good read of a daily newspaper can compensate for lost glory, residents can find all sorts of escape and satisfaction in Mirabella's library. ■

MANY RESIDENTS HAVE SAID THAT THE BEST FEATURE OF OUR lives here is our fellow residents and the friendships and interests they share with us. Undoubtedly the next most important factor making our lives here so satisfactory is the staff.

At the recent Resident Leadership Summit in Medford, I learned that all of Pacific Retirement Services' communities are experiencing a crisis in staffing due to the low unemployment rate, and that turnover is having a significant impact on their ability to provide excellent service.

PRS has hired recruiters to help fill vacant positions as quickly as possible, but we residents can do many things to help.

In our daily interactions with employees we can help them feel that they are appreciated and that they really belong here. A simple smile and a "thank you" can go a long way to making the day better. We should always treat each employee with courtesy and respect, as we expect them to treat us, and if we are dissatisfied with their performance, talk to their supervisor rather than take it out on the employee.

Experiencing anger or rudeness from a resident has been known to cause employees to resign because they feel so devalued.

Our Employee Appreciation Fund gives us an annual opportunity to thank employees with a cash gift around the holiday season and helps compensate for our non-tipping policy.

Our Employee Scholarship program, funded through the Mirabella Foundation, enables us to support and encourage our employees. Our scholarship recipients, whether they are taking classes related to a career path within Mirabella or not, spread the word to family and friends that Mirabella is a good place to work. This can help with recruitment when positions are open.

Let's do our part to attract and retain good staff! ■



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3550 MAGAZINE

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Knight Cancer Center Ribbon-cutting

FRIDAY, SEPTEMBER 4 MARKED THE OPENING OF THE KNIGHT Cancer Center. Speakers such as Gov. Kate Brown, center director Dr. Peter Druker and OHSU President Danny Jacobs thanked Phil and Penny Knight, the Oregon legislature and the 10,000 donors who supported the Center’s fundraising drive, predicting, as Dr. Druker vowed, “The end of cancer begins here.”

Many mentioned the Center’s largest donation from an individual, Gert Boyle, whom Gov. Brown quoted as saying the new Center would “kick cancer in the you-know-what.” Gert’s gift helped OHSU meet the Knight \$500,000,000 challenge grant.

Some of the speakers, like OHSU Foundation head and 13-year leukemia survivor Rob Shick, shared personal stories. Both Shick, who attributes his recovery to the recently developed drug Gleevec, and Gov. Brown said cancer touches many lives, that 22,000 Oregonians each day receive its frightening diagnosis.

Photo by Ron Mendonca. ■

Players Present Holiday Show

ON DECEMBER 10 THE MIRABELLA PLAYERS WILL PRESENT A staged reading of Truman Capote’s short story “A Christmas Memory,” adapted for the stage by Nancy Moss. Judy Seubert’s recorder music will enrich the piece, a semi-autobiographical story about a young boy’s friendship with his much older cousin.

Don Marshall will read the seven-year-old boy, Dot Lukins his cousin and Rolf Glerum Mr. Ha Ha Jones, an imposing Indian who runs a ‘sinful’ café and has been known to sell liquor.

The show will begin at 7:30 p.m. in Willamette Hall. Lefty Page will play introductory music as residents filter in. ■

3550 Columnist Retires

ONE OF THE ORIGINAL CAST MEMBERS OF THIS LITTLE MAGAZINE, and one of my favorite people in MiraWorld, has decided to retire.

It’s not exactly early retirement, as she is hanging up her press pass at age 94. Slacker.

Since the magazine was founded five years ago, Marge Carothers has produced the “Around Campus” column, chronicling life at Mirabella and the adventures and achievements of its residents. You can read her final column on page 15 of this issue.

While Marge will no longer be an official member of the 3550 staff, she remains part of the magazine family and we hope to share some of her writing in future issues.

The “Around Campus” column that Marge pioneered will be taken over by Betty Noyes.

Betty and her husband, Ed, have been Mirabella residents since April of this year and immediately became involved in community life. She is the president of Noyes & Associates Ltd., a health care consulting firm she founded in 1989. Her company website says Betty “believes that the daily minimum requirement for living is 10 hugs and 83 laughs.”

Look for her “Around Campus” column, beginning with the March 2019 issue of 3550.

-- Steve Casey, editor ■



“I do count my blessings, but then I end up counting those of others who have more and better blessings, and that pisses me off.”

Residents Shaken Again

MIRABELLA RESIDENTS PROVED THEY CAN HELP THEMSELVES AND their neighbors survive a disaster as they and about 674,000 other Oregonians practiced earthquake preparedness in the Great ShakeOut drill at 10:18 a.m. on 10/18/2018. Across the county more than



Anne Clark. Photo by Art Moss.

20 million Americans participated.

All 27 Mirabella independent living resident teams (one for each group of approximately eight apartments) showed that they could communicate with one of three zone captains using battery-powered radios. Individual team leaders created that 100 percent success rate. Anne Clark, resident incident commander for the drill, organized radio training and practice sessions prior to it.

Rosie Batcheller, primary planning coordinator for the 2018 drill as she was for the 2017 event, deserves credit for its success.

A new purpose added to this year's drill was to practice searching for survivors and to "triage" them, helping the greatest number of people by quickly sorting survivors into one of three categories: red for people who may die without immediate help, yellow for injured people who will not die immediately even though they have serious injuries and green for uninjured or "walking wounded" who can be recruited to help others.

Triage people identify quickly all those needing medical help so they can direct the available medical responders to survivors most in need.

In the Mirabella triage drill, developed by Barbara Short, each team found a designated "survivor" with symptoms listed on a card attached to the survivor's shirt. The responders categorized the survivor and determined what treatment, if any, they should provide before quickly moving on to search for other survivors.

Also new in the 2018 drill was a mobile team that searched public areas on garage, storage and first floor levels for possible survivors needing help. The mobile team, led by Kathy Suri, practiced looking for signs of fire, flood or structural damage.

Mirabella management and staff participated in this year's earthquake drill. Alarms were sounded on all floors, not just resident floors. Skilled nursing and maintenance staff practiced emergency response plans for the second floor.

The day after the drill about 60 participants met in Willamette Hall to review what went well and to discuss improvements they could make for future drills or real disasters. For example, new radio procedures can make emergency messages higher priority than routine status reports.

We not only live in a building most likely to structurally survive the "Big Quake", we also live in a community of people who are better prepared to help one another after it happens.

-- Ed Parker ■



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Meal Tracker: Analysis Offers Avalanche of Nutrition Info

by Steve Casey

FOR ALMOST TWO YEARS, MIRABELLA'S DINING TEAM AND CORPORATE culinary director Todd Albert quietly have been working on a new program that will bring residents a trove of nutritional data on every meal except daily specials served in Aria and the Bistro.

As an added benefit, diners should see more variety in the dishes offered.

That program, called Meal Tracker, is nearing its public rollout with a two-hour town hall meeting expected in early December.

DINING REPORT

Ultimately, Meal Tracker will be used in every Pacific Retirement Services (PRS) community, but will get its corporate debut here.

Meal Tracker is purchased through a company called MatrixCare, which is providing analysis of thousands of menu items and recipes submitted by Mirabella's culinary team.

"Residents have been asking for years to have access to nutritional information," Todd told 3550 in a recent interview.

And Mirabella – first under Todd as executive chef and dining director, and then under Armin Alcantara, Todd's successor as the local dining boss – long has tried to provide some of that information on menus and has worked with residents who have specific dietary concerns.

The Bistro menu lists calorie and carbohydrate count for each item, but Meal Tracker opens a floodgate of information, which will be shared with all residents, Todd says.

"A couple of years ago, we were looking for a program that would work for our needs, but would give us the opportunity to create our own menus and stay within state and federal guidelines, and provide high-quality dining for residents," he said.

Todd said there are firms whose nurses and nutritionists will create recipes and menus, provide nutritional analysis and do everything but prepare the meal on a plate. Communities can buy their services.

But the usual result, he said, is hospital food – nutritionally sound, pretty much awful.

"Obviously, we don't want to do that," he said.

So, Todd gathered recipes for Meal Tracker dietitian analysis from executive chefs in every PRS community. There were more than 3,000 recipes submitted, including 836 from Mirabella. These are in addition to the 4,000

or so recipes that are part of the standard Meal Tracker package.

Each menu item is tested for up to 32 nationally-recognized nutrients, with sugars and sodium being two of the most-frequent concerns among residents.

Todd and Armin also took preparing for Meal Tracker as an opportunity to introduce more variety to the Aria and Bistro menus.

Mirabella meals are planned in five-week cycles.

"Our plan is that we'll change the cycle every three months," Armin told 3550, introducing one or more new-to-Mirabella dishes each time, rather than rerunning the whole five-week menu. For months, cooks have been working on new recipes in preparation.

Also, Armin said, "we will be adding to the menu which items are gluten free and which are low sodium."



There is a big difference between planning meals for independent living, and meals in the assisted living and second floor dining facilities.

In Aria and the Bistro, menu-planning is driven by a



combination of resident preferences, kitchen decisions and budget. Those venues could serve nothing but cheeseburgers and plankton soup, if residents would go for it, or serve steak and lobster every night if the budget permitted.

The emphasis in Aria and the Bistro is on taste and diner appeal.

In the Health Center, however, Todd says it's completely different.

"While we strive to provide all Mirabella residents with menu items that are as healthy as possible, we are specifically regulated in the health care center to meet mandated nutritional requirements," he said.

Mirabella's chefs and dietitian create the Health Center menu and pass it on to consulting dietitians for analysis.

When testing is complete, the reviewing dietitian signs off on the five-week cycle, certifying under penalty of losing his or her license that the meal plan meets regulatory standards.

With Meal Tracker, all Aria and Bistro items are



analyzed, not to obey regulations but to provide nutritional data to all residents, who will be able to make independent judgments on what they can or should order.

The information will not be on the menu, for the resulting menu would be thick as a phone book. (Remember phone books?)

Instead, Todd suggests residents who want to check food values send an email to executive chef Anthony Schroeder or Armin, who can send the requested information back in a PDF document.

(Those without computers can call Anthony or Armin and request the same information.)

Easier yet, Armin is working to get all Meal Tracker information included on Miranet, under the "dining" tab.

At an October resident council meeting, Armin let residents in on a little secret: a sneak preview of Meal Tracker is online on Miranet now. Look at "dining" and you'll find a

nutritional breakdown for every soup offered in the Bistro. Then imagine that kind of information for every dish served at Mirabella.

In September, resident Paul Robertson, a physician with diabetes who ran the diabetes interest group, left Mirabella. He moved with his wife, Peggy, to Seattle and what he described as "a non-CCRC environment so that we know what is in the food we are eating."

Paul sent a note to diabetes group members saying, in part, "Please carry on the good fight to insist that the dining room provides the proper nutritional information on the menu, so that you can choose your meals wisely."

Which is exactly the aim of the two-year Meal Tracker effort, say Todd and Armin.

Todd readily acknowledges that Meal Tracker is not a universal panacea.

For one thing, it will not provide analysis of the Bistro or Aria nightly special, both dreamed up just a day earlier which is far too little time to have them analyzed.

It won't help if a chef deviates from the tested recipe, and it cannot address every conceivable dietary concern.

Todd says the kitchen staff is expected to follow recipes exactly; residents say that doesn't always happen.

One resident who may see limited value is Yvonne Branchflower, who follows a difficult low-histamine diet or she suffers drastic consequences that can last for days.

"Because of the diet I'm on, the standard dietary breakdown is not going to help me," she told 3550. "I don't need to know about cholesterol, for example. I do need to know about histamines."

Despite the dining policy, Yvonne says, cooks do improvise and sometimes she pays the price.

Priscilla Cowell agrees, saying one cook likes to add sugar to various dishes because he thinks it makes them taste better.

"That's not going to be in any of the nutritional results and for diabetics that's a nice thing to know about," she said.

Other residents have discussed their dietary needs with Armin, Todd or Mirabella nutritionist Brice Suprenant and received help, but some problems are beyond Mirabella's power to solve.

Those concerned about sodium or sugar or pepper have asked that those ingredients be banned from all food items. That's not going to happen, says Armin.

"Some of the products used in cooking come with sodium or sugars in them," Armin said, and there's no way to leave them out.

But with Meal Tracker, at least diners will be armed with a ton of information about individual dishes, and can make intelligent decisions about what meals are right for them. ■

Test Your Knowledge: Resident Assistance Fund Quiz

FOR MONTHS, 3550 AND THE MIRABELLA FOUNDATION HAVE discussed the Resident Assistance Fund. How well have we covered it – and how well have you listened? Test your knowledge of how the Mirabella Portland fund works by answering the following multiple choice quiz questions.

1. Why does the Mirabella Portland Foundation have a Resident Assistance Fund (RAF)?
 - a. To help pay resident medical expenses.
 - b. To ensure that no residents will have to leave Mirabella because they outlive their financial resources through no fault of their own.
 - c. To help residents make dining and travel arrangements.
 - d. It's required by law.
2. Why does Mirabella admit people who don't have enough money?
 - a. Sloppy process.
 - b. Potential residents are not truthful.
 - c. Mirabella was desperate.
 - d. It doesn't. To enter Mirabella, residents provided personal financial records to prove they could afford to live here.
3. Why do we need an RAF when residents have to be wealthy to get in?
 - a. Mirabella doesn't expect us to live past 95, but many of us will live to 100 or more.
 - b. Major medical expenses without long term care insurance could use up our money, especially if one spouse is on the second floor.
 - c. We could lose our money in a market crash or get ripped off by an investment fraud.
 - d. Any or all of the above.
4. How will I know that I need RAF assistance?
 - a. Your stock broker calls with bad news.
 - b. That travel club trip fee was just too much.
 - c. That last medical co-payment wiped out your checking account.
 - d. Mirabella staff entered your financial information into a computer program that showed you outliving your funds.
5. How does the Mirabella RAF compare with that of other retirement communities?
 - a. Mirabella is unique in having such a fund.
 - b. Mirabella has a larger fund than most other communities.
 - c. Mirabella has a smaller fund, less than \$500K.
6. How much will my fees go up if I have a spouse on the second floor?
 - a. They will not go up. Mirabella will take care of you.
 - b. Your fees will more than double because you will pay the charges for your independent living unit plus more than \$8,000 per month for the health center fees.
 - c. You will pay your independent living unit fees plus whatever health center fees are not covered by long term care insurance.
 - d. Either b or c is true, depending on your circumstances.
7. If I'm out of money, can I use my refundable entrance fee to cover my expenses?
 - a. No, Pacific Retirement Services (PRS) used the money to build a new Arizona facility.
 - b. No, Mirabella spent our entrance fees to pay down our mortgage debt and/or refund entrance fees to prior residents.
 - c. No, PRS used the money to pay for PRS and Mirabella operating expenses.
8. If Mirabella no longer has our entrance fee money, how will I or my estate get a refund?
 - a. PRS has a slush fund to take care of us.
 - b. The money will come from the entrance fee paid by the next resident of my apartment.
 - c. Mirabella planted some money trees and hope they will bear fruit before the money is needed.
 - d. Mirabella will refund the money within 90 days of our moving out whether or not a new resident moves in.
9. Either I or my estate will get my refundable entrance fee sometime. Can I use that promise as collateral for a loan to pay my Mirabella bills?
 - a. If you are eligible for financial assistance under the terms of your Mirabella contract and the RAF **has** enough money, the Foundation will lend the money to pay your Mirabella bills.
 - b. If you are eligible and the RAF **doesn't** have enough money, Mirabella Portland will lend you the money.
 - c. Both a and b are true.
 - d. Neither a nor b is true.
10. Why will Mirabella or the Foundation charge interest on loans secured by our entrance fees when they don't pay us interest on our entrance fees?

- a. Life isn't fair.
 - b. The entrance fees were not loans.
 - c. Mirabella didn't keep the money.
 - d. All of the above.
11. When will I or my estate receive my refundable entrance fee?
- a. You or your estate will receive it after you are no longer living anywhere in Mirabella **and** after the next residents of your independent living unit pay their entrance fee.
 - b. You may have to go to court.
 - c. Be prepared to wait it out.
 - d. You don't get it back.
12. You can borrow against your refundable entrance fee
- a. to pay for grandchildren's college expenses.
 - b. to buy a new car.
 - c. to pay for a trip to Europe.
 - d. if you run out of money through no fault of your own. Your refundable entrance fee can be used as collateral for loans to cover your Mirabella expenses.
13. Can I still get a loan if I run out of money and don't have any entrance fee entitlement left as collateral to "borrow" against?
- a. Yes, if the Foundation has the money in the RAF.
 - b. Yes, if Mirabella can afford it without impairing its ability to operate on a sound financial basis.
 - c. Yes, support may still be available, even if your estate cannot repay the loan.
 - d. All of the above.
14. Under what conditions will neither Mirabella nor the RAF take care of me?
- a. You gave your money away.
 - b. You spent your money on lavish travel.
 - c. You used your money to pay gambling debts.
 - d. Any of the above. To get assistance you should run out of money **through no fault of your own**.
15. Why has no one ever told me about how this works?
- a. We're keeping it a secret.
 - b. Mirabella told you in article 7 of your residence and care agreement.
 - c. Articles in past issues of 3550 and in Musings described the process.
 - d. Answers to frequently asked questions (FAQs) are posted on the Foundation page on Miranet.
 - e. A notebook in the library has collected all this information.
 - f. All but a are true.
16. Do residents have to pay for other people who run out of money?
- a. Yes, we are a community where we care for our neighbors.
 - b. Yes, with a robust RAF we can care for people who run out of money.
 - c. Yes, if the RAF doesn't have enough money, Mirabella plans to support those in need out of the operating budget paid for with our fees.
 - d. All of the above.
17. Where does the RAF money come from?
- a. It comes from voluntary tax-deductible contributions to the Mirabella Portland Foundation.
 - b. Manna from Heaven.
 - c. Prayers might help.
18. How may I become a "sustainer" of the RAF?
- a. Donate \$1000 once.
 - b. Promise to donate something every year.
 - c. Promise to donate \$1000 per year either as a single payment or as a monthly billing for as long as you can afford it.
19. How may I become a "legacy donor" to the RAF?
- a. Create or amend a trust to commit funds when you die.
 - b. Leave money through your will.
 - c. Give Mirabella a signed notice to give a dollar amount or a percentage of your refundable entrance fee to the RAF.
 - d. Designate the Mirabella Portland Foundation's resident assistance fund as the beneficiary of a life insurance policy, a bank account or a brokerage account.
 - e. Any of the above
20. How else may I support the RAF?
- a. Make a donation of any size. No gift is too small.
 - b. Attend RAF fund raising events.
 - c. Have a monthly donation added to your Mirabella bill.
 - d. Donate your car when you no longer need it.
 - e. Explain to other residents how it works.
 - f. Any or all of the above

If you have any questions or concerns, please contact Ed Parker or Fred Morris. See page 38 for the correct answers. ■

How Your Refundable Entry Fee Gets Returned

by Steve Casey

DOES MIRABELLA HAVE TO RETURN THE REFUNDABLE PORTION OF your entry fee to you or your estate within 90 days of your departure?

I thought so; I was wrong.

That's one thing I learned from a quiz in this issue, written by Ed Parker and Fred Morris about the Resident Assistance Fund, and a conversation with Mirabella's marketing director, Renee Hix.

Renee had another surprise or two for people who wish their refunded fee to go into their trust. More about that shortly.

Here's a classroom assignment: let's turn together to our Residence and Care Agreement, section 9.3.3, "Repayment or Refund to Resident."

Subsection (a) doesn't really apply to us; it's mostly for states like California that have different laws about refunds to people who move from these communities within their first six months of residence.

Most of us come under subsection (b), "Voluntary Termination by Resident or Termination by Death."

That section says residents (or their estates) will be paid the refundable portion of their entry fee (generally 85% or 90%, depending on the terms of your contract) "minus any unpaid fees or charges, or repair costs," including any subsidy received, and any costs involved in restoring the unit to its original condition, other than for normal wear and tear.

Importantly, it says payment by Mirabella will come within 30 days after your former apartment "is reoccupied by a new resident who has executed a Residence and Care Agreement and paid the then-applicable refundable entrance fee."

What does that mean as a practical matter?

Here's a hypothetical, fact-checked by Renee:

Say you move out October 1, but it takes two weeks to get all your personal effects cleared out so Mirabella can clean and repair it. Apartment keys are turned over to Mirabella on Oct. 15. A week later it's been cleaned and is ready to show.

A new person or couple snaps up the apartment on Nov. 1, paying a deposit.

At that point, the unit gets a "standard renovation" of new carpets, paint and sprucing up as needed, all of which takes some 60 days, to Jan. 1.

At that point, whether or not the new resident actually moves in, full entry fee payment is due and the new resident gets the keys.

You or your estate should get paid by the first of February – some four months after your move-out.

If it takes more time to re-sell or renovate the apartment, or if the new resident cannot promptly sign the contract for whatever reason, that can run longer.

So where does this 90-day business come from?

Perhaps confusion with the Residence and Care Agreement section requiring that a resident voluntarily moving out give a 90-day notice to Mirabella, and if



Renee Hix, Director of Marketing.
Photo by Ron Mendonca.

Mirabella wants to kick you out (they can do that, but only for cause), it gives you the same 90-day notice.

While there is no guarantee a vacating resident will see the refund by a certain date, with the high demand for Mirabella units, that has not been a problem, Renee says.

But what happens if the housing market tanks and there are no buyers? Will residents or their estates wait for months, even years, for a refund? Renee says no.

"Worst case scenario might be that we adjust the price of the vacated unit to meet the demands of the market," she said.

And if Mirabella drops the price, that does not affect your refund amount, which is based on a percentage of the entry fee you paid, not the new entry fee.

Similarly, if the market soars, you do not get the benefit of that appreciation.

Renee adds a word of caution to the many residents who, to avoid probate or for some other reason, have their assets in a trust.

The default method of refunding the entry fee is to make the check payable to residents personally, or to "the estate of" the deceased resident.

"Then the phones will light up with lawyers and all kinds of people saying 'no, it has to go into a trust,' and I'll have to tell them their loved one made no provision for that to happen," Renee said.

The way to avoid that is simple: both Renee and resident services director Megan Huston have forms residents may fill out and return, directing that their refunds go into a specific trust.

Newer Residence and Care Agreements also contain that option but few residents at this point have that new contract.

One final step is filing with Mirabella a "certification of trust," generally prepared by whoever drafted the trust, certifying that it's a real thing. Without that, corporate parent Pacific Retirement Services will require a copy of the entire trust, Renee points out.

To check your own knowledge of residents' financial relationship with Mirabella and how the Resident Assistance Fund can – and cannot – help in times of financial crisis, see the quiz on page 8 of this issue. ■



Ed Weiner has ridden a scooter to Multnomah County Library and back. Photo by Robert French.



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world at our website:
www.3550magazine.org.
So is every back issue.***



Photo by Robert French

Ann Crumpacker

by Claire Weber

ARING-BEARER AT THE AGE OF FOUR IN THE 1929 ROSE Festival, wife to the man who caught her eye with his lit-up bow tie at a Christmas party, widowed at 40 with four children to raise, Portland native Ann Crumpacker did what seemed most reasonable at the time: she looked for foreign adventure.

When husband Peter died, each of Ann's four kids was attending a different school and Ann was teaching at a fifth. But as the children grew older, Ann applied to teach at a military school overseas.

"I just thought it would be kind of an adventure, and I

Resident Profile: Ann Crumpacker: Adventurous Spirit

thought it was time for one," she told 3550. "I'd been in Portland my whole life."

Indeed.

Ann's dad, Harry Winkler, was an Austrian immigrant who spoke nine languages and 13 dialects. Her mother, May, was a registered nurse – the eighth RN licensed in Oregon. Harry became a pharmacist and opened Winkler's Pharmacy near the train station. After marriage and three children, he went to night law school and passed the bar, concentrating his practice on helping immigrants.

Ann grew up on Portland's Tillamook Street, in the shadow of Grant High School, one of four non-Catholic students at Holy Child Academy. She earned a degree from the University of Oregon and later a master's at Portland State, and after other teaching assignments became a special ed reading teacher in Lake Oswego, helping kids "who worked so hard and were thrilled with any kind of progress."

Along the way, Ann and Peter welcomed Blair, Dean, Emily and Abby into the family, the four children arriving in four years. Ann took a teaching hiatus to raise her kids. (In a much later six-year period, her four children gave her nine grandchildren.)

She returned to teaching after the kids were older and started at Clackamas High School. But her practicality

surfaced during a daily commute when she "was on Riverdale and it took 11 minutes to turn left onto Macadam. I decided that was enough and I should get a job going the other way. I spent the rest of my teaching years in Lake Oswego."

After her sons were out of college and the girls attending Oregon State, Ann's interest in adventure took her to a school at an Air Force base in Aviano, Italy, where she immediately found culture shock.

The first night in Italy, she remembers, "I went to dinner and ordered a salad. It came with a whole little bird, with a beak and eyes looking up at me. I couldn't eat it."

She developed programs for middle- and high-school students at a school on the base "in the foothills of the Dolomites, just 30 miles from the Yugoslavian border," she remembers. "It was a rural area that had had two world wars in their backyard."

With Air Force help, she found a ground floor of a house to rent, especially desirable because "it had a light in every room, and a closet, both of which were unusual. It also had a kitchen with a wonderful view of the mountains – but no stove." She purchased "a Singer-brand refrigerator which came without a plug, probably to avoid some kind of tax."

Italy had lots of taxes which Italians worked at avoiding.

She bought a Fiat from a dealer whose service manager told her that women really had no business driving. Or paying taxes, one presumes, as the car's steering wheel bore a string with a wax seal, "probably to show some tax had been paid." Two years later her landlord had a phone "but he kept it in a bookcase so no one knew he had it, probably to avoid a tax."

Early on Ann "applied to get her own phone and was told there was a two year wait and when she finally got a phone, she would have to also buy the telephone pole." There were no available phones outside of the military or bars, Ann says.

She loved Italy and Italians. "When you got on a bus in Italy," she says. "There were two people – the driver and a man who seated you." One morning she drove up to a toll booth and was greeted by a cheerful Italian toll collector who said, "Good morning, beautiful lady. Where are we going today?"

The teaching stint in Italy only fueled her desire to see the world.

Her later travels include a few months in England, based in Kent, and the rest of the winter in Greece and Central Europe, Scandinavia and Crete.

Traveling with a friend, she visited the charming small village of Clovelly, in Devon in northern England, famous

(see Crumpacker p. 14)

(from Crumpacker p. 13)

for very steep streets leading down to the water. She remembers donkeys carrying goods up and down the hills, and once saw a bride and her father trudging their way up to a hilltop church for her wedding.

Another special trip was to Mexico, where she and a friend found an art institute where they rented accommodation in a former chicken coop. It was there she learned to make silver jewelry, and there she got in trouble with her kids.

Over Christmas, daughter Emily recalls, the children called and "a man answered in Spanish, 'chicken coop.'" The kids told Ann, "you ought to tell us where you are," and Ann laughingly replied, "I worried about you all this time, and it's time you worried about me."

Her adventurous spirit and unbounded optimism have served her well throughout her life, and her quiet, sharp sense of humor has lightened up Mirabella.

"Looking back, it's been pretty reasonable," Ann says of her 94 years. "There are things I wish hadn't happened, but one goes on. It is what it is." Travels have been a particular high point of those years. "One of the best parts about traveling are the flashbacks you get when you get home, and get older."

Ann Crumpacker is an adventurer who took care of what needed to be done and then set herself new challenges and adventures. For her, the glass is always half full.



Ann volunteering at Veterans Hospital



Ann with her nine grandchildren in 1988.

WHILE I'M NOT A CONTENDER FOR THE LONGEVITY AWARD (we recently celebrated 100th birthdays of two residents), I am in my 95th year and think it is time to hang up my press pass and retire from column-writing for my favorite magazine — 3550.

I hate the idea, as I've loved working on every cool and

Around Campus with Marge Carothers

creative issue. It's been a lot of fun, and the finale, so to speak, of my career in this "sport" called journalism.

Plus, it's a far cry from ages ago when I started pounding the old Underwood as a newspaper reporter



Lois Lane? Cub reporter Margie Donnell (now Marge Carothers) interviews Kate Rockwell Matson, better known as the putative "Klondike Kate," for the Longview Daily News, circa 1942. Kate was a dancer and vaudeville star during the Klondike Gold Rush. The 18-year-old Marge wrote that Kate was still vivacious and energetic despite closing in on her 61st birthday. Old news photo rescued by Ron Mendonca.

at the Longview Daily News during my first two years of college. Classes in the morning, then to work afternoons as the assistant society editor (unless I was filling in for the sports, news or society editor if they were on vacation). Next, to the UW (go Huskies) campus newspaper, and on to New York City and a stint as a reporter for Broadcasting Magazine, a radio/TV national trade journal.

Skip ahead seven decades to 2013 when I was asked in the infancy of this magazine to become 3550's columnist covering life "around campus" as we called it.

For five years, I have enjoyed doing that and staying in touch with the diverse activities at Mirabella and the incredible achievements and adventures of its residents. While I'm still in decent health and my mind allegedly still works, I've taken a whack on the head again and rediscovered I'm not a kid of 60 — even 80 — anymore.

So, I am taking this opportunity to thank each of my readers, each of my news sources and of course my fabulous editors for a great five-year run. I appreciate the help, the information, the collegiality and the fun we've all had together.

Mirabella, I love you. You are an amazing place where I've made wonderful friendships and generally had a blast. I hope to stay active in this community, but without notebook in hand.

See you Around Campus.

Love, Marge ■

Call for Quilters

MIRABELLA'S QUILTERS MAKE QUILTS FOR CHILDREN WHO HAVE come from an abusive situation and are going into Foster Care. Quilts for Kids meets the first Thursday of the month at 10 a.m. in the Art Studio. We've been meeting for six and a half years and have given 172 quilts. We are looking for friends old and new to spend time with us for this very important program. Sewing at all levels is needed and appreciated, Time well spent with great fellowship. If you are interested call Mary Zehrung — 6686. ■

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by Polly Grose

WE SCHEDULED OUR FIRST MEETING IN THE FIFTH FLOOR Terrace Lobby. David Fisher's email reply set the tone.

"I saw a completed puzzle there once and it made me happy to reflect on the accomplishment of each puzzle piece and the tiny victories that all work together and eventually create the big picture."

David's image of the puzzle became a metaphor for his personal philosophy and the course of his life.

Chef David was born in Forest Grove and raised within the Portland area. His closely-knit family included two grandfathers who offered him special support.

David smiles as he says, "My Mom didn't like cooking; we ate all our meals out. At the pizza restaurant, I stood in front of the window looking into the kitchen watching the chef create one pizza after another. That's how I got hooked."

As a young teen-ager David applied for a job at one of the pizza restaurants and stepped inside the kitchen to launch his career as creative chef. He explains, "My grandfather said this is something you like, and you must do it. He really gave me permission to cook."

As soon as David finished high school, his other grandfather, born in France, gave him financial support to become an exchange student on a baccalaureate program in France.

David took advantage of this program to spend two years primarily in northern France. "The country and its customs absorbed me. I began to learn an appreciation for food. It's a pastime over there. The dinner table is the center point of their life. Everyone shares his thoughts during one course after another. This reverence is lost now in our culture," he says.

Shifting to poetry, David says, "I really love writing poems. I was writing by the time I was a teenager." His growing dedication to cooking and writing provides a glimpse of David's future life.

After he returned to Portland, David took a job at the Spaghetti Factory close to Mirabella.

But the lure of travel and adventure, and a girlfriend, changed his focus to the Bahamas. They moved to St. Thomas Island. David describes "a small population but tourism abounds. I wanted the hotels and restaurants that you need to pursue a career in catering,"

He followed the tourists and their palates. At St. Thomas, he became an executive chef at twenty-two.

David returned to Portland in 1994, to settle down. He began work on the Willamette River boats and joined the Portland Spirit as executive chef. Then David joined the Willamette Star, designing its galley before taking over as chef.

His next adventure was New Mexico where his mother owned a hotel. David took over Café Chameleon, managing his first restaurant.

Drawn back again to home base, Portland, David became the executive chef of Crave Catering. In 2007, David became Crave's director of film catering.

In 2012, David suffered serious injuries in a car accident. He learned through the recovery process about priorities for concentration and issues that could be ignored. He branched into creative arts, making bows and arrows, for display and shooting.

Enter Mirabella.

"Film catering prepared me for Mirabella and Aria and the Buffet - sophisticated palates yet a longing for home comfort food."

He is creative special cook. He works Sundays through Wednesdays, one of the two hot cooks at Aria. Everyday David is told the meat order. Sous Chef Benny Klosterman

Staff Profile: Special Specialty Chef: David Fisher

writes the menus but David does the specials.

David says, "It's special here. Working with nice people in a safe building, with the finest ingredients. We like to make dinners complete and satisfying to Mirabella residents."

David explains that on the 24th floor, "Names of diners are on the tickets that the servers give us. We begin to recognize the names and those who have special needs. We want to get you what you want. My job is to say yes."

David explains the need to balance the menu, using his imagination for the entrees. He continues, "I try to think of more vegetarian ideas, go in a new direction. I think I know when to introduce a new creation to balance the menu."

"It's a beautiful world; I say that every day. This is my mantra. And I am here to teach, using all my experience and knowledge."

David is now 51 years old, with 30 years of experience behind him. He's a proud dad of two children, Jessica a graduate of Linfield, and Jordan from PCC. ■

Photo by Ron Mendonca



David Fisher

Photo Essay: Holy Land by Ron Mendonca



MURIEL AND I FOUND THE HOLY LAND TO BE AN AMALGAM OF MULTIPLE Judeo-Christian churches and sites, Christian, Jewish and Muslim. Buildings and people blended to convey the area's rich history and the confluence of different faiths.



An imam preaching in a mosque.



A mosque in Amman, the capital of Jordan.



Jews in Jerusalem praying at the Western Wall. Slips of papers are prayers and intentions tucked into the wall.



A Muslim meditating and holding a Koran.



High Priest of the Samaritan church. Samaritans claim descent from the tribes of Ephraim and Manasseh (two sons of Joseph) as well as from the Levites.



Bethlehem, the traditional spot of Jesus's birth, venerated since ancient times.

Holiday Stories

Joy in Simple Things

by Peter Swan

1976-1977 WAS MY FULBRIGHT YEAR AT THE SCANDINAVIAN Institute of Maritime Law in Oslo. Joyce, I and our three young children had — finally — moved out of the University of Oslo residence hall and, thanks to American oil-drilling company Brown & Root, had found a house to rent in Oslo's Vinderen district. It was on a street of 10 homes that ended in a lovely little forest with a cascading waterfall. Along with the house, we inherited a black-and-white cat that the children named Panda.

Our landlord told us "the freeze" should begin in mid-November; and indeed it did. The lakes in the plateau above the city were covered with a three-inch thick lid of perfectly transparent ice. I tried ice skating and gazed down to see fish swimming around under me.

Our Norwegian friends said the snow would follow in two or three weeks and it did. Thus began our Christmas season. Customs were certainly

different in Norway. Joyce appreciated the absence of non-stop toy advertising on TV. The children, including our own, were not frenzied and hyped up over wanting this or that toy. That left them free to focus on family, outings in the snow, and traditional events.

On Christmas eve, the Norwegians go to light candles in cemeteries where their ancestors lie. Christmas day has gifts, but gatherings are limited to the immediate family. The following day, extended family members visit and enjoy festive meals and cookies. Later, days after Christmas, good friends are included in the visiting. We were able

to visit the home of the Institute's head secretary (whose daughter had become our baby-sitter), and the home of our long-time Norwegian friends, as well as attend the Institute's Yule party.

Our seven-year-old daughter enrolled in a Norwegian grade school, walking three-quarters of a mile each way along with other kids in our neighborhood, and gradually learned a little Norwegian. Our second oldest, who was



Painting by Hebe Greizerstein

five, took the electric trolley (the *tric*) up to the beginning of the plateau where he was in a pre-school housed in a log cabin. The children there spent half of their time learning to ski. I constructed a blanket-lined box-sled (a *pulk*) and hitched it to a belt harness by bamboo poles so I was able to take our youngest, who was three, for a little cross-country skiing.

It was a time of innocence and for wholesome and safe outdoor activity.

For all of us it was a very different, and memorable, Christmas season. ■

Every Parent's Nightmare

by Pamela Lindholm-Levy

ON NEW YEAR'S EVE, 1986, IN DENVER, LARRY AND I WERE in our jammies watching television. At about 11:30 p.m. the phone rang.

"Mom," my son said in a half whisper, "I'm in jail in Vail. If you don't come and get me they'll take me to the Eagle county jail."

No one said OMG back then, but that was my thought.



Painting by Hebe Greizerstein

Four years earlier, headlines around the country screamed the torture and killing of a teen by his cellmates in the Ada county, Idaho, jail. We had to go to Vail.

We changed into warm clothes and boots and were off. We exchanged a quick kiss at midnight. The stars were out. The crisp Rocky Mountain air took our breath away. Luckily, the roads were clear. Still, even though we knew the route, Interstate 70, we were careful to keep an eye out for ice patches, mountain sheep, drunk drivers and 18-wheelers.

I-70 climbs to the 1.6 mile Eisenhower Tunnel at 11,155 feet. At the convenient rest stop near the entrance to the tunnel we stopped and used the facilities.

In the waiting room of the Vail jail, two groups of 20-30-somethings glowered at each other from separate corners. They and some now-jailed friends had had a melee in the center of town and looked like they weren't finished.

Meanwhile, we inquired about Stuart.

Sometime later, that shamefaced 16-year-old shuffled toward us. Before he collapsed into the back seat of the car and slept all the way home we got the story. He and about 20 of his high school friends had come to Vail that afternoon to stay in a parent's condo.

I knew this, and that the parent would be there. After

dinner and after dark, the kids, with beer (I didn't know this), began walking on the Lion's Head path along Gore Creek toward Vail. Stuart was at the end of the line. He, and only he, was stopped by a policeman for drinking under-age but also for drinking under-age outdoors. Vail has an "open container" law. Stuart was booked in.

I think he said, "Sorry mom," at the jail. At any rate, he was a good kid. He told me later that whoever of the friends looked oldest, or maybe someone's older brother, bought the beer at Hawk's Liquors right in our neighborhood. Hawk's had a drive-up window.

Close to another holiday, Easter, Stuart and I drove back to Vail for his court date, which had been postponed once because of a snow

storm. There were students from other high schools awaiting judgment.

I will never forget what the judge said: "You kids from affluent families think you can come up here and tear up the town." He must have been thinking of the other group.

\$100 and three cans of food for the Vail food bank later, we headed home.

Stuart doesn't mind that I've told this story to his own teenage son. ■

Roller Skate Christmas

By Sybilla Cook

GROWING UP IN NEW YORK'S FINGER LAKES SECTION, I found seasons and activities pretty much the same from year to year. Spring brought baseball, roller skating and playing marbles in the driveway. We spent summer swimming at the lake, while autumn brought showers of leaves to shuffle through on the way to school.

Winter brought snow. Lots of snow. About 80 inches of snow a year. People joked that any snow that didn't fall in Buffalo came straight to Auburn, where we lived. As a child, it was fun.



Painting (detail) by Hebe Greizerstein

And beautiful. Snowfalls came often enough that it was clean and white. The colored lights of the Christmas tree shone in our front bay window, and red-ribboned wreaths hung cheerily in the others. Icicles dangled from the eaves and sometimes came crashing down to the side of the driveway.

Whenever a whole bank of icicles fell, we used them as windows in the massive snow forts my brother and I built in the snow that piled up where the driveway met the street.

After our big family Christmas dinner we were expected to go up to our rooms and write thank-you notes to the aunts who lived in New York City and sent special presents from the big FAO Schwartz store there. The rule was we couldn't play with anything until the thank-you notes were written.

Any presents for outdoor use, like my brother's bicycle, had to be tucked away until the proper season arrived. We still had to write proper thank-you notes, even though it was harder to write about things we hadn't used. We had to have our letters ready to mail before we could play in the snow or curl up in a chair and read one of the new books my grandmother always gave me.

But one Christmas I received a pair of brand-new roller skates. I'd learned to love skating around the neighborhood. It was a challenge; most sidewalks were made of the local slate, which chipped easily and often led to falls if you weren't looking.

I was pretty good by this time, but I'd been using hand-me-downs from a cousin. These brand-new skates had lovely wheels and a shiny key, which Dad attached to a big string I could wear around my neck.

This turned out to be the only Christmas I remember where it was fairly warm and sunny outside, and the sidewalks totally bare of snow. I could use the skates immediately.

After those thank-you notes were written, I went out and spent the afternoon skating everywhere I could. The new skates made it more fun to navigate the sidewalk hazards.

I was ready for anything.

It snowed again that night, and I don't think I saw my skates again till spring. But I still remember that wonderful afternoon on my perfect brand-new skates. ■



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Single Whip, Repulse Monkey: Tai Chi at Mirabella

by Nick Cowell

YOU ARE A 26-YEAR-OLD MAN EXPERIENCING PAIN IN YOUR hands and wrists. Your doctor tells you that you have tendonitis and then outlines an extensive and expensive treatment plan. What would you do?

When this happened to John McKinney, he decided to do some research, which led him to another option — try Tai Chi as a cure.

It worked. With only occasional minor twinges he has been pain free since then.

John has been the Tai Chi instructor at Mirabella for three years. With the help of his assistant, Kristin Dunlop, he teaches beginners the 10 Form practice for 45 minutes at 9 a.m. in Willamette Hall every Tuesday and Thursday and the more advanced 18 Form every Monday, Wednesday and Friday at the same place and time.

Beginning in January he will add classes once a week in the 24 Short Form at 10 a.m. on Wednesday. He says this form is probably the most widely practiced Tai Chi form in the world. Also twice a year he has an hour and a half introductory session for residents who want to learn about Tai Chi.

What is this practice called Tai Chi?

The answer is not simple. It began in China probably sometime in the 16th century. If you want a challenge Google “Tai Chi” and prepare for a lengthy, complicated and not always understandable explanation.

Tai Chi and many other systems began as a martial art, and combines philosophy, health, cognitive improvement, strength and pleasure into its graceful moves.

The Harvard Medical School Guide to Tai Chi is subtitled “12 weeks to a Healthy Body, Strong Heart and Sharp Mind.” This captures some of the complexity of Tai Chi.

John expresses this with the ideas of unity and community building. The emphasis of his instruction is focused on fall prevention. As we all know falls happen frequently in our age group.

John is an experienced instructor who teaches the ch’uan form of Tai Chi, not just at Mirabella, but also at the Jewish Community Center, Portland Parks and Recreation, and American Plaza Towers, and he also gives private lessons.



John McKinney

He leads yearly Tai Chi flash mobs held at Directors Park and he led Mirabella in hosting World Tai Chi Day — last year’s celebration in Willamette Hall where our class members performed and other groups, including world champion Tai Chi practitioners, demonstrated complex Tai Chi forms and routines.

John was already doing Tai Chi when he left his job as imaging manager at The Oregonian newspaper in 2012. He had been doing Tai Chi for years and was certified to teach the Tai Chi Long Form in 2003. After leaving the paper, he made Tai Chi instruction his career and has earned additional certifications.

Want to know more about Tai Chi? Ask any one of his students here at Mirabella, go to John’s interesting and informative website www.american-styletaichi.com, or check out

books on the subject that he has given to our library. OHSU and other hospitals and medical schools have recently published materials on the remarkable and wide ranging benefits of the Tai Chi practice.

Want to try something new that would be fun and help with mental and physical health? Consider trying Tai Chi. For us it’s only an elevator ride away. ■

Empty Mind: Breathe

by Nancy Moss

I ATTENDED MIRABELLA'S MEDITATION CLASS BECAUSE A KAISER NURSE had told me that slow, deep breathing could lower one's blood pressure, and because my sister, a veteran meditator, had led me in a short, not especially successful, session focused on breathing.

Things have changed, according to Bryant Symkowiak, Mirabella's wellness coordinator. People can either focus on their breathing or "let their mind wander."

Our class in the Sky View Room, Tuesday at 11 a.m., had two other participants, Kathy Suzi and Dr. Paul Johnson.

"I think I benefit from it," Kathy said.

Paul takes the class so he can sleep better, and says he's had good results.

Bryant had us sit down and told us to either focus on breathing or "get that Zen feeling" for half an hour. "Follow that breath," he encouraged us.

Remembering my attempt with my sister, I told myself that if my mind went wildly afield, if it started moving furniture or planning tonight's supper, I would refocus on my breathing.

Sitting quietly and focused on breathing, I noticed first the creaking of our chairs, then that the Skyview Room contained two separate hums, one high and one lower pitched. I must wash the lettuce, I reminded myself.

I snapped to, refocused and heard a new creak, to the left of my chair. Another one to the right. The room contained a symphony of creaks, I told myself.

The air conditioning picked up its pace. There was a deep creak, almost a boom, followed by a lesser one. Lyrics of the song "The Boy from Laupohoe" flitted through my mind; I snapped back.

Two creaks behind me and to my left.

Bryant shifted slightly in his chair. "Time's up," he told us.

"That was half an hour?" I asked.

"That's half the point," Bryant explained. "This is the best format," he added.

"It helps in the sense that it relaxes me," Paul told me. Having had trouble sleeping, Paul had seen a sleep therapist who had prescribed 20 to 30 minutes of meditation twice a day.

Dr. Bessel van der Kolk, author of "The Body Keeps the Score", writes that "intensive meditation has a positive effect on exactly those brain areas that are critical for physiological self-regulation."

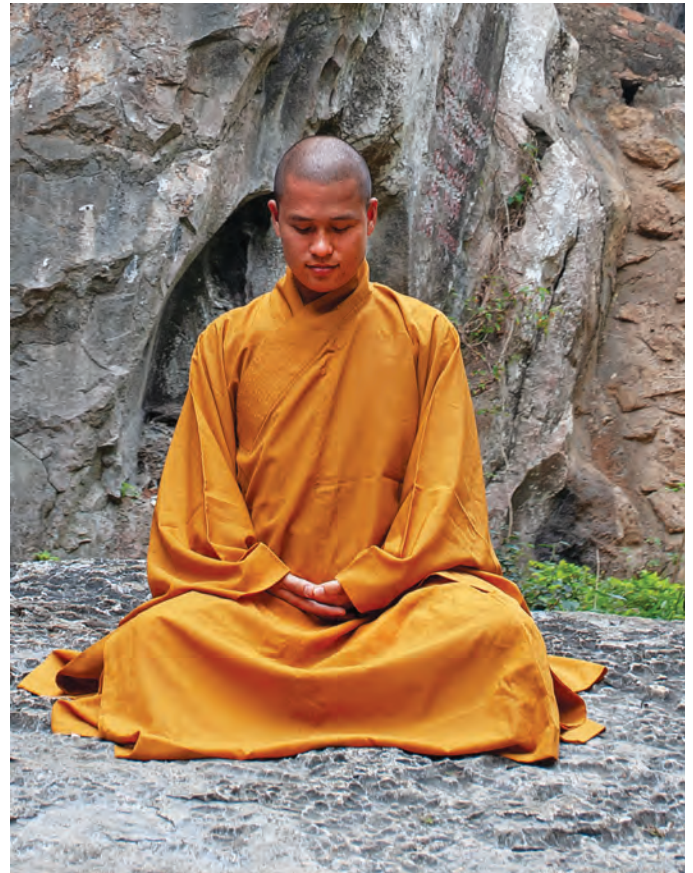
Mirabella resident Ed Parker studied meditation techniques when he was an Alzheimer's caregiver. Focusing on his breathing and on staying in the present rather than fretting over past or future concerns, he followed the mindfulness that accompanies meditation.

As for me, in spite of drinking a cup of coffee before class, I felt deeply relaxed.

For Paul, meditation works hand-in-hand with exercise. "I have to do it regularly," he told us. Bryant said it made him think more clearly.

I didn't tell them that years ago, sitting at a famous Zen garden in Kyoto, I focused on the rocks and pebbles, trying to reach some form of enlightenment, and got nowhere. Focusing on breathing and awake to the Skyview Room's symphony of creaks – which Bryant assures us is the glass settling – I felt strangely refreshed. I had not realized, at that Zen garden, that the answer lay within as well as outside me.

The sense of relaxation stayed with me as I tore lettuce leaves for a salad later. ■



Monk photos by Robert French.

History of Meditation

ORIGINATING IN FIFTH CENTURY B.C. INDIA WITH Gautama Buddha, one of Buddhism's strands, Chan Buddhism, spread first to China, and then to Japan, where it was called Zen Buddhism. There it emphasized meditation as a way of reaching *satori*, or enlightenment, and influenced many aspects of Japanese culture.

In Kurosawa's great film "Seven Samurai," Kyuzo, the master swordsman, rests with his sword next to a tree. His eyes are closed; he looks like he's asleep. But at the approach of an enemy he springs into instant action, his sword flashing.



His resting state looks like mindfulness, like quiet but intense awareness.

In his CDs on Guided Mindfulness Meditation, Jon-Kabat Zinn tells his listeners to be "fully awake, fully present," to "tune into the feeling of breath moving in and out of your body." If your mind wanders off a thousand times," he says – and it will – "bring it back a thousand times." Be patient and gentle with yourself, he urges.

Sweeping the Porch

THERE IS A SPONTANEITY AND UNPREDICTABILITY TO ZEN, found most often in its *koans*, or riddles.

What must I do to reach enlightenment, the disciple asks the Zen master. "Have you swept the porch? Go and sweep the porch."

Doing simple things well could be a step. Being startled out of an expected mindset could be, too. Zen delights in startling people.

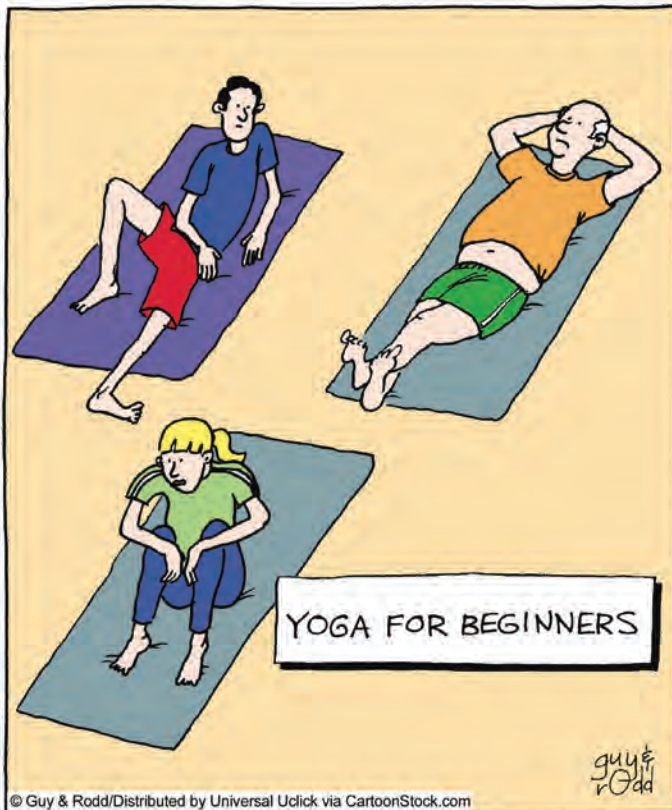
Seventeen syllable haiku, born of Zen, often do that. The poet Basho writes: "The ancient pond/ a frog jumps in/ plopl!" How surprising that frog's sudden noise is. What a contrast with that quiet pond.

Tea bowls for the Zen tea ceremony, seen in a Kyoto museum, looked like those a child might have made: thick and uneven. My teacher told me the irregularity was a reminder of nature's irregularity, the bowl's thickness so that it would feel comfortably warm in the user's hands.

Mirabella residents don't have to travel to Kyoto or know the history of Buddhism to reap meditation's benefits.

They can spend a quiet half hour with Mirabella's wellness coordinator, Bryant Symkowiak, every Tuesday morning at 11, in the Sky View Room.

—Nancy Moss



Your Money or Your Life?

By Bruce Howard

WHAT'S WRONG WITH THIS PICTURE? THE PHARMACEUTICAL industry spends more on marketing than on research and development (R & D). Congress listens to Big Pharma lobbyists and refuses to let Medicare negotiate drug prices.

And Mirabella residents are in an age group that takes four or more medications regularly.

The list price of the anticoagulant drug that I take with my wife Olga, which cost \$200 monthly seven years ago, has risen to \$500 monthly. In 2016, when the inflation rate was about 1%, the price of the drug increased 15% and did not fall or stall when two competitors were approved by the Food & Drug Administration (FDA).

We had better luck with the blood pressure drug we both take, because it became generic. The website goodrx.com quotes an average price of \$50 for 30 50 mg. tablets of generic Losartan, as compared to \$120 for brand name Cozaar. Goodrx.com does a good of job of comparing prices between Portland pharmacies.

Like most pharmacies, Center for Health and Healing fills our prescriptions with generics unless asked for the brand-name version. Most pharmacists can tell their customers if there is a less expensive drug that works as well as the prescribed drug or if an over-the-counter drug is as effective as the prescribed drug. The pharmacist can also let you know if it is less expensive to fill two prescriptions to equal a brand-name combination.

If uncertain about diagnosis or treatment, a customer can ask the provider for samples or for a seven-day prescription.

Your pharmacist can tell if you can save money by using a pill-splitter with your specific medications.

Discount coupons are worth looking into. Manufacturers provide discount coupons for prescribers to give to their patients. Some make them available to the public upon request. Googling the name of your drug with "discount coupons" is a fast way to find out what is available. Your pharmacist can tell you if discount coupons can help you.

The OHSU pharmacist told us about the Oregon Prescription Drug Program (OPDP), which allows us to take

about \$100 off our monthly anticoagulant prescriptions. OPDP was set up to help Oregon residents who have no prescription drug coverage, but Oregon residents with drug coverage are not precluded.

Another way to save dollars is to order drugs by phone or from online pharmacies. You need to make sure that the pharmacy is safe and legitimate by checking with the Verified Pharmacy program of the National Association of Boards of Pharmacy (<https://nabp.pharmacy>).

Mirabella residents should have purchased Medicare Part D when it became available for them. The formularies of the Part D providers might have differences that impact their drug costs. The Part D providers differ in the copays and the caps they use to control their costs. They may require "step therapy", which means the prescriber must try out cheaper drugs to see if they are effective before a more expensive drug is prescribed.

The option to change Medicare providers, including Part D, is limited to between October 15 and the first week in December each year. We are going to explore the drug coverage that is available to us from our Medicare Advantage program.

Expensive drugs can be worth it. Former President Jimmy Carter has survived for four years with a diagnosis of melanoma that had spread to his brain and liver. Merck's Keytruda® got most of the credit for his survival. Its list price is more than \$100,000 per year. If it were to be combined with Yervoy®, the list price would be \$250,000 annually. Keytruda® has also been approved for lung cancer.

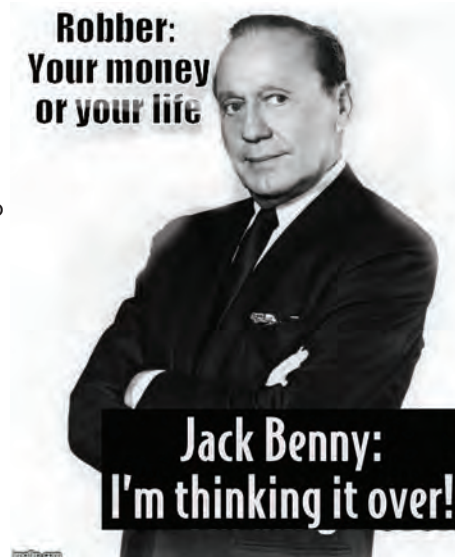
On the plus side, Medicare Part D formularies are required by law to cover cancer drugs. When they are as expensive as the new breakthrough drugs, the insurers will exert very strict prior authorization before they pay for the drugs.

Jack Benny got laughs when he delayed the decision whether he should give up his money or his life to a robber. I see Big Pharma as a robber who asks us if we want

to prolong our lives by taking a drug that we can afford only by spending our assets and going bankrupt.

I don't think many people are laughing.

Dr. Howard appreciates the help he received in the preparation of this article from Mirabella resident John Block, Ph.D., retired professor at the OSU College of Pharmacy. ■



Prejudice in Portland's Past

By Rolf Glerum

CHECK OUT ANY OF THE NUMEROUS LISTS THAT RATE "America's Whitest Cities," and Portland usually ends up near the top. Often it's number one among big cities.

The 2012-2016 American Community Survey, for example, lists Billings, Montana, with its Caucasian population of 86.1%, as the whitest city in the country. Portland came in at number 31 with 71.6%, although all the first 30 cities are smaller than Portland. Eugene was number 15, with 79.4%.

It's no secret that Oregon's past abounds with examples of prejudicial and discriminatory organizations and demonstrations.

The Ku Klux Klan, with its vicious attitudes and terror against Blacks, Jews, Catholics and other minorities, first established a chapter in Medford in 1921; by the mid-20s, the Oregon Klan was the largest west of the Mississippi. A Klan member, Walter Pierce, was elected governor in 1922 and went on to serve in Congress from 1932 to 1942.

Racial and religious prejudice throughout Oregon formed part of Portland's unsavory past, but gender discrimination toward women marked the first half of the 20th century. A Google search of the city's business and private social clubs and their admission policies provides a vivid picture of how it used to be.

The oldest and most prestigious (at least to its members) social club in Portland is the Arlington Club, founded in 1867 by 35 business and community leaders, all white males, of course. Not only were women ineligible for membership, they were not allowed to set foot in the club under any circumstances. It wasn't until 1991 that women were admitted as members, and 2010 when the club elected its first woman president.

An oft-told anecdote about the club's archaic membership rules bears repeating. Dr. Frances J. Storrs, a Portland acclaimed physician, was part of a group of dermatologists who were invited to attend a dinner at the Arlington Club honoring one of their own.

The club concierge, not recognizing the feminine spelling of Frances, was expecting an all-male group coming to the front door. Oh boy, was he surprised! Believe it or not, Dr. Storrs was refused admittance, and the group was told in no uncertain terms that if she didn't leave, none of the group would be served.

Dr. Storrs did leave the club that day in 1971, but she credits the snub for launching her activism in the ACLU,

Planned Parenthood and other progressive organizations. She was named Portland Citizen of the Year in 2001 and is now retired.

Two other clubs in Portland, the Multnomah Athletic Club (founded 1891) and the University Club (founded 1897), share anti-female histories. Although both clubs



In 1971 women picketed the Benson Hotel every Friday for a year. Drawing by Arletha Ryan.

have always welcomed families on their premises, the MAC didn't allow women as board members until 1977, and the University Club didn't even allow them as members until 1990. In addition, both clubs in their early days maintained bars open only to men; women were not allowed, even as guests.

The single most highly publicized and contentious fight to admit women to an organization had to be the "Battle of the City Club," an all-male civics discussion group founded in 1916 which finally, after almost six decades and increasing pressure from women activists and legislators, opened its doors to females in 1973.

The long-overdue policy change came about after several influential women politicians picketed the club's Benson Hotel meeting place every Friday for a full year. The first woman member was then-City Commissioner Mildred Schwab.

Discrimination among private golf and country clubs has existed for many years. One of the oldest golf clubs in the area, Tualatin Country Club, was founded in 1912 by a group of Jewish professionals who had been barred from membership at the other clubs. The club opened its membership to non-Jewish members in 1960 and has since gone on to become one of the premier golf clubs in the tri-county area.

This story wouldn't be complete without mentioning two other decades-old organizations in Portland that still hold to the single-sex tradition.

The elegant Town Club, founded in 1928 in the hills above the city, is for women only and admits men only as guests on special occasions.

The lesser-known but older all-men's club is the Lang Syne Society, founded in 1914 and still going strong. Its only membership requirement is that one must have been in a profession or a business in Portland for at least 25 years. The group meets at the MAC once a year for dinner and a speech, and always adjourns with the singing of its signature song: *Should auld acquaintance be forgot . . .*

With these exceptions, Portland has expanded the boundaries of people accepted in its private clubs. ■

Portland Diary

by Nancy Moss

On the Streetcar

ON A COLD, WINDY DAY A BLONDISH WOMAN WEARING A white shawl over her dress boards the streetcar and sits in the single seat facing forward, across from a single seat facing backward. A gaunt woman sits in the backward facing seat, and the blondish woman begins talking as though in the middle of a conversation. "I hope this is a good driver. I once rode with someone who stopped three feet past where he was supposed to. They're supposed to stop right on the line. There are rules, you know."

The gaunt woman switches her feet to the side. At the next stop she gets off. A woman carrying a paper bag with grease stains sits in the backward facing seat.

"What's in the bag?" asks the blondish woman. "Chicken? I thought it was fish. It's cold today, isn't it? I don't know why I put on this scarf; it's not really enough. I like it, though. I like the colors."

The woman with the paper bag admires the scarf. At the next stop she shifts to a newly-open seat.

The woman wearing the white shawl puts her feet up on the backward-facing seat, looking content.

On the MAX

In the MAX a light-skinned black man is doctoring a sub sandwich in a plastic fast-food box, an operation that requires opening a number of mustard packets. Finished, he

takes half of his sandwich and passes it to a white man with a shaved head and goatee sitting two seats back, in the bottom half of the fast-food container.

"Thank you, I appreciate it," says the man with the goatee.

"Just chow down," replies the first man.

They eat for a while in silence. I look out the window at the river sliding by. When I turn back,, I see that the two men have clasped hands and are saying a Hail Mary together.

On the MAX, II

Ahead and across the aisle from us, two girls, one probably African-American with elaborately braided hair, one probably Hispanic and wearing distressed jeans, are stretched out across double seats, one in front of the other, looking at their phones and giggling together. A man wearing a baseball cap and carrying a brushed-aluminum thermos and a small knapsack, comes down the aisle and sits in front of us, across from the girls.

The doctor makes him wear the support stockings he is wearing, he tells the girls, who look at each other and giggle. The man takes a can of beer out of his knapsack, pops the lid, and pours it into his thermos. He drinks from his thermos.

The girls get off at the next stop.

"I wish I was young again," the man says, to no one in particular. ■

Visitors on Your Balcony

by Yvonne Branchflower

AS MORE RESIDENTS PLANT FLOWERS AND GREENERY, THE BALCONIES of Mirabella have become exceptionally beautiful. Viewed from a block or two away, the balcony plantings suggest a happy, active population within.

Humans are not the only characters to benefit from the balcony gardens. More birds are investigating dining and shelter opportunities on the sheer cliff that is our high-rise. Do you know who is visiting your potted plants?

Of the two hummingbirds we are likely to see, Anna's is the largest and most common visitor to our balconies. The male Anna has a full helmet of glistening magenta, contrasting with a green body. Females, and juveniles in

sport a fiery orange-red throat. Female and juvenile Rufous Hummers are green with an orange-red spot at the throat, and a rusty wash on their flanks.

Finches and sparrows are frequent visitors, gleaning seeds and insects off your plants. Occasionally, they will nibble flower petals. Male House Finches sport rosy-red on their upper breast and eyebrows. House Sparrows, in contrast, have big black bibs. The daintier White-Crowned Sparrow males have lovely black and white stripes on their heads — reminiscent of old-fashioned football helmets.

Those are the most common balcony visitors, but the observant will notice others. Each balcony garden offers something to our local avian population. Birds caught out in a sudden heavy storm will dive into plants for cover. Crumbs dropped on a balcony from morning coffee and donuts are divine delicacies to the finches and sparrows.



Rufous Hummingbird

early summer, have magenta only at their throats.

Seen less often are Rufous Hummingbirds. These are small hummers, and when you catch sight of one count yourself fortunate. As their name implies, males are rust-colored with just a bit of green on their backs, and

Get to know your neighbors on the balcony. They are shy but delightful companions. All it takes is one pot of plants. ■

Anchoring the 'Hood

by Edward Weiner

BROWNFIELD INDUSTRIAL LAND ONLY A FEW YEARS AGO, Portland's South Waterfront is one of the largest urban development projects in the United States.

Shopping centers often refer to the "anchor" tenant, usually a national department store without which there would be no center. OHSU has a similar presence in the South Waterfront. It is our anchor.

A public university, OHSU includes several hospitals, schools of medicine, dentistry and nursing and research centers. Its main campus at the top of Marquam Hill is visible from the west side of Mirabella's 30-story high rise.

In 2003, OHSU decided to expand into the South Waterfront. Joining with other owners of unimproved land, it formed an association of property owners to promote and control development of the neighborhood.

Today, the South Waterfront Community Association comprises 19 properties south of the Tilikum Crossing, eight of which are owned by OHSU. Its Center for Health and Healing, located one block from Mirabella, earned LEED Platinum certification in 2007, becoming the largest health care center in the U.S. to achieve that status.

Two of OHSU's other properties adjacent to Mirabella are scheduled to complete construction this coming spring - including the Center for Health and Healing South, a 15 story ambulatory hospital and research building, and the 11-story Rood Family Pavilion, which will include a parking garage and 76 rooms available to family members and patients receiving outpatient treatment.

Other recently completed buildings in the immediate area include three condominium towers, six apartment buildings and an office building.

The influence of OHSU in the South Waterfront extends to its Schnitzer Campus, north of the Tilikum crossing. OHSU opened the Collaborative Life Sciences Building in 2014. It cost \$295 million and is home to OHSU's school of dentistry, Portland State University classes and Oregon State University's Doctor of Pharmacy program.

This Fall, OHSU opened the Knight Cancer Research Building, which a recent Portland Tribune article described as having a simple goal - "cure cancer or die trying."

The new building was funded primarily by the Oregon legislature through capital construction bonds. It is

320,000 square feet on seven floors, including a conference and community floor, four large research floors and two smaller administration floors. The \$190-million building can hold 650 researchers and other employees.

The OHSU Knight Cancer Institute is a "designated cancer center" supported by the National Cancer Institute, directed by Brian Druker, M.D. According to OHSU's website, Dr. Druker "revolutionized the treatment of cancer through research that resulted in the first drug to target the molecular defect of a cancer while leaving healthy cells unharmed. Marketed under the name Gleevec®, his discovery turned a once-fatal cancer, chronic myeloid leukemia, into a manageable condition" and established Dr. Druker as a pioneer in the field of precision medicine.

The institute is named for Nike co-founder and philanthropist Phil Knight and his wife Penny, who donated over \$600 million (\$100 million in 2008 and \$500 million in



2113) to the project. Another major donor is Gert Boyle, the 94-year-old chairwoman of Columbia Sportswear, in recognition of her sister, Hildegard Lamfrom, the world-renowned molecular biologist who mentored Dr. Druker.

According to a 2014 article in the Portland Business Journal, Boyle wanted to make her whopping \$100 million donation to fight cancer outside the limelight, but when her identity was disclosed, she wasn't perturbed. She quipped "they couldn't spell 'anonymous,' so they leaked it." ■

3550 Arts & Entertainment

PCS New Artistic Director

"OH, PORTLAND; IF ONLY!" MARISSA WOLF THOUGHT when she learned that Portland Center Stage needed a new artistic director. As Wolf takes over the job this year, bringing enthusiasm and an impressive resume with her, she hopes to create "work that matters," that is "relevant in the world today."

"Sense and Sensibility," January's show, adapted by Kate Hamill, will follow New York's Bedlam Theatre's staging, which Wolf describes as "physical, energized and playful," moving at a faster speed than Jane Austen's leisurely world.

Coming to Portland from Kansas City Rep, where she was associate artistic director, Wolf says, "My graduate school was Berkeley Rep," where she spent two years being mentored.

Looking forward to next year, when she can shape Portland Center Stage's season, Wolf says she wants balance, "a diverse body of voices and aesthetics." She plans for Portland Center Stage to present a musical, works from the 20th century canon and new works. It will be a "fun puzzle to put together," Wolf says as she looks forward to the challenge. ■

Performing Arts Schedule

Portland Center Stage

128 NW 11th Ave
503-445-3700

Twist Your Dickens – Main Stage

Now thru Dec 23

A Christmas Memory/
Winter Song – E. Bye Stage

Now thru Dec 30

Sense & Sensibility – Main Stage

Jan 12 thru Feb 10

Buyer & Cellar – E. Bye Stage

Jan 19 thru Mar 3

Tiny Beautiful Things – Main Stage

Feb 23 thru Mar 31

Artists Repertory Theatre

1515 SW Morrison St
503-241-1278

Everybody – Alder Stage

Now thru Dec 30

Teenage Dick – Morrison Stage

Jan 6 thru Feb 3

A Doll's House, Part 2 – Alder Stage

Jan 27 thru Mar 3

Portland Playhouse

602 NE Prescott
503-488-5822

A Christmas Carol

Dec 1 thru Dec 29

No Candy

Jan 16 thru Feb 10

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OREGON BALLET THEATRE



Photo by Yi Yin

Lakewood Theatre

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

Inherit The Wind
Now thru Dec 9

Dial M For Murder
Jan 4 thru Feb 10

**Portland Opera
Broadway Series**

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

The King and I
Jan 8 thru Jan 13

Come From Away
Feb 26 thru Mar 3

Met Opera in HD

Lloyd Center 10 (movie)
1510 NE Multnomah
Blvd

La Traviata
Dec 15

Adriana Lecouvreur
Jan 12

Carmen
Feb 2

**Broadway Rose
Theatre**

12850 Grant Ave, Tigard
503-620-5262

*A 1940s Radio Christmas
Carol*
Now thru Dec 23

Nunsense
Jan 24 thru Feb 24

**Shaking The Tree
Theatre**

823 SE Grant St.
503-235-0635

*Made to Dance in Burning
Buildings*
Feb 15 thru Mar 16

White Bird Dance
Arlene Schnitzer Hall
1037 SW Broadway
503-228-1353

Les Ballets Trockadero
Feb 13

Beijing Dance Theater
Feb 20

**Northwest Dance
Project**

503-828-8285

at Lincoln Hall: Wolf Tales
Dec 6 thru Dec 8

*at Expensify: Trip the
Light Fantastic*
Feb 28 thru Mar 2

**Bag & Baggage
Productions**

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

Bell, Book & Candle
Now thru Dec 23

Tony Starlight Christmas
Dec 12

*No Filter Improv at the
Vault*
Jan 18

Triangle Productions
1785 NE Sandy Blvd
503-239-5919

Who's Holiday!
Now thru Dec 15

I'll Eat You Last
Jan 31 thru Feb 16

Chamber Music NW
503-223-3202

*G. Kabane: Book of
Travelers (at The Old
Church)*
Jan 30

*Dover Quartet: The Ripple
of Time (at The Old
Church)*
Feb 13

*Wosner & Weiss –
Two Grands! (at
Congregation Beth
Israel)*
Feb 24

**Friends of Chamber
Music**

503-224-9842

*Takács Quartet at Lincoln
Hall, PSU*
Dec 3 and 4

*Countdown to 2019! at The
Old Church*
Dec 31

*B. Appl (baritone) &
J. Bailleu (piano) at
Lincoln Hall, PSU*
Jan 13

*Escher Quartet at The Old
Church*
Jan 21 and 22

*Dali Quartet at The Old
Church*
Jan 31

*Voces8 at Kaul Auditorium,
Reed College*
Feb 15

**Portland Baroque
Orchestra**

503-222-6000

*Handel's Messiah at First
Baptist Church*
Dec 7 thru Dec 10

Bach & the Young Prince
at First Baptist Church:
Feb 15-16
at Kaul Auditorium, Reed
College Feb 17

Love, Chaos & Restoration
at First Baptist Church
Feb 22

Oregon Symphony

Arlene Schnitzer Hall
1037 SW Broadway
503-228-1353

*Rachmaninoff's Symphonic
Dances*
Dec 1 thru Dec 3

*Gospel Christmas 20th
Anniversary*
Dec 7 thru Dec 9

 Oregon
Repertory
Singers

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7:30pm, Friday, Dec 7, 2018

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3pm, Sunday, Apr. 28, 2019

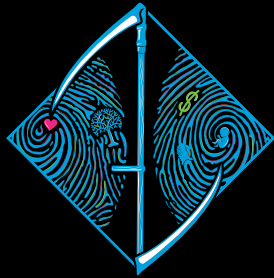
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Beth Harper

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HOLIDAY CLASSIC

Cirque de la Symphonie
Dec 13

Rossini & Rimsky-Korsakov
Dec 12 thru Dec 14

Burton's Night Before Christmas Concert
Dec 15 and 16

Comfort and Joy: A Classical Christmas
Dec 17

Big Band and Beethoven
Dec 30 and 31

Favorite Light Classics (Pops Series)
Jan 5 and 6

Americana With Edgar Meyer
Jan 19

Leslie Odom, Jr.
Jan 20

Schumann's "Rhenish"
Jan 26 thru Jan 28

Hansel & Gretel
Feb 1 thru Feb 4

Kodo
Feb 5

Dvorák's Eighth Symphony
Feb 9 thru Feb 11

Valentine's Day With Smokey Robinson
Feb 14

Harry Potter & the Prisoner of Azkaban
Feb 16 and 17

Rachmaninoff's Second Piano Concerto
Feb 23 thru Feb 25

Milagro Theater
525 SE Stark St
503-236-4174

Fantasy, Fairy Tales & Folklore: Judge Torres
Jan 10 thru Jan 19

Fantasy, Fairy Tales & Folklore: La Segua
Feb 7 thru Mar 2

Capella Romana
503-236-8202

Christmas in Ukraine
Dec 22 — St. Mary's Cathedral, Portland

Lost Treasures of Armenia
Dec 19 — St. Mary's Cathedral, Portland
Dec 20 — St. Stephen's Catholic Church, Portland

Ave Maria
Feb 23 — St. Mary's Cathedral, Portland
Feb 24 — St. Stephen's Catholic Church, Portland

Oregon Repertory Singers
First United Methodist Church
503-230-0652

Glory of Christmas
Dec 2, Dec 7 and Dec 9

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

Balanchine's The Nutcracker
Dec 8 thru Dec 26

Cinderella
Feb 16 thru Feb 23

BodyVox Dance Company
1201 NW 17th Ave
503-229-0627

The Cutting Room
Jan 24 thru Feb 2



Dance Shines at Northwest Dance Project

by Anne Clark

WE DON'T RUN INTO MIRABELLA RESIDENTS WHEN WE attend the NW Dance Project performances, which is a shame because the 10 dancers are spectacular. Willamette Week calls them "Portland's best dance company and dance studio."

Sarah Slipper, herself a choreographer and dancer, conceived the project in 2004. She is dedicated to the "creation and performance of innovative, new, and contemporary dance work from established and emerging dance makers." In 15 seasons she has hosted over 260 world premieres, believing choreographers need a safe place to show their new works. She does repeat some dances, but in our three seasons, we haven't attended a program where there wasn't at least one world premiere.

In October at the Newmark, the company repeated last year's high-energy performance of a nontraditional version

of Bizet's Carmen, choreographed by Ihsan Rustem and set in a ladies' hair salon and a guy's barber shop. It was preceded by the new work, Room Four, choreographed by Sarah Slipper. Four dancers argue and speculate about who will be promoted to the office with a view. All the while there is some incredible dancing on, and around, two desks. Four recorded voices synchronized with the dancers' movements tell the plot.

At Lincoln Hall in December, four of the major dancers will each choreograph their own performance, a holiday tradition with the company.

The venue for the February dances will be the old First National Bank Building, renamed Bank Expensify. There will be two world premieres, again by the resident choreographer Ihsan Rustem and by Sarah Slipper. This is a small space; the dances here always sell out. Tickets are available December 5th. You can buy them online at <http://nwdanceproject.org/season-shows/>. ■



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No Politics — Just a Few Giggles



Answer key to quiz:	1. b	2. d	3. d	4. d	5. c	6. d	7. b	8. b	9. c	10. d	11. a	12. d	13. d	14. d	15. f	16. d	17. a	18. c	19. e	20. f
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Bikers Rule

(This story first appeared in the October 2013 issue of 3550. Bikers still rule.)

WHEN MY LOVELY WIFE, ADRIENNE, AND I MOVED TO Portland in February, we were surprised to find out what a dangerous place it is. I'm not referring to crime. I'm talking about bicycles.



Larry Braverman

We arrived here from Chapel Hill, North Carolina, where bikes are an afterthought. At best, they are considered a nuisance.

The thinking is not subtle: anybody stupid enough to ride a bike on a city street deserves to be removed from the population pool.

In Portland, on the other hand, bikes rule . . . on streets, pathways, even sidewalks. Here, the bicyclists' philosophy is simple: what is

mine is mine; what is yours is mine.

Take the path heading south down the Willamette River. You probably think it would be a pleasant, relaxing walk ... a quiet stroll down nature lane. Think again. It is not. It is terrifying. Bikes zoom past at breakneck speed without so much as a warning bell. You must hug the right side of the lane, one foot on the grass at all times ... looking over your shoulder as you go, praying softly that you will return to Mirabella without losing a limb. It is pure hell.

Walking down Bond Ave. is not much better. You never know what danger lurks, even there.

Adrienne and I were almost back to Mirabella, relieved that we had once again defied fate and gotten in our daily exercise without mishap. As usual, out of habit, I was hugging the right side of the sidewalk, making sure that my sensational wife would be a buffer between me and any nasty surprises.

Suddenly, from behind, a family of four zipped past us, riding bikes in single file. All made it safely, except for the last ... a girl, probably about four years old, whose training wheels ran over my foot.

From now on, I plan either to walk down the railroad track or ride a bike. ■



Join Dr. Mila's lecture on Dry Eye Disease January 24th at 2pm in Mirabella Willamette Hall

Dr. Mila loussifova is a residency-trained optometrist with a diverse background and widespread training in comprehensive eye care. A graduate with honors from New England College of Optometry, Dr. Mila maintains and practices the highest standards in optometric practice. Her approach to patient care is systemic with an emphasis on ocular nutrition and disease prevention. She is passionate about eye care and health, and she takes the time to educate her patients on how to maintain healthy eyes.

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