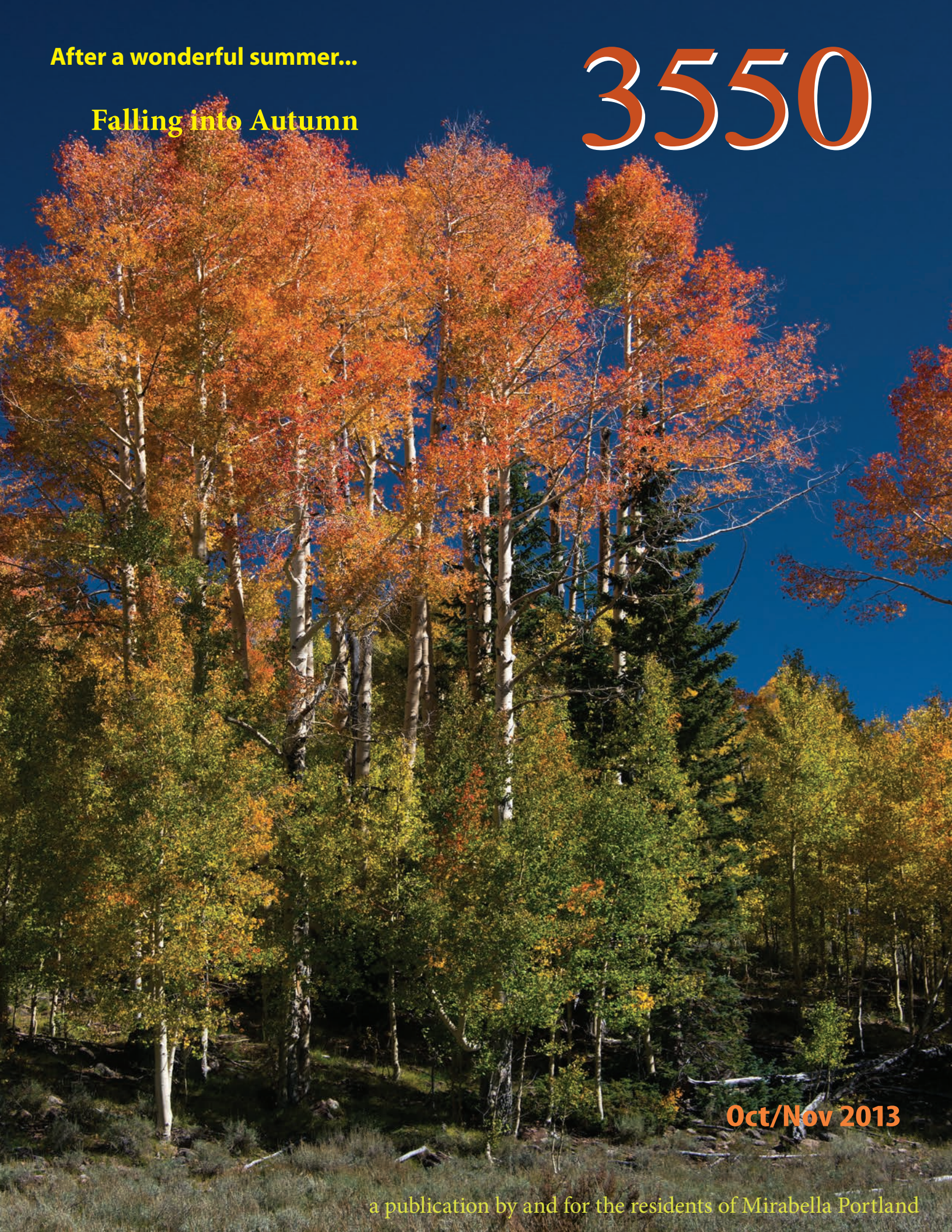


After a wonderful summer...

Falling into Autumn

3550



Oct/Nov 2013

a publication by and for the residents of Mirabella Portland



Rolf Glerum
President



Steve Casey
Editor

Don't Ride The Pine

My wise high school basketball coach had a sign posted in his office that read:
You Can't Score If You Don't Shoot.

I was far from being a starter in those days, and spent most of my games on the bench, "riding the pine." So one night, after the coach had left, I snuck into his office and penciled in below his sign:

You Can't Shoot If You Don't Play.

I can't say my playing time increased significantly, but it sure made me feel better.

The whole point of this short parable is to encourage my fellow Mirabella residents to get involved. And the easiest way to do such is to join a committee or an interest group. The variety of talents that exist in this community . . . and by extension, the wide range of committee and interest groups. . . is really quite astonishing.

Check out the committee binder in the Library or on MiraNet and you're sure to find one or more that meets your particular talent or field of interest. Mirabella committees can always use your help and participation, whether it's as chair, vice-chair or just a member.

Committees and interest groups are the lifeblood of Mirabella, thanks to the vision and foresight of those "old-timers" who literally built RAMP from scratch more than three years ago.

My hat's off to them for not "riding the pine."

3550 is a publication of the Residents' Association of Mirabella Portland. Its mission is to inform, enlighten, question, explore, amuse and occasionally irritate, thus enhancing the communication within and about Mirabella.

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Yes, I know Halloween is first, but before the next issue of 3550 comes out we will share a Thanksgiving, so maybe now's the time to tell you what I'm grateful for. Well, some of what I'm grateful for.

First, for the support of your residents' council and Mirabella administration, giving us a foundation upon which to build this magazine.

Second, for all the talented and energetic people who create 3550 – writers, editors, photographers, ad reps, designers, and people short on experience but long on good ideas.

Third, I am grateful for you, the reader. You are the reason this publication exists.

Fourth, I am grateful for the overwhelming support we received from our advertisers – in part because we built a project they want to be part of, in part because they see our readers as important customers.

When we started this enterprise, there were more questions than answers.

Could we deliver you a quality product? One that was relevant? We aimed for one that transcended "newsletter" and became a real magazine, reflecting the quality of life in and about Mirabella. One that reflected pride in our accomplishments and frankly explored our frustrations. Could we do it?

We hoped for "build it and they will read," and you sure did. The response has been very gratifying to all of our staff, knowing their efforts are appreciated. Heck, it's their only paycheck.

As we go forward, our view will not necessarily be yours, or that of your neighbor, or of management. Our coverage, our layout and use of graphics, our depth, all will change, and we hope improve, as we are always a work in progress.

I am grateful for what we have become. Next Thanksgiving, I hope we are worlds better.

This year, all of us at 3550 are grateful for your support, your ideas, your contributions. We wish you all – residents, employees, advertisers, friends and family – a wonderful fall season and a joyous Thanksgiving.

Thank you.

COVER: It was a spectacular summer on the South Waterfront, with the first hints of autumn coming right at Labor Day. Fall colors, shot by Bob French, seem to welcome us to the new season.

In this Issue

Some hot issues sparked intense discussion since the last 3550.

The “budget town hall” provided lively debate and, more important, brought significant concerns to the surface – how bookkeeping entries affect residents’ monthly fees, and how residents are getting financially clobbered to pay for a new bed tax from which we derive absolutely no benefit.

The question of medical care looms large, with apprehension over adequate room in the Health Center in future, and the apparent gap between “no help” and “the ER” for minor medical needs.

What is the proper level of assistance for *independent* living? Any? Extensive? And who pays for it? What was promised?

This edition of your magazine tackles all those topics. As always, it is the start of a continuing conversation.

We don’t have all the answers. Together, we hope, the answers will emerge in time.

This 3550 also brings you outstanding profiles of an intriguing – and gracious – resident couple, and an employee who is, quite literally, climbing to great heights.

Think you know this place? Try our quiz and see how you do. (We think you’ll do very well.)

News from active community groups, feature stories, a light touch here and there and “news you can use,” are all between these covers.

We hope you enjoy.

Magazine Announces Publication Shift

Next year, 3550 will begin publishing on a quarterly schedule.

When the magazine started earlier this year, it published every two months, leaving some readers and advertisers unclear as to when the next issue would be out.

Although monthly publication was discussed, that was in the context of a thinner, traditional newsletter.

Consistently providing a comprehensive, quality product with a small, all-volunteer staff is more compatible with quarterly publication.

Our readers will get a solid publication, on a coherent schedule.

Our advertisers get a double benefit – they purchase the same number of issues, so their cost per issue remains unchanged, and copies will have a longer life in readers’ homes, providing more exposure for the advertiser.

The December 2013 issue will be published as planned. Starting in 2014, the publication schedule will be March, June, September and December.

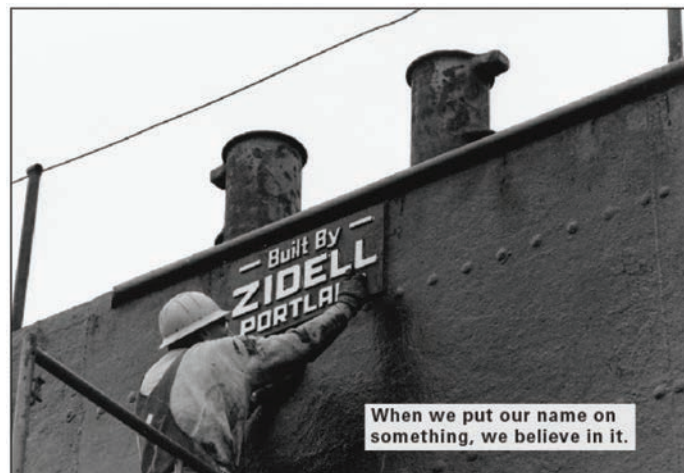
The number of pages will vary issue to issue.

The decision to amend the publication schedule was approved by the resident Communications Committee.

Whoa! Big issue this time. Is this the new standard? No.

Holiday season starts before the next issue is out in December, and some of our staff will be off on one frolic or another, so the December issue will be smaller. We hope you enjoy this one.

--Ed.



We are excited to announce the
Grand Opening of The Emery Apartments!

Join us October 10th from 4 pm to 7 pm
for building tours, refreshments, and a chance to
get to know your new neighbors!

See you there!

Contributors

Todd Albert -- Todd is Mirabella's executive chef and assistant director of dining services. More to the point, he is an accomplished professional photographer and generous contributor to 3550.

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

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

Larry Braverman - Larry is a self-described almost-published novelist who is now a frustrated writer of almost-funny stories. He shares those with 3550, and you can read in this issue how bicyclists in Portland have a word for him. That word is “target.”

Marge Carothers – Back in journalism after once working for Broadcasting magazine in New York, Marge covers Mirabella clubs, committees and groups.

Adrienne Casey – After a long career as a police detective and DA investigator in San Diego, Adrienne opened and ran a bed & breakfast inn on the Oregon Coast. She writes in this issue about Albertina Kerr charities.

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

Nick Cowell – Richard “Nick” Cowell is a former educational consultant who has lived in many foreign lands, and is now an aspiring novelist. He devised the Mirabella puzzle in this issue.

David Fradkin – David Fradkin contributed a poetic reflection on being special. Or not. He was raised on a farm, is a former merchant mariner and petroleum exploration engineer, and is a retired professor of theoretical physics.

Bob French – World traveler Bob French is an accomplished photographer who was Mirabella's “Artist in Residence” the month of August. He is a regular contributor to 3550.

Greg Gross – Greg writes the nationally honored blog “I’m Black And I Travel” found online at imblacknittravel.com.

Rolf Glerum – Retired public relations executive and long-time Portland resident, Rolf is the newly-

installed president of RAMP – the Residents’ Assn. of Mirabella Portland.

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

Paul E. Johnson – Paul E. Johnson, MD, is a retired pediatric cardiologist, a member of the Resident Health committee and a regular contributor to 3550 on medical matters.

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

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

Dona Morris – A retired nurse with an MSN in cardiovascular nursing, Dona was on the faculties of the University of Illinois and University of Wisconsin. She was a tour guide at Colonial Williamsburg and executive director of the Cascade Head Music Festival in Lincoln City. She shared a Thanksgiving memory in this issue.

Nancy Moss – Educator and playwright, Nancy has become a prolific writer for 3550. She was half the team producing stories on health care in this issue, wrote the profile of residents John and Pauline Deaver, and had a big hand in magazine production.

Ronnie Rudolph – The production editor of 3550, Ronnie shapes the magazine through the layout process and ensures all goes well after it is in the hands of our printer. Couldn't do it without her.

Claire Weber – Newly-installed RAMP vice president, Claire worked as an attorney in such disparate places as Kazakhstan and the Louisiana legislature. She brings analytical skills to documents and contentious cases.

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

Sheri Winkelman – A psychologist and counselor, Sheri is incoming chair of the Building & Grounds committee. More importantly, she writes feature stories, the Rumor Mill column and “Did You Know?” for 3550.

Residents Debate New Taxes, Monthly Fees

by Steve Casey

In a long and at times contentious town hall session, executive director Anthony Sabatini unveiled the Mirabella budget for the next fiscal year.

Residents questioned the 5% and 6% increases in monthly fees and why costs of the state's new nursing home bed tax will be visited upon all independent living residents.

In a memo prior to the meeting, Sabatini said a mandatory change in accounting for the refundable portion of resident entry fees will result in a \$3.1 million loss in operating revenue. The impact of that seems uncertain.

The bed tax, a whopping \$21.42 per day per occupied bed in the health center starting in January, increasing to \$24.01 in July, is the result of state legislative mischief called HB 2216, passed this year.

Mary Schoegg, chief financial officer of Pacific Retirement Services (PRS,) said the tax is pure and simple a way for Oregon to get more money for its Medicaid program, leveraging it to get increased federal funding.

"We fought this tax, we obviously didn't win, and now we have to absorb it," Sabatini said.

There are three ways to absorb it, he said.

First, it could be allocated just among people actually in Health Center beds. (The Health Center includes the skilled nursing facility and the memory care unit.)

That, he said, would make the charge for those beds increase "astronomically."

Although there are 44 beds in the Health Center, and all are subject to the tax when occupied, not all pa-

tients may be charged. Sabatini said Medicare and HMO patients by law and contract cannot be assessed for the tax, leaving only private patients to pay the whole cost.

Mirabella wants Medicare and HMO patients, he said, because they represent a significant source of revenue – until Mirabella residents fill those beds.

At some point way down the road, he said, the Health Center will admit only Mirabella residents and the bed tax then will be paid by those who are patients there.



Mary Schoegg

The second option would be to "down license" and become a Residential Care Facility (RCF,) which does not have a skilled nursing unit and is not subject to the tax. That would mean Mirabella residents would have to go elsewhere when that service was needed.

"Terwilliger is a perfect example," he said in an interview after the town hall.

"They don't have a skilled nursing facility so they send their people to us or another licensed skilled nursing facility. But they have an

RCF."

The third – and chosen – option is to spread the tax burden throughout Mirabella.

What is the tax bite to residents? At this point, there are only estimates.

Sabatini took the 40.5 occupied bed average, applied what he terms a conservative estimate of 13 of them "eligible" to pay the tax, and thus figured 27.5 could not pay the tax – which would have to be met by resident fees.

For January-June 2014, that amounts to \$106,600 in tax to be absorbed by residents. The 92 days starting when the daily tax increases on July 1, going through the end of the fiscal year September 30, brings another \$61,000 in tax.

Will that be a separate item residents can take as an income tax deduction?

No.

Each year, residents receive a statement of what percentage of fees they paid are attributable to health costs, and accountants use that to determine appropriate deductions on income tax.

Schoegg said the tax cost will be figured into that percentage, and stating it again would be counting it twice.

Residents including Hugh Kerr and Claire Weber asked that the item be set out anyway, noting that a determination of what it means is a matter for the resident and his or her accountant, not PRS.

Sabatini said at the meeting he would pursue the issue.

Later, he told 3550 he had done so, the matter was settled and there would be no separate listing of the tax amount.

(continued on p. 29)

“Septemberistas”

COMMUNITY PIONEERS STAGE ANNUAL REUNION

They have been called the Septemberistas, and the Original Gangsters.

They are the earliest residents of Mirabella Portland, moving in – in all but two cases – in September 2010, as the building opened.

The group begins with Guy Woods, who jumped the September gun and earned the honorific First Resident with his move on August 31, 2010, and ends with Bob and Dona Morris, who missed September by a whisker and settled in on October 1.

Each year, the group, which this year numbers 41 folks, dines together and remembers Mirabella in the “good old days,” before the rest of us showed up and loused it up for them.

Organizer Jill Seager said the prior two get-togethers have been barbeque events, but this year they decided to dine in the Bistro.

“When we came, that was the only place where we could eat,” Seager said. “We would all meet there about six o’clock, and that’s how we got to know each other. That’s why we chose the Bistro this time – we may never do it again.”

After a brief kerfuffle with management, aghast at the prospect of 30-40 people descending on the Bistro at once, the dinner went off as scheduled on September 10.

The Mirabella pioneers, all invited to the dinner, in order of move-in date are:

Guy Woods, Ron & Muriel Mendonca, Barbara Herbold, Bill & Ginny Chase, Shirley Papé, Bob Cramer & Allan Simmons, Irene Kleen, Allen & Lois Wheeler, Frank & Mary Bosch, Curtis Guthrie, Bob & Boots Friedhoff, Jill & Lew Seager, Ann Crumpacker, Barbara Groner, Jack Rickli & John Dickson, Ralph & Bonnie Merrill, Carol Evans, Pieter & Greta Rol, Vivian Genser, Lois & Marvin Urman, Yvonne & John Branchflower, Carlos Rivera & Lisa Andrus-Rivera, Gilbert & Laurie Meigs, Dave & Linda McCammon, Bob & Dona Morris.



Curtis Guthrie



Curtis Guthrie



Ron Mendonca

Mirabella Residents Help Kerr Charities Strengthen Oregon Families

by Adrienne Casey

They keep coming back, the former residents of the stately Georgian brick building on Portland's Northeast 22nd Avenue. They long to see it again, after a separation of decades.

Sometimes they are too late.

Mirabella resident Charmaine Jensen recalls a poignant visit by the wife of one former resident, a man who spent most of his childhood in this former orphanage.

He died before he could realize his lifelong ambition to see one more time the home of his youth, so his widow went for him.

As a child, his father had deposited him there, and the boy stood on a staircase, watching, as his father walked away. The boy kept him in sight until the dad disappeared, never to return. It was a searing memory.

"Do you think," the woman asked tentatively, "you could tell me where that staircase might have been?"

Yes, said Charmaine, I think so.

The woman's eyes were wet, and Charmaine fought back her own tears.

For 13 years, Charmaine has worked in this memory-filled building.

Until 1967, it was an orphanage and adoption center, later a derelict and now, restored to its former glory, the hub of a widespread Oregon charity called Albertina Kerr Centers Foundation.

Albertina Who??

The foundation grew from an orphanage, and the orphanage from

a promise to a dying woman called Albertina Kerr.

She was the second wife of Alexander Kerr, who scandalously divorced his first wife, the mother of his two children, to marry the 20-year-old Albertina, an employee in his canning jar factory.

Not long after the birth of their child, Albertina died of typhus. On her deathbed, she asked Alexander



to promise to take care of their child and other "motherless babies."

Editor's Note: With this issue, 3550 begins a series of profiles of charities to which Mirabella residents give time or treasure. Our first featured charity is the Albertina Kerr Centers Foundation.

A new mission

True to his promise, Alexander donated their home to be an orphanage, and with his third wife, Ruth, later bankrolled construction of the lovely brick building at Northeast 22nd and Sandy Boulevard, which opened its doors to orphans in 1921 as the Albertina Kerr Nursery.

It is there today that you will find the volunteer heartbeat of Albertina Kerr's charitable works.

No longer operating the orphanage, today Kerr's mission, as stated in their public reports, is: "Strengthening Oregon families and communities by helping children and adults with developmental disabilities and mental health challenges – empowering them to live richer lives."

To support that mission, the building bustles with staff, volunteers, and customers of Albertina's

Place – a mix of shops and a fine restaurant.

Albertina's Heirlooms is the consignment shop where Charmaine is a day manager. Albertina's Closet sells fine resale clothing and accessories. Albertina's Jewel Box features vintage and consignment jewelry and

art. Volunteers also staff Albertina's Kitchen, open for lunch and Saturday brunch.

The only paid employees in the whole place are chef Greg Priest and the dishwashers. Volunteers do everything else: wait tables, cook, operate the shops.

Many Mirabella residents have volunteered in Albertina's Place operations, as well as serving on the Albertina Kerr board, and volunteering to work directly with Kerr clients, Kerr special events and fund raising.

While Charmaine is the only Mirabella resident actively volunteering at Albertina's Place, others here have contributed much over the years.

Jack McMurchie served on Kerr's planned giving committee, while Carol McMurchie served on the Kerr board.



Family photo enlarged and enhanced by Kristi Weber

Pauline and John Deaver

Entering John and Pauline Deaver's apartment feels like going back in time, where a gentleman—and that is the only word—wearing a jacket and bolo tie, goes to a mahogany bar sparkling with cut glass crystal where he precisely measures out a drink for his perfectly-dressed lady—and that is the only word—waiting on the sofa, and then for their guests as well.

Passing the door to a library filled to the ceiling with books, he checks to make sure Pauline and guests have all they require, takes a seat, smiles, and lifts his glass.

It is elegance, of the sort that makes a guest feel at ease, welcome, appreciated.

Get to know the Deavers and their history of international derring-do – expatriate youth in a 20th century between world wars, spycraft set against a backdrop of

“He didn't pay much attention to me on the trip,” Pauline says.

But he made up for it back in the states, borrowing his college roommate's car and driving the back roads of Massachusetts to call on her, only to find Pauline away at another school's football game.

Feeling she should be polite to a lad who went to all that trouble, Pauline invited John to a Wheaton College Riding Meet dance; “The rest,” she says, “is history.”

In the Army, what John calls “complete command and control of Portuguese” gave him a distinctive talent. After two weeks doing Army KP, John went to Officer Candidate School, graduating as a second lieutenant in the signal corps. First stationed at Camp Crowder, Missouri, he was a member of a team trained to be dropped behind enemy lines in southern Europe. When the invasion of Europe was changed

released classified information to individuals representing 60 countries.

Before his retirement as a colonel in 1972, John's career spanned eight Army posts, five foreign countries, and a total of 10 years at the Department of Defense, including the Army Staff, the Army General Staff, and Joint Chiefs of Staff. A full social, diplomatic life was part of the job.

It was not all smooth sailing, however. As chief of mission in Venezuela, from 1965-68, John advised two ground forces, the army and national guard, and was on a Cuban-trained terrorists' assassination list for three years. The Deavers had eight Venezuelan soldiers guarding their home for John's protection.

“I never knew anything,” Pauline says of the dangerous times, like John's 1959-60 service in Erzurum, Turkey, on the border of the Soviet Union, where Pauline says she was not invited.

She would hear things from the wives of junior officers, who were not as close-lipped as John, and would be furious. Throughout his service, John maintained his rule of keeping silent about his job.

At the start of John's duty in Washington, from 1951-54, the Deavers bought their first home. “We didn't have a place to go home to,” Pauline says; “Now we had roots.”

They have raised three children, who traveled with them on every tour, except for Venezuela where only the youngest, Isabel, accompanied them. Proud to be Army brats, the Deaver children learned to adapt.

Their three children, Charles, Nell, and Isabel, all live in Oregon; John and Pauline have six grown grandsons and three great-grandchildren.

After John's Army retirement, the couple moved to New York, where

(continued on p. 34)

Resident Profile: John and Pauline Deaver Lives Filled with Dedication, Diplomacy, Danger

by Nancy Moss

diplomatic parties, advising military forces – and it becomes more like “Nick and Nora Charles move to Mirabella.”

Their story begins in South America.

Born in Buenos Aires, Argentina, where her father was an international banker, Pauline enrolled in French, Spanish and then English schools. “It was a magical place to grow up,” Pauline says of pre-Peron Argentina.

In 1925 John moved with his parents to Brazil, where his father worked for an international bank.

“A rival bank,” Pauline points out tartly.

The two met in 1941, on the 17-day steamer run from the East Coast home to South America. It was not a storybook shipboard romance.

to northern France, John's unit was disbanded and he was frozen at Camp Crowder for the rest of the war.

“Languages were the key for me,” John says. From 1946-49, he served in Brazil, moving to Panama in 1950. He transferred into the infantry and later was selected for Intelligence.

Actually, John worked in Army intelligence assignments his entire military career.

This involved a “gamut of things,” John says – collecting information, verifying its accuracy, and deciding what would be released to other countries. John controlled “release of classified United States Army information,” from the White House on down. He both sought classified information from and

Thousands of feet up a mountain, where the air is thin and cold enough to tear at your chest, as he hung by slender ropes or scrambled over slippery ledges, Adam Payn never truly thought he was about to die.

“But I’ve thought, many times, ‘What the hell am I doing up here?’”

What he was doing up there in September was giving himself an early birthday present by climbing 14,500-foot Mt. Whitney with his brother, Matt.

Adam has climbed Mt. Hood repeatedly, Mt. Rainier twice, has formed tight friendships with people he has met on climbs, and dreams

do cardio, got a desk job and piled on weight.

He arrived in Portland at 240 pounds, determined to become the lean machine he had been in his unwed life.

“I adopted the Portland lifestyle,” he said.

With healthy eating and lots of outdoor exercise, he’s now an extremely fit 171.

“My appreciation of the outdoors started with hikes in the Gorge,” he recalled. “I started with small trails and graduated to what’s known as the most difficult in the Gorge, Mt. Defiance. I got to the top – it’s a dreadfully boring hike – and gazed at Mt. Hood. I have a picture of me looking over and saying ‘that’s next.’”

“It wasn’t next, actually. I worked

from college and from the PRS training program in 2006.

With Mirabella Portland on the drawing board, Brian McLemore, now chief executive of PRS, dispatched Adam to head up the marketing effort. So successful was he and the marketing staff, the building is full and Adam is now PRS’ regional sales manager.

“I see myself as a resource and counsel for the front-line staff here,” Adam said, “as living proof there are opportunities with this corporation.”

The full building, his promotion and earning an MBA from George Fox University all came this year.

As an MBA project, Adam did a presentation likening the anguish and exhilaration of mountain climbing to those of the business world.

Experience on the mountain, he found, has returned dividends in the office. One dividend is confidence. Another is perspective.

“It’s taught me that if I put my mind to it and work really hard at something, there’s not much I can’t do,” he said.

“Coming down from what you’ve endured climbing, coming back to the reality of the city and seeing the normal world moving on and doing its thing, you take a step back and look at things through a different lens.

“It makes you realize things we deal with day to day, although important, are not really life and death, as things on the mountain can be.”

Still, he’s no daredevil.

“I want to be real clear that I don’t put myself in harm’s way on purpose. I mitigate risk, but there is risk in what I do.”

Yeah, you could say that.

Mt. Hood is far from a walk in the park. At least three climbers died on the mountain this year alone, the latest being 32-year-old Sebastian Kinasiewicz, a member of

Staff Profile: Adam Payn Getting a Different Perspective Atop a Mountain

by Steve Casey

of future assaults on mountains in Mexico, Argentina and the Swiss Alps.

But he doesn’t call himself a mountain climber.

“I need to preface everything by saying I’m a novice, a total novice,” he said, noting the hundreds of experienced and avid climbers in Portland, and even several among Mirabella residents.

“There are so many people here who have lived it, who have climbed these mountains,” he said, noting the Portland area is something of an epicenter of North American mountain climbing.

When Adam moved to Portland to become Mirabella’s marketing director, he was not ready to tackle mountains.

Fresh from a busted marriage, the youthful athlete had become soft and lazy. A basketball player in his teens, a weightlifter in college, he stopped lifting once he wed, didn’t

up with other hills and trails and eventually worked up the skills and the courage.”

Before Portland there was Medford, where Adam joined Pacific Retirement Services (PRS) at the age of 16, working as a food server in the skilled nursing facility of Rogue Valley Manor. He never quit.

He turns 32 on October 16, and already has spent half his life working for PRS.

“I like to say I went directly from high school to retirement,” he quipped.

Adam once held the only tipping job in PRS – beverage cart driver at the Rogue Valley golf course.

“All the ladies were over 60,” he remembered. “I’d go out on the cart every week and I’d always ask them for ID.”

He did well on tips.

Holding front line jobs, management trainee and sundry positions while in school, he graduated both



Adam Payn

My Wacky Thanksgivings

Clemency

There was the Thanksgiving I spared the mongoose.

Remember Rikki Tikki Tavi, of Jungle Book and movie fame? Unlike Rikki, real mongooses (yep, that's the plural) are miserable, ugly little creatures that were imported to Hawaii in the 1880s to kill the rats that permeated sugar plantations.

Didn't happen, so they just ran amok. When my husband's parents visited us our first Thanksgiving when we lived in Hawaii in the 1980s, my father-in-law campaigned for a Hawaiian mongoose dinner instead of turkey. Again – didn't happen.

-Marge Carothers

Turkey 1, Dona 0

It was our first Thanksgiving as a family as well as our first major holiday together. A few months previously I had married Bob, a widower with two children, ages seven and five.

We had moved across country, were in a new home and had few friends. For some unknown reason, I had decided we would invite Bob's boss and his wife to join us for Thanksgiving dinner.

I intended to do all of the cooking. However, I had never cooked a turkey or made dressing. Bob, in his usual understated way, said he would be glad to cook the turkey, as that had been his chore in his previous marriage. I obdurately refused. Of course I could cook a turkey.

After a harried Thanksgiving morning and afternoon the turkey went into the oven, the table was set, the children were dressed in their best and our guests arrived.

We served the adults old-fashioned and awaited the holiday meal, anxiously on my part. I spent little time with the guests as I was

continually checking the turkey, making mashed potatoes and fixing who knows what else.

Time passed – and passed. Finally, Bob went into the kitchen, turned up the oven and basted the turkey. Basted? He made the gravy. He helped reassemble the cake, some of which had elected to stay in the pan.

Several hours after their arrival our guests were served. I was exhausted, the children were irritable and conversation was stilted.

That was 44 years ago. Bob still makes the turkey. I still drink the old-fashioned.

-Dona Morris

The Tradition

Thanksgiving dinner had been for years a celebration of the holiday as well as my in-laws' anniversary.

We and Larry's married brother trekked with children to Utica, NY



for the festivities. Younger sibs married and more and more children filled the house on Sunset Ave. and the house expanded to accommodate the crowd. Highchairs became a 'children's table' in the hallway to include the enormous family. Stacks of boots and wet snowsuits filled the foyer and laughter was

everywhere as was wonderful food from the kitchen. So, from home to bride I never cooked a turkey and fixins' and with a fabulous cook for a mother-in-law, I thought I never would.

But the older generation passed on and the family decided to continue the tradition by rotating the hosting among the four East Coast siblings. This seemed reasonable, despite the fact none of the four had ever set foot in the Utica kitchen during their growing up years. Mom was at home at the stove, but the rest of the family was not. We fared well for the first two years. Larry's older brother and younger sister chose mates who cooked! The tradition was continuing but without the deep-dish apple and lemon meringue pies of old.

The very next year disaster struck. The older sister could not cook and was totally disorganized and lived in Boston. Snow was on the ground and threats for more were in the air. As we drove north, the sun became covered by clouds and never re-appeared. It was an omen.....this Thanksgiving was to be fraught with disaster.

The family gathered on that day – the men talked about the stock market and the children ran about the house shrieking and laughing. The mood in the kitchen was bleak. In her usual disorganized fashion, my sister-in-law had not... (a) planned for eight adults and nine kids, and was lacking in potatoes, vegetables and other mainstays of the mealand (b) had not put the 25-lb. turkey in the oven early enough to cook it before the rest was done. On the kitchen table sat two lop-sided lemon meringue pies and an apple pie with a very burnt crust.

The cries of "When do we eat?" were coming from the men and the children whined..."we're hungry!"

(continued on p.27)

Giving Thanks a Worldwide Tradition

by Greg Gross

The world has many ways to celebrate Thanksgiving, and those festivals can form the base of some great cultural travel on nearly every continent.

Traditionally, it's a time of year for the family to gather around the table and share food and good times. But it's also a great time to go somewhere, especially if you're interested in the cultures of the world.

We tend to think of our annual giving of thanks as strictly an American idea. But really, expressions of gratitude for the Earth's bounty began centuries before the first European pilgrim caught sight of Plymouth Rock.

Our most familiar Thanksgiving symbol — other than the unfortunate turkey — is the cornucopia, the horn of plenty. The Pilgrims got that from the ancient Greeks. It's not by chance that one of the most imposing and beautiful structures left over from the days of the Chinese emperors is the Hall of Prayer for Good Harvest in Beijing.

Almost everywhere, it seems, people celebrated good harvest years, and for the most fundamental reason: A good harvest meant that you and your family probably weren't going to die.

Loading up on groceries at your local supermarket is a relatively recent phenomenon in human history. For most of our time on this Earth, anything that wound up on your plate, you had to grow, hunt or catch yourself. And it didn't take much — bad weather, bad luck, bad decisions by bad rulers — to throw off the whole process.

So when there was plenty to go around, that was reason both to

pray and to party...and all around the world, it still is.

Africa, which has seen its share of famine, also has its share of thanksgiving festivals. One in particular in Ghana is known as the Ngmayem Festival, an annual event held by the Krobo people, who are famous for their Krobo beads, to mark the end of a seven-year famine that struck the region hundreds of years ago.

In the eighth year, abundance returned to the land, and the people made an annual tradition of celebrating with ancient fetish cult dances. Once Christianity took hold in the country, the Ngmayem Festival replaced the dances in the 1940s.



Over the years, the festival also became a way for the Krobos to pay their respects to their ancestors. It's a time for music and sports events, making friends, choosing spouses, resolving family conflicts and holding religious services.

The tone and character that the world's thanksgiving festivals take run the gamut of human creativity. Some, like our Thanksgiving, are one-day feasts. Others celebrate with food, music, dance and religious services over several days or even a week.

At the other end of the scale is Nyepi, a one-day festival in Bali that is all about fasting and quiet contemplation. For that day, you can't work, play, travel or even talk.

More than anything, it's a time to renew your bonds with family and friends, and share good times.

So, pick a region, pick a country, pick a festival and go see how the rest of the world gives thanks.

And while you're there, you might want to give thanks yourself.



THANKSGIVING CELEBRATIONS AROUND THE WORLD

This is just a partial list. Most, but not all, occur in the fall.

Africa Thanksgiving (Liberia) Homowo Festival (Ghana) Yam Festival (Nigeria) Harvest Festival (Zambia)

Americas Thanksgiving (Canada) Day of Thanksgivings (Brazil) Crop Over Festival (Barbados)

Asia Mid-Autumn Moon Festival (China) Chuseok (Korea) Kadaan Harvest (Malaysia) Tet-Trung-Thu (Vietnam) Onam (India) Pongal (India)

Europe Harvest Festival (UK) Erntedankfest (Germany) Martinmas (Netherlands) Festa dos Tabuleiros/Festa das Vindimas (Portugal)

Middle East Sukkot (Israel)

Greg Gross writes the nationally honored blog "I'm Black And I Travel" found online at imblacknitavel.com. A veteran of 40 years in journalism, Greg "dreams of Africa and comfortable seats in Coach." He has the misfortune of being friends with your 3550 editor, so his judgment is suspect. His blog, providing great info for all travelers, especially encourages travel by black Americans. To everyone, Greg says "We live in a global village; it's time you met the neighbors."



Oh, Captain, My Captain!

It is three in the morning and that piercing, head-splitting wail comes screeching out of hallway and apartment speakers. Strobe lights flash in the hall and an unbearably irritating announcement insists you get out of the building.

Panic not. You are not alone.

For several months, a team of floor captains has been organizing and training, preparing to assist other residents when fire, earthquake or other emergency hits.

That makes Mirabella notable.

John Hart, facility services director, meets with other facility managers and says Mirabella is the only building in the area to recruit residents into such an action team.

At least one captain is assigned to each floor.

Jane Partridge, Anne Clark and Paul R. Johnson assembled the team. In an emergency, the captains will be in the hallway, wearing a helmet, glow-in-the-dark vest, and tooting a nifty whistle.

Captains have drilled on emergency procedures, helped re-write some of them, are responsible for getting to know the needs of the people on their floor and funneling information to city firefighters on-scene in an emergency.

Hart has run monthly training sessions, including walk-throughs of procedures and a simulated emergency with volunteers acting as injured or

confused residents.

While the emergency captain brigade is a valuable asset, it is there only to assist residents and responders. The floor captain may be away – even to the store or the bank – when an emergency hits, so each resident should be familiar with the plan for his or her floor, and know what to do. (*See story next page.*)

Step one? Get to know your captains. Their contact information is in the Resident Directory:

Terrace – 3rd floor: Michael Gaines, Don Marshall; **4th floor:** Ron & Claire Weber; **5th floor:** Carol Evans, Dick Bergstrom; **6th floor:** Doug White.

Tower – 3rd floor: handled by Assisted Living; **4th floor:** Jim Spiekerman; **5th floor:** Charlie & Peggy Hickman; **6th floor:** Doug & Susan MacKinnon; **7th floor:** Toni Tidman; **8th floor:** Paul R. Johnson & Carol Domenico, Joan McCoy; **9th floor:** Ken Abere; **10th floor:** Charlotte Beeman, Beverley Healy; **11th floor:** Ron & Muriel Mendonca, Cliff & Mary Gray; **12th floor:** Ed Parker, Ralph Merrill; **13th floor:** Paul E. & Helen Johnson, Dorothea Fradkin, Elaine Yudkin; **14th floor:** Fran Herrall; **15th floor:** Catherine Rudolf; **16th floor:** Milt & Carol McDowell, Kathy Johnson; **17th floor:** Bob Ridgley, Joe Cenicerros & Charyl Cathey; **18th floor:** Gilbert Meigs; **19th floor:** John Van Laningham; **20th floor:** Lisa Andrus-Rivera; **21st floor:** Art & Nancy Moss; **22nd floor:** Bob French, Gwen Luhta; **23rd floor:** Wayne Ericksen, Bob Huntington; **25th floor:** Steve & Adrienne Casey; **26th floor:** Anne Clark, Hugh Kerr; **27th floor:** Lefty & Frances Page; **28th floor:** Peter Fenner, Nancy McGraw; **29th – 30th floors:** Kim Batcheller.

What To Do

Experts say the first step in surviving an emergency is planning – long before the emergency hits.

When will you leave home and when will you not? Where are the emergency exits located? What will you take with you? Do you lock your doors? Open the windows? Where will you go? What do you do if you decide to stay put?

Each floor has at least one captain assigned to help fellow residents. (See separate story on emergency captains.)

When a general alarm sounds, the suggested response for those mobile and motivated is to leave the apartment, go down the stairs four floors or outside to the evacuation sites at Caruthers Park or the John Ross lobby.

Although the obnoxious recording directs residents to leave the building, few will hike down from, say, floor 28 to the ground.

According to John Hart, facility services director, the building is constructed to contain a fire within three floors – the floor where the fire actually is and one floor above and one floor below. So moving down four floors gets residents through the danger zone, past where firefighters will assemble and to the mustering point where they can be accounted for.

When exiting, feel doors for heat with the back of your hand before opening. Do not open a door that feels hot.

Close doors behind you, but do NOT lock them.

Walk, do not run, to the nearest stairwell and go down four floors or out of the building. Do not linger in the stairwell, which will be needed by firefighters.

Residents should not try to use the Stryker chairs that are in stairwells – they are for trained personnel only.

Do not use the elevators – in an emergency, they will

be locked out to all but emergency personnel.

Those who cannot safely move down the stairwell may opt to “shelter in place.” Mirabella cannot lawfully offer that as an option, but as a practical matter many residents – particularly those with mobility problems – will stay put.

“Shelter in place” means saying home and taking precautions.

If selecting that option, first and foremost remain calm. Make sure your front door is unlocked. Use wet towels or clothing to block openings around doors or vents where smoke might enter.

Place a signal – such as a sheet or towel, knotted to the railing – on your patio.

Call 8, 9-1-1 to report your location.

Use oxygen?

“You have to choose the best of bad alternatives,” Hart said.

“If there’s no fire in that area, they’d make a decision to use their oxygen. If there is a fire nearby, if possible shut it off and put it in the closet somewhere. If there is a fire in the apartment, you

definitely won’t want to use oxygen, as the fire will travel right up the face mask.”

If possible, let your floor captain know what you are doing, so the captain can report that information to the command center.

If smoke enters your apartment, place a wet cloth over your face and nose and stay low to the floor.

Should an emergency strike while you are in Aria, special provisions have been made and you should not attempt to leave the floor unless so directed by Aria staff.

Now is the time to make your plan, to know your own physical limitations, to ask questions of your floor captain.



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How Do I Know Thee, Mirabella?

by Nick Cowell

MIRABELLA ODD FACTS QUIZ

Remember when you stayed up half the night (and sometimes the whole night) studying for tomorrow's test? And remember more recently thinking that those test-taking days were long in the past? Not so fast! Here's the Mirabella Odd Facts Quiz. We won't announce what the winner receives because we know all residents will get all answers correct.

1. Which of the following is NOT grown on Mirabella premises and used in the dining rooms?
A carrots B thyme C tomatoes D cucumbers E mint
2. What is the number of CCRCs managed by PRS, Mirabella's parent company?
A 6 B 8 C 10 D 12 E 14
3. Who owned the land on which Mirabella is built before we acquired it?
A Zidel B OHSU C City of Portland D Schnitzer E Old Spaghetti Factory
4. How many dead trees are on the Mirabella fifth floor garden terrace?
A 4 B 3 C 2 D 1 E 0
5. How many apartments are there in Mirabella?
A 220 B 240 C 195 D 205 E 212
6. On what date did the first resident move into Mirabella?
A July 28 2010 B June 30 2010 C August 31, 2010 D July 15 2010 E September 21 2010
7. How many kitchens are in Mirabella?
A 6 B 5 C 4 D 3 E 7
8. What is the average number of apartments in Mirabella that a housekeeper can clean in one day?
A 4 B 5 C 6 D 7 E 8
9. Approximately how many books are in the Mirabella library?
A 4500 B 5000 C 6000 D 6500 E 7250
10. How many people are on the active waiting list to live at Mirabella?
A 18 B 38 C 58 D 88 E 310
11. How many dogs are in residence at Mirabella?
A 23 B 33 C 39 D 43 E 49

12. What is the most frequently asked question of the Mirabella concierge?
- A What is the special dinner item at the Bistro tonight?
 - B What time does the next tram leave the OHSU stop?
 - C When will the next RAMP meeting be?
 - D Can guests park in the parking garage now?
 - E When is the town car available?
13. What is the most frequently praised dish in the Mirabella dining rooms?
- A espresso mocha ice cream
 - B decaf coffee
 - C grilled salmon
 - D razor clams
 - E orange slices
14. How many parking spaces are there in the Mirabella garage?
- A 220
 - B 240
 - C 197
 - D 304
 - E 214
15. What is the length of the Mirabella swimming pool?
- A 65 feet
 - B 55 feet
 - C 50 feet
 - D 40 feet
 - E 15 yards
16. What is the number of steps (not counting landings) in Mirabella's south stairway?
- A 354
 - B 424
 - C 406
 - D 484
 - E the same number as the in north stairway
17. How many surveillance cameras are there at Mirabella?
- A 17
 - B 20
 - C 24
 - D 28
 - E 32
18. Which of the following are NOT on the Mirabella rooftop?
- A window cleaning equipment
 - B solar arrays
 - C a parapet wall
 - D fireplace vents
 - E a cooling tower
19. Which of the following is the most popular exercise class at Mirabella?
- A Seated Stretch
 - B Balance
 - C Zumba
 - D Tai Chi
 - E Mah Jongg
20. How many exercise machines are in the exercise room at the Mirabella?
- A 12
 - B 13
 - C 15
 - D 17
 - E 20

And finally

21. Which of the following statements is correct?
- A. Mirabella is the tallest building in Oregon.
 - B. Mirabella is the 7th tallest building in Oregon.
 - C. Mirabella is the 12th tallest building in Oregon.
 - D. Mirabella is the 15th tallest building in Oregon.
 - E. Mirabella is the 22nd tallest building in Oregon.

Answers are found on page 29



Locale change for Mah Jongg--current times and locales are now Mondays at 10 a.m. in the Park View Room; Wednesdays at 12:30 p.m. in Willamette Hall, and Saturdays at 4 p.m. in the Park View Room. Chair **Susan Berg** says newcomers and all who wish to observe the game might want to call her at 6719 and chose a Monday to begin or observe.

Curtis Guthrie told us the Movie Interest Group decided to expand the type of movies shown, as well as include older movies, resulting in his no longer previewing all films—only the ones he recommends. Each group member suggests five movies he or she thinks Mirabella residents would enjoy. They are then voted on, and if the majority accepts them they will be placed on the list of movies to be shown without preview. Movies shown are the responsibility of the sponsoring member.

Did you know that a certified American Contract Bridge League instructor will teach a pre-game bridge lesson Saturdays at 12:30 p.m. prior to the 1 p.m. regular game? That's in Willamette Hall. Newcomers are welcome, and a partner will be found for players without one. Call **Ed Parker** with any questions.

Barbara Bengel and **Ken Abere** are new co-chairs of the Fitness Committee. Thanks to **Catherine Rudolf** for serving as the previous chair.

Congratulations to the Quilts for Kids group, which has now made and donated a whopping 37 quilts to kids in foster care!

Bettie Schweinfurth has been leading a number of residents through the Book of Acts for several months, and the Bible study group has now moved from the 25th floor into the Park View Room. It meets the second and fourth Mondays of the month at 3:30 p.m. Everyone is welcome.

A shuttle full of opera devotees is being driven to the Regal Theater at the Lloyd Center each time a

Around Campus with Marge Carothers

Metropolitan opera is performed in HD. The new season has just started --- sign up in the "Events Book" at the concierge desk. **Carol Adler** is the chair.

Off-site movies are getting popular, and those interested can sign up in the events book at the concierge

desk. **Sandy Stapleton** puts the trips together.

According to pet chair **Nancy Glerum**, there is a change at the concierge desk—no more fun sitting or petting or feeding our little friends because of the congestion it creates. (Darn—that was so much fun for us non-owner observers.) The Pet Committee is hoping to find a location where owners and their dogs may congregate to sit and chat amicably. We look forward to further announcements about our

(continued on p.29)

Nobody Messed with Hannah

by *Sheri Winkelman*

All of us have stories of our ancestors, but probably none is more amazing than the tale of resident E.K. DuPont's many times removed grandmother, Hannah Duston.

Hannah was 40 years old and the mother of nine when Indians attacked her town in 1697. Husband Thomas escaped with eight of their children but Hannah was captured with her newborn daughter and nurse Mary Neff.

They were forced to march into the wilderness. Along the way, the Indians killed 6-day-old Martha by smashing her against a tree.



Hannah Duston's deed was immortalized in this painting by Junius Brutus Stearns

Hannah and Mary were given to an Indian family group of 13 people, along with Samuel Lennardson, a lad of 14.

Six weeks later, Hannah led Mary and Samuel in a revolt. She used a tomahawk to attack the sleeping Indians,

killing all but two. The former captives immediately left in a canoe but not before taking scalps as proof of the incident and to collect a bounty. They reached their hometown, Haverill, Mass., several days later. Hannah lived for approximately 40 more years.

It took another hundred years for Hannah's escape to become well known. Cotton Mather, Nathaniel Hawthorne, John Greenleaf Whittier and Henry David Thoreau retold her story. The first woman honored in the United States with a statue, E.K.'s ancestor is well worth remembering.



Nancy Moss & Charlie Chan Now Playing in Oahu



Nancy Moss, ace reporter for 3550, is a celebrated playwright who moved to Mirabella from Hawaii. In late August, she returned to the islands for the opening of a one-month run of her play, "Will The Real Charlie Chan Please Stand Up?"

"Unlike anything else I've written, this play is just fun," she told 3550.

It is about Chang Apana, the Honolulu police detective who inspired the fictional Charlie Chan. The play won the Hawaii prize in a 2010 playwrighting competition. Her earlier play, "Anna: Love in the Cold War," was produced in Hawaii in 2002 and 2012, had a 2010 New York showcase and was read, in part, in a Mirabella presentation. Her 10-minute play "The Pilot" was part of Oregon Contemporary Theatre's 2013 schedule in Eugene.

Nancy Moss was interviewed for the newsletter of the Kuma Kahua theater, as "Charlie Chan" was about to be presented. The interview is excerpted below. -Ed.

How did you get the idea to write about the real Charlie Chan?

I read a New Yorker magazine article about the book by Yunte Huang ("Charlie Chan: The Untold Story of the Honorable Detective and His Rendezvous with American History") and I read the book itself.

What made you decide to incorporate the fictional Charlie Chan as a character in the play?

Chang Apana's life would make a great motion picture. He was a man of action, who fought with much bigger guys. He jumped out of windows! He used disguises and

a whip instead of a gun. But he was a morally upright man who liked to cook breakfast for his wife. I thought a play needed more than a sequence of action scenes, so - enter Charlie. Charlie's odd characteristics - his use of a pidgin no one ever spoke, for instance, and his made-up adages, made a good contrast with the man of action. It was fun making up maxims for Charlie.

How did you go about your research of the real Chan, the time period. . . ?

I read a number of the Charlie Chan books, which were fascinat-

writing skills? Formal classes?

Like many others, I worked with Y York, sitting around her table and listening to her critique our work. She provided a sort of informal textbook, with terms and examples from accomplished playwrights. I also took a summer workshop where I learned about writing action in theatre. I have been in writing groups for years; it's so essential to hear words out loud - especially if you're trying to be funny! Because I had a fulltime job, I was never able to take a playwrighting course.

How many plays have you writ-



Nancy Moss, front row in colorful shirt, with cast of her play in Hawaii

ing, and watched one of the movies. Details about the time period mostly came from the Huang book.

Are you currently working on anything new?

I'm working on a play about our security state - the government reading our emails and listening in on phone calls -- which is suddenly timely.

How and when did you first become interested in theater and playwrighting?

I had been writing novels and romances (e.g. "Island Ecstasy," under a pseudonym) and found I liked writing dialogue best.

How did you develop your play-

ten? How many have been produced?

I have thrown a number of plays away, but I have nine, including a 10-minute play, that I'll own up to. Of these, six either have been or will be produced.

You recently moved from Hawaii to Oregon. What do you miss most about the islands? Least?

Oh, my. I miss the music and the beauty. The northwest is beautiful, but there's something about Hawaii. The mixture of races. Portland is pretty white bread. For "miss least," I have to say mass transit. I can't believe Hawaii will ever do as well.

Residents Discuss Access to Mirabella Health Center, Clinic-Like Services

Committee Launches Survey; Some Claim Promises Made

We Will Meet Challenge, McCartney, Sabatini Pledge

by Nancy Moss and Steve Casey

At a residents' council meeting earlier this year, Carrell Bradley stood and delivered a strongly worded argument for providing residents with medical care in the Mirabella building.

Carrell, who had had a skin cancer removed and whose doctor had ordered a daily blood pressure check, went to the second floor, where a nurse wouldn't change his bandage or take his blood pressure.

Remembering what he says was a Mirabella marketer's promise that, "If you come here, you can get care," Carrell feels Mirabella has not lived up to its word.

Other residents believe Carrell is sincere, but wrong – that no such promises were made, and independent living means *independent*.

Since that council meeting, residents have talked about what kind of help is available here, what help is not available, what should be.

If you fall and injure an arm, is there anything on offer between "nothing" and "the emergency room?"

If you cut yourself at 3 a.m., will a nurse in the Health Center clean away the blood and apply a bandage?

The short answer to those questions is something approaching "no."

So a group of residents is investigating what it would take to create a mini-clinic at Mirabella.

Doug MacKinnon and Bob Huntington co-chair the investigating subcommittee, part of the Resident Health committee. Isabel Prucha and Cliff Gray are on the team.

The questionnaire enclosed with this issue of 3550 is part of their effort.

"Our charge is to see if we can find ways to handle short-term injuries and things that don't require a hospital visit," MacKinnon said in a 3550 interview.

"We look upon it as triage – a higher level of triage and the ability to get things like band-aids and ice."

By "triage," he means assessment of a resident's

(see *Survey*, p.21)

A big reason to live in a Continuing Care Retirement Community is the on-campus availability of assisted living, skilled nursing and memory care if they are ever needed.

Residents live independently, condo-style, and if they have to "transition," spouses and friends are but an elevator ride away. That is all threatened if assisted living or the Health Center is full up.

Sharon McCartney understands the concern. But she says it's misplaced.



Sharon McCartney
health services administrator

"Of the other communities I've worked in, this has not presented an issue," she said in a 3550 interview. McCartney is Mirabella's health services administrator.

"We have facilities that have been running 50 or 60 years," she said. "I can honestly say in the years I've been with PRS, I've never heard of that happening."

Anthony Sabatini, Mirabella executive director, agrees.

"Every CCRC goes through phases of what services it needs to provide," Sabatini said in the same interview.

"If you look at other models like ours and talk to other communities, they've all had the same concerns. But I can almost guarantee they haven't had that issue

where (residents) had to get kicked out.

That to us is the absolute worst-case scenario that we'd try to avoid at all costs. All costs."

Mirabella can adapt to changing needs, he said.

"Where we are today is different from where we will be in six or eight years. There is enough flexibility to make sure we can provide the needed services," Sabatini said. "We will meet that demand."

There are 16 assisted living apartments, occupied by some 29 people, and the Health Center – the skilled nursing facility (SNF) and memory care combined – has another 44 beds.

Management can tweak the use of the building to accommodate more in the Health Center. Sabatini cited annexing more apartments to health care, and moving fire doors to create a larger nursing unit as among the tools available.

Mirabella Seattle is using such a tool, planning

(see *Challenge*, p. 21)

Survey (continued from p.20)

immediate situation (fall, cut, shortness of breath, for example) and a determination of where the prospective patient should go for evaluation and treatment.

“We have in place two levels of triage today,” he said.

One would be Mirabella’s “first responders,” who are members of the maintenance staff. “They are trained in doing at least a crude level of assessment,” he said.

The other is a call to 9-1-1 for paramedics, who make a more thorough evaluation and offer a higher level of first aid. They also can transfer a resident to a hospital, if necessary.

Neither option includes assessment by a nurse at the Health Center, which is not licensed to treat people who are not patients there. Certainly, neither option includes a nurse coming up to an apartment on a house call.

Sharon McCartney, administrator of the second floor Health Center, said in an interview that in tightly-regulated Oregon health care, providing medical care to people who are not Health Center patients is a violation of their license and a very serious matter.

3550 Health Care Coverage

John Hart supervises the maintenance group. He told 3550 his troops truly are “first” responders, able to assess the situation and speed the arrival of paramedics. The maintenance response time is two to three minutes, with paramedics’ response time running four to six minutes, he said.

So we have, MacKinnon said, “limited first aid by our first responders, and secondly limited first aid by the EMT and firemen on a 9-1-1 call, and that’s basically it. Other than that, there’s a big gap – especially for those living alone.”

“Is an ambulance called for a cut finger?” asked resident Laurie Meigs in an email to 3550.

“A sprained ankle? Feeling faint? Are we really required to wait for hours in an emergency room, only to be sent home? How about a list of the nearest ‘docs in a box’? A ride to such a facility would seem to be the more expedient and less costly solution,” she suggested.

Some residents believed all necessary medical services were part of the Mirabella bargain, now until the grave.

“I feel very strongly that we were assured of this help when we bought into Mirabella,” Meigs wrote. “I feel misled, frankly, and I think others do, too.”

Others, publicly and privately, echo that feeling.

Adam Payn, marketing director, said while the benefits of assisted living and the Health Center were part of the information given prospective residents, promises

of clinic-type medical care for independent residents simply were never made. Many residents agree.

“I think there are some people who have those expectations, which are for the most part unrealistic,” MacKinnon said.

Anthony Sabatini, executive director of Mirabella, said it could be possible to provide clinic services to independent living residents, as long as they are willing to pay for it.

The committee’s questionnaire asks residents what kind of additional health services, if any, are needed, and how much they would be willing to pony up.

Some would like a physician or nurse practitioner physically in the building around the clock. Offering the common experience of falls as an example, MacKinnon said that likely won’t happen.

“Having a nurse practitioner here full time just to handle two or three spills a week doesn’t seem very cost-effective,” he said. ❀



Nicolle Keele
physical therapist

Challenge (continued from p.20)

conversion of some assisted living apartments into the nursing unit, as it expands from 22 to 46 beds, according to their resident publication, The Mirabella Monthly.

Seattle is hiring a wellness nurse to partially offset the loss of assisted living apartments, the publication said.

But perhaps the most effective tool is keeping residents from needing the Health Center in the first place. The gym, pool, exercise classes and physical therapy all play a part.

With the new Home Care program, Sabatini said, there is another arrow in the quiver and “we can extend residents’ time in a comfortable environment and perhaps indefinitely.” ❀

Health Center “First Choice” says Residence Agreement

by Claire Weber

As our community has become full, residents have become more apprehensive about their access to memory care and skilled nursing services, should they be needed.

The primary concern is whether there will be space available on the second floor if and when the time comes, or whether the resident will have to go somewhere else.

The skilled nursing and memory care units make up the Health Center, located on the Mirabella second floor.

When may a resident be admitted to the second floor for memory care or skilled nursing? The answer is in the Residence & Care Agreement (RCA,) which each resident signed before moving in.

The 30-page agreement lays out the logistics about living in this Continuing Care Retirement Community, and pages nine through 12 lay out the guidelines for access to skilled nursing and memory care.

According to the RCA, if a resident needs memory care or skilled nursing and there is an available room in the Health Center, the resident will get that room. The agreement’s language confirms that a resident who needs second floor care “will have access” to the second floor unless the desired second floor unit is “fully occupied.”

If the Mirabella second floor is fully occupied, the RCA states a resident may be placed in another facility — outside Mirabella Portland. The first choice for an outside facility is another Pacific Retirement Services (PRS) facility. The only other PRS facility in Portland is Holladay Park Plaza. The other two PRS facilities in Oregon are located in Medford and Eugene.

The agreement says a PRS facility is “first choice” for an outside facility, but does not limit outside facilities to only PRS communities. Regardless of which outside facility is used, Mirabella will pay the difference if the cost of the outside facility is greater than the cost of the second floor.

When a resident moves *permanently* to the Health Center, his or her monthly fee will be greater than the fee for an independent living or assisted living apartment.

However, there is no additional fee for a resident who has a “*temporary stay*” for supportive and restorative nursing care. A resident staying temporarily will be charged “the regular monthly fee.”

This brief article is a summary of the Residence & Care Agreement’s provisions for access to skilled nursing care and memory care and is not a substitute for the agreement itself.

Home Care Prolongs Independence

Mirabella’s Home Care program was designed for those residents who need – short-term or long-term – some extra assistance, but who are well short of requiring assisted living.

Some who would otherwise head for assisted living at some point may never have to give up living independently.

And moving into the Health Center – skilled nursing or memory care – is often triggered by “a catastrophic event,” in the words of executive director Anthony Sabatini, who said Home Care might prevent that event from ever taking place.

It is part of a continuum of health-related services, including exercise programs and physical therapy, designed to keep aging residents in their best possible physical and mental condition.

“Many people need help with this or that activity of daily living,” said Sharon McCartney, health services administrator, “but not 24/7, and Home Care is better for them.”

“Even people who want to make sure assisted living is there for them when the time comes don’t want to leave their homes.”

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

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

Home Care is available to residents whose condition is “stable and predictable,” and is dependent upon continuing safety for both client and caregiver.

Caregivers – certified nursing assistants, or CNAs – are billed at \$19.50 an hour for Mirabella residents, \$22 for non-residents. The fee list, available in the Health Center, shows the full range of services on offer.

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



Gurman Kaur
Home Care Boss

Former Patients Thrilled with Care on “Second Floor”

by Nancy Moss

The quality of care on Mirabella’s Health Center, in both memory care and skilled nursing, is outstanding, patients and families agree – with one strong dissenting voice.

Sums up resident Barry Shapiro, who visits there every week: “If any one of us had to go to the second floor, we’d be fine.”

Post-operative patients are especially pleased.

Hugh Kerr, who came to skilled nursing three days after hip-replacement surgery, had an “extremely positive” experience with a “compassionate, caring staff.”

3550 Health Care Coverage

Hugh singles out his physical therapist Erin Lingo, whom he calls “amazingly knowledgeable about muscle groups” and exercises to strengthen his core.

Susan Kerr, who arrived on the second floor 24 hours after shoulder-replacement surgery, concurs. In agony, Susan kept “pushing my little button” for pain medication: “Visitors told me I was so happy,” Susan recalls.

The attention she received made her feel “like a queen or princess.” Like Hugh, Susan singles out her physical therapist – in Susan’s case, Nicolle Keele – for special praise.

Don Marshall, who had hip replacement surgery in 2011, said supervisors were especially reassuring when he had questions. Seeing physical therapists twice a day, Don felt “like I was staying at a resort, with nothing to do but get better.”

His one complaint was breakfasts that were not always hot. Noting that the food sat around on trays, Don simply asked he be served right away.

When Don went back to his physician, the doctor told him he had never received so many updates on a patient’s condition as he had from Mirabella about Don.

Like Don, Michael Marx appreciated an understanding supervisor. When he learned that Medicare wouldn’t cover his stay for a post-Mohs-surgery infection, Sharon McCartney, the Health Center administrator, told him not to worry.

Michael appreciated the staff’s flexibility, being able to eat in the second floor dining room, the Bistro, or upstairs. When he had a conflict with one nurse, he went to McCartney, who got him a different nurse.

Carrell Bradley’s experience differs markedly.

In spring 2012, he moved into independent living and his wife, Helen, entered memory care.

His criticisms concern both pricing and care.

Barry Shapiro, the volunteer Health Center fixture, praises the place as not the typical nursing home – no patients lined up in wheelchairs, no pervasive “nursing home” odor.

He praises Justin Zarb, in charge of activities there, for doing a “phenomenal job” and McCartney for being open to new ideas, like allowing dogs to visit, asking only that they be calm, have their nails trimmed, and like attention.

Mirabella’s second floor cares for people who are temporarily or permanently helpless or in pain.

It’s a continuing challenge both day and night; a race without a finish line.

The List

Have you heard about The List?

Health care director Sharon McCartney keeps a list of residents her staff needs to watch over.

The List generally has 10-25 names on it. It helps health managers provide assistance early on to residents who need it, and helps them prepare for demands on Mirabella’s health care services.

Executive director Anthony Sabatini said reports of concern may come from any of Mirabella’s 300 residents or 200 employees.

Two or three reports from fellow residents come in each week, McCartney said, and are evaluated by the health services transfer committee.

While some signal a need to “transition” to more care, often problems are solved through intervention – such as the seemingly lost resident who is just fine after diagnosis and referral for treatment of a urinary tract infection.

Open Heart Surgery A Recent Lifesaver

by Paul E. Johnson

One evening years ago, I was resting comfortably when the phone rang. A pediatrician friend informed me that the baby girl he was treating was doing poorly. "I'll see you in the Intensive Care Unit," I said.

We tried our best, but the baby died. We needed the ability to operate inside the heart, in this case, to replace a valve.

Today, with advances in medicine and general surgery, we could save that child.

Although the medical community had long considered open-heart surgery impossible, a few centers continued to do research. In 1938, at Boston Children's Hospital, a pediatric surgeon corrected a defect in the aorta, the main artery leaving the heart. This surgery, in the chest but not in the heart itself, marked the beginning of cardiac surgery.

Several years later at the Johns Hopkins hospital, surgical researchers developed the "Blue Baby" operation, which revolutionized the treatment of congenital heart disease and ushered in a new era of cardiac surgery both for children and adults. The cardiac surgeon connected the pulmonary artery and the aorta, permitting more blood to reach the lungs and thus reducing the baby's blueness.

Development of the heart-lung machine, at Yale New Haven in 1953, permitted surgeons to repair intra-cardiac defects and valves, as well as surgery involving the coronary arterial system, in a non-beating heart. Coronary bypass surgery as we know it today developed in the 1960s, followed by cardiac transplant, which grabbed the headlines.

Refinement of surgical techniques, developments in anesthesia, specialized nursing care, and Intensive Care Units, occurring in the late 1950s through early 1960s, gave more and more people hope. Today, aortic valve replacement has a 3% mortality rate in a senior of normal health. Originally seen as impossible, this surgery has become standard treatment.

Here is an example of how advances in the science save lives.

The son of a physician friend of mine was dying of a valve problem like the one mentioned at the beginning of this article. Waiting for the surgeon's plane to arrive, I stood watch all night, giving the baby morphine to relieve his intense pain – angina due to reduced blood flow. At 6 a.m. the plane, detained by bad weather, was able to land. The surgeon went into action and successfully replaced the valve in the baby's heart.

That patient is now 33 years old and a physician.

SPECIAL

by David Fradkin

I used to be VERY smart
... so I thought ..
No limitations,
Special.

I would stare fixedly at an object
- a tuft of grass, a stone, a cloud
And it would become special,
memorable, because I had seen it.

I no longer have this power to
endow inanimate objects,
though likely I am smarter than
most ... so I think...
But have far fewer illusions,
less ignorant of my ignorance,
Cognizant of the spectrum
and my place in it.

Out and About with the Travel Club

Upcoming trips planned by the Travel Club for the rest of the year are: October 8 - Fort Vancouver (tour Marshall House and lunch at Grant House, etc.)

October 28 - Guided tour of exhibits on display at the Oregon Historical Society

October 13 and 27 - Sunday Supper Club to Gilda's Italian Restaurant



No, the Travel Club isn't going on a cruise, But Steve and Adrienne Casey did.

Isn't that special?

November 10 and 24 - Sunday Supper Club at Tucci Ristorante in Lake Oswego

November TBD - Lunch at Francis Xavier Restaurant followed by a trip to The Candy Basket Factory

December TBD - Attend a performance of the Singing Christmas Tree at the Keller Auditorium

December 8 and 15 - Sunday Supper Club at Gracie's Restaurant

The enormous popularity of many Travel Club events evokes lots of sign-ups in the white Events book at the Concierge desk.

The club requests that when a resident knows he or she can't make an event, please remove your name *immediately* to give those on the wait list a heads up.

Safe travels everyone!

Chef Todd, Wizard with Food and Photos

by Nancy Moss

What does it take to launch a career as a chef?

In the case of Todd Albert, executive chef at Mirabella, it began at the age of 15 when he started as a dishwasher at Perkins Pancake House in Wappingers Falls, New York.

Laugh if you will, but they made good pancakes, Todd says, and it was there he became a cook. His subsequent training included the Culinary Institute of America in Hyde Park, New York, and an 18-month manager-in-training program with Marriott Corporation.

In addition to his associate degree in culinary arts, Todd studied philosophy at the University of Washington, Portland State University, and the University of Arizona – his favorite area of study being phenomenology.

In the last 10 years, Todd says, he became passionate about landscape photography and has traveled around the country taking photographs. The Bridgeport pub in the Pearl, among other places, displays his work, and you can see more at his website, toddalbertphotography.com.

As Mirabella executive chef and assistant director of dining, Todd has 65 employees under his supervision, 35 of them in the kitchen. “PRS is understanding of standards for food quality,” Todd says, noting he requests the funds he thinks he needs to sustain that quality.

Although both his job and hobbies sound demanding, Todd encourages Mirabella residents to approach him if they have serious problems, beyond a suggestion box kvetch, with the food. He will try mightily to solve the problem.

“I enjoy making people happy,” Todd says.

Who Are Those Guys?

Have a compliment or complaint about tonight’s dinner? Or a special request?

The leaders of dining services are happy to help you. Here’s how to recognize them from across a crowded restaurant.

Assistant Dining Room Managers



Misty Eichholz



Sebastien Ellis



Monika Rieder

Leaders of Dining Service



Mark Dagostino
Director Dining



Todd Albert
Executive Chef
Assistant Director Dining Services

Thoughtful Chef Works the Grill

At a Mirabella barbecue, chef Ben Klosterman offered to cook resident Susan MacKinnon’s salmon on a newly-cleaned grill so it would not pick up any traces of previously-cooked meat.

“For the very first time I realized how accommodating and helpful the cooks could be,” said Susan, who is highly allergic to pork, lamb, beef, and shrimp.

Cooks like Cosmo Salas and Richelle Espinosa will consult with Susan about menus or tell her, “You can’t have that, Mrs. MacKinnon,” about a dish with many ingredients. Susan also appreciates members of the wait staff who look out for her.

As Cosmo told her, “We’ve got your back.”

Did You Know?

(I didn't know that...)

by Sheri Winkelman

Since meals interest everyone, this month's column is all about food.

Although old news to many, this may help new residents learn how the system works at Mirabella.

1. You may choose from a variety of monthly meal plans.

The standard plan offers as many meals as there are days in that month. It is sometimes referred to – not entirely correctly – as the “30 meal plan.” Twenty, 60 or 90 meals are also available. If you choose only 20 meals per month you will save \$40 -- \$4 per meal.

If you choose 60 meals, an extra \$120 will be added to your monthly statement. On the “standard” plan, if you run out of meal credits, you pay menu prices. An Aria dinner is \$20. If you are on an “extended” meal plan – 60 or 90 meals – extra meals beyond your plan are \$4 per.

Please contact Bobbi Lyman, Mirabella business manager, at ex. 6502, if you are interested in changing your current meal plan.

2. Although cash is always accepted in the Bistro, signing a receipt and having the cost added to your monthly statement will save you 30%. You may also sign for guests and save the same amount.

If you have guests who pay for their meals and wish to leave tips, they must do so in cash as tips cannot be added to a credit card bill. All tips go to the Employee Appreciation Fund.

3. Residents are entitled to 10 free room service deliveries from Aria or the Bistro a year. After the 10th delivered meal the charge is

(continued on p. 27)

Welcome to my food cart reviews, version 3.0.

Each issue of 3550 will introduce you to at least one new cart, and perhaps an occasional hole-in-the-wall café.

All reviews to date are for carts near 10th and SW Alder. Starting in July that streetcar stop has an added

syrup, and soy sauce. Finally, Nong adds a garnish of cucumbers and cilantro and a light soup. I found the sauce a little spicy, but since it is packaged separately you can drip it to reach your own level of zing.

The basic lunch is \$7. Options include chicken liver, extra chicken, rice and sauce, and occasionally



3550 Food Cart Review

by John Branchflower

attraction: A Starbucks inside the new City Target store.

Review #3 is of Nong's Khao Man Gai, owned by Nong Poonsukwatana. The balance of the cart name is the only item on the menu, a Thai version of Hainanese (southern China) chicken. It literally translates to “oiled rice chicken.”

The cart is located kitty-corner from the Target store and a little west of 10th on Alder.

Khao man gai is poached, organic chicken, rice simmered in chicken stock, and Thai herbs. The sauce is fermented soybeans, ginger, garlic, Thai chilies, vinegar, house-made

available are fried chicken skins. A gluten-free version is offered at no extra charge.

A slightly larger menu is available at her two other locations. Visit kmgpdx.com for more cart info and for stories about Nong. Among Nong's stories you can read is CNN's “Five Awesome U.S. Food Trucks Worth Chasing.”

The meal (except the soup) is wrapped in butcher paper. The food has enough chicken fat so it will not stick to the paper. And important to Nong, it is not plastic.

The streetcar stop to return to Mirabella is at 11th and Alder.

Albertina (continued from p. 7)

The Kerr board determined that only with a robust cadre of volunteers could the renovation strategy succeed, so it created The Old Kerr Nursery Association, or TOKNA, which runs the retail shops and restaurant in the old orphanage.

Mary Zehrung was a TOKNA charter member and part of the initial fund raising drive and volunteer work that restored the old building. Julanne Weller served on the Kerr board and is a TOKNA member. Linda McCammon, an enthusiastic cook, prepared food served in Albertina's Kitchen.

In addition to the 345 TOKNA volunteers, 455 other Kerr volunteers give their time, energy and expertise to Albertina Kerr agencies.

Volunteers run fund-raising events such as the Spotlight on Kerr Gala, Kerr Golf Classic, Holiday Giving gift sorting, and Race for the Roses. They do landscaping, gardening and painting at Kerr facilities.

Volunteers do office work and lead activities. They help children and adults to find work, in physical and occupational therapies, tutoring and counseling.

If you have time to give, or wish to contribute financially, you can find the information you need at albertinakerr.org, or by calling Albertina Kerr at 503-262-0186.



RAMP Council 2013-2014

Rolf Glerum, Claire Weber, Jim Rudolph, Bev Healy,
Linda Wood, Bernice Johnston, Bob DiLallo, Michael Gaines

Kerr Centers Get Bang for the Buck

According to its IRS filings, Albertina Kerr Centers Foundation spends 91 cents of every donated dollar on programs and services – an excellent performance.

Kerr maintains 15 group homes for youth; provides intensive treatment programs for children with developmental and mental health issues; provides family support, including assistance developing a child's strengths and safety; provides foster care for children with special needs or behavioral problems; offers community-based mental health services for children and their families; offers crisis psychiatric care.

While government agencies pay Albertina Kerr for many of those extensive services (it received \$34.2 million in FY 2011-12,) that still falls short of the need.

Donations, special events and the businesses operated by volunteers fill that gap.

Kerr is a 501(c)(3) charitable organization. Donations are tax-deductible.

Know (continued from p. 26)

\$10 each time.

4. Catering is available on the 5th floor garden terrace, Willamette Hall or Park View Room. If interested, you may contact Monika Rieder, assistant dining room manager, x6534. Plans must be completed two weeks in advance of an event. Meal credits may not be used.

5. Todd Albert, executive chef, welcomes your comments and questions. You may reach him at ex. 6533 or at talbert@retirement.org. The same is true for Mark Dagostino, food services director, x6503 mdagostino@retirement.org.

Thanksgiving(continued from p. 12)

Let's change it up, she said -- desert first, then veggies and the Jello-mold (green with shredded carrots ...our salad) and we will finish with the turkey.

There was silence in the house as everyone took this in. What was she thinking? The candied sweets, the mashed potatoes, cranberry sauce, gravy, peas and carrots and the succulent sliced turkey must all be together on our plates.

Just as the turkey was pulled from the oven for carving – at 10 p.m. – a weather alert came across the TV screen announcing a fast moving snowstorm heading south from Maine and promising 8-10 inches by early morning. We threw the girls into the car grabbed the luggage and headed back south to cries of “we never had the turkey!” The Tradition ended that year.

When my turn came, I had the meal catered and it became a new tradition.

--Adrienne Braverman



Bikers Rule

by Larry Braverman

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.

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. ☘

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(Town Hall continued from p. 5

“Basically, Mary and I clarified that the expense will be included in the medical deduction calculation, and yes it will,” he said.

“Since this is indeed occurring, residents are not able to deduct it as a separate tax, similar to property tax; that would be considered taking the deduction twice.”

The other incendiary topic was an accounting change in how the refundable portion of resident entry fees is carried on the books – and what that means.

Previously, those fees had been amortized over the hypothetical life of residents, according to Schoegggl and Sabatini. Accounting rules

“That’s \$3 million I could have used in operations.”

now forbid that. The change means, this year, there will be a \$3.1 million reduction in operating revenue, Sabatini’s pre-meeting memo said.

Schoegggl said it is a distinction without a difference.

“Cash flow wise, it has zero impact on you,” she said. “It’s just a paper transaction.”

Sabatini said in the interview that while it does not directly impact monthly fees, “to me that has an impact. That’s \$3 million I could have used in operations I can’t now.”

That sounds like a conflict. Sabatini says no.

“There is no conflict,” Sabatini wrote 3550. “We are saying the same thing. It doesn’t impact cash, and is reflected in cash flow and sits on the balance sheet as a liability. What no longer occurs is the amortization of the refundable portion to income, as shown on the budget summary sheet (income). Income is utilized to support the daily operations, as we currently continue to amortize the non-refundable por-

tion into income.”

Mirabella resident John Branchflower, a CPA, told 3550 that Sabatini and Schoegggl were saying the same thing – but from different perspectives.

“Since Mirabella can no longer use the refundable entry fees for operations, it has a very real effect on our charges if we want the same services we are accustomed to receiving,” he said. “Mary Schoegggl was answering the question in all likelihood from an accountant’s viewpoint and not a resident’s.”

Other notes from the budget town hall:

Second person: Why do monthly fees increase 5%, but increase 6% for the second occupant?

Schoegggl: The second person has been under-charged and that’s being corrected.

PRS fees: Why is PRS paid \$1.4 million in management fees, a 20% increase?

Sabatini: PRS provides accounting support, keeps Mirabella from having to hire more people, provides Health Center guidance, marketing support and group purchasing, among other services.

Schoegggl: The fee is based on a percentage of revenue. Occupancy goes up, the fee goes up.

Mirabella cost: What did Mirabella cost to build?

Schoegggl: The construction cost was \$160 million. The bonds totaled \$221 million, of which \$130 million has been paid off. At the end of the year, debt will total \$90 million.

Occupancy: What’s the occupancy now?

Sabatini: 97%, with roughly 358 on the waiting list.

Purpose: Is the Town Hall to discuss and help shape the budget?

Sabatini: No. The budget has been shaped over several months, including by a resident committee, and approved by the board of directors. It’s a done deal. ☘

Around Campus

(continued from pg.18)

delightful four-legged (and two-legged) friends.

Dot Lukins, retiring Welcoming Committee chair, called on 50 apartments this past year—20 couples, 26 single women and four single men.

A committee member followed up with each new resident, extended a dinner invitation and delivered a packet of information. Other visits later encouraged new residents to participate in our RAMP organization, **Julanne Weller** invited them to the Meet and Greet meeting, and **Jill Seager** told them about the street car/Max tour. No wonder we’ve all felt welcome to Mirabella.

The position of chair is pending. **John Van Laningham** is vice chair and **Geri Abere** is secretary.

Ron Weber says an active Canasta group plays in the Bistro each Monday and Tuesday, 2 p.m. to 4 p.m. ☘

Please Return Your Health Survey...Your Fellow Residents Are Working Hard on This Issue

ANSWERS TO MIRABELLA QUIZ	
pgs. 16/17	
1. D	11. B
2. E	12. E
3. B	13. A
4. D	14. B
5. A	15. C
6. C	16. D
7. B	17. E
8. C	18. A
9. D	19. A
10. A	20. D
21. B	
How’d ya do?	

A Sport for the Ages

by Ron Weber

“Do you play tennis?”

That’s one of the first questions a new resident is likely to hear from an always-welcoming Jill Seager.

Answer yes, and you may just find yourself a recruit for the small but active group of tennis players at Mirabella Portland. About a dozen residents now hit the fuzzy yellow ball, playing singles or doubles.

But interest in tennis throughout the community is much greater, as proven right after Labor Day this year when it seemed everyone was caught up in the excitement of the U.S. Open in Forest Hills. Eyes were glued to televisions, phones went unanswered and email messages ignored as Serena Williams captured another women’s Grand Slam title and Rafael Nadal won his second U.S. Open.

Why so much interest from folks who are, well, not young? People whose knees rebel at the thought of a day on the court after all these years?

“Tennis is a lifetime sport,” offered one active player. Even past prime, a player reflects on achievements of youth and pulls



Marx, Marshall First Mirabella Couple to Wed



Don Marshall, left, and Michael Marx after obtaining marriage license in Washington state

On their 25th anniversary as a couple, Michael Marx and Don Marshall became the first two Mirabella residents to wed, although they had to leave the state to do it.

On Sept. 27, they celebrated a quarter-century together as they were married in Washington’s San Juan Islands, with Mirabella resident Kim Batcheller officiating.

Washington, unlike Oregon, provides for same-sex marriage.

“It’s an anniversary, a wedding and a honeymoon,” Michael said in anticipation of the event.

Megan Huston, resident services director, confirmed it was the first wedding of two Mirabella residents.

Michael and Don registered in Oregon as domestic partners in 2008, and in California years before that.

The couple plans a reception for fellow residents in early November.

for whichever youngster emulates that style of play.

Then there are those still playing, perhaps playing hard.

A few residents still maintain membership in a tennis club, like the Clackamas River Racquet Club, where they can play indoors all year long. In the long summer months, most residents play at the Willamette Park courts, just south of our neighborhood.

On Tuesday or Thursday mornings a visit to the park might find Jill Seager, Jerry Abeles, Art and Nancy Moss, Ronnie Rudolph, Peggy Hickman, Ken Abere, Stan Tidman,

or Larry Braverman engaged in a spirited match. Sometimes scores are kept; other times folks will be just hitting the ball back and forth in vigorous exercise.

Jill played off and on most of her adult life, particularly when living in Southern California and the Arizona desert. Jerry is a long-time tennis enthusiast who plays year-round – during balmy months here, and in Palm Desert in winter..

So if you play tennis or would like to learn, just give Jill or Jerry a call. Before you know it, you will be joining regular games on Tuesday or Thursday in Willamette Park.

I See By Your Outfit That You Are....Peggy Hickman asked, "What are the different uniforms at Mirabella?" Good question. Here you go, Peggy:

*Dining Services-Server
black*



Becky Tremble

*Dining Services-Kitchen
black*



Jen O'Brien

*Maintenance
light blue shirt*



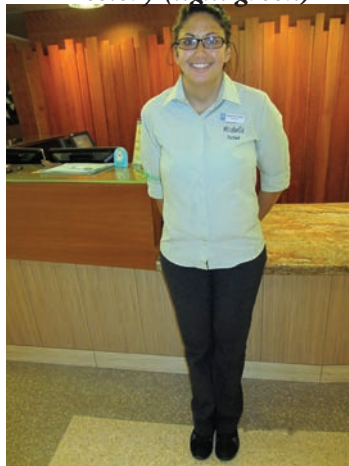
Jason Patterson

*Valet
gray or navy blue*



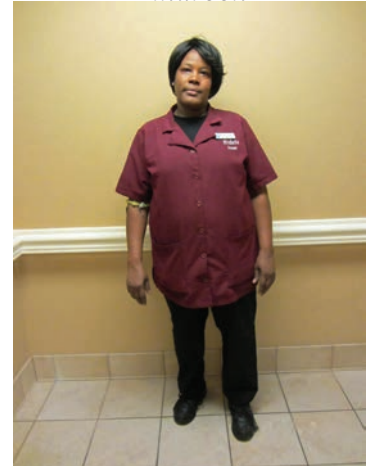
Eric Grimes

*Concierge
celery (light green)*



Monique Munro

*Housekeeping
maroon*



Martha St. Louis

*Skilled Nursing, Server
light gray shirt*



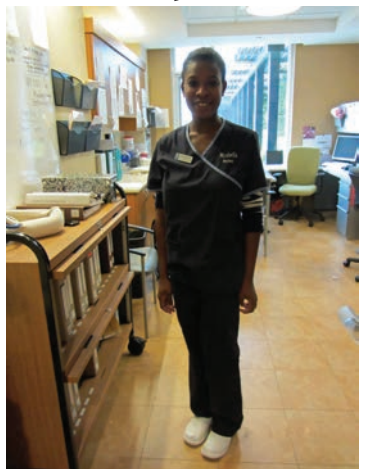
Gabe Marquez

*Skilled Nursing, Nurse
brown scrub*



Alexa Langit

*Skilled Nursing, CNA
navy blue*



Lova Ferjuste

Mountain Man

When it comes to mountain climbing, there is only one word for Mirabella resident Guy Woods: Awesome.

Mirabella's first resident was a veteran climber who had ascended all 16 major Northwest peaks by 1947 – that's Mt. Baker to the north, Mt. Shasta to the south, and includes Mt. Ranier, Mt. Hood and Mt. St. Helens well before it blew. None is an afternoon stroll. Honored in that year by the Mazama climbing club for his feat, Guy knows a thing or two about mountains.

"Most of it was done in the late '30s and early '40s, before WWII," he said.

"I was a school kid then (about 16 or 17) and went mountain climbing every weekend all summer. As soon as the snow fell, I skied all winter

long."

That was back in the day. "When I started skiing, well before I started mountain climbing, they didn't have such a thing as lifts. You walked or skied up the hill, then you skied down," he said.

"Mountain climbing was not popular like it is today. You'd go up on, well, on all the mountains, actually, and you'd seldom see another person. It'd be just your group, period. Now there are hordes of them, on Mt. Hood particularly."

Guy got married, started a dental practice and began a family, so did little climbing after WWII.

To this day, it's hard to explain the attraction he felt to mountains.

"I don't know," he said. "I did enjoy outdoor things. I never got into movies, like so many kids did. I get tired of sitting, and I enjoy doing things."

--Steve Casey



Mirabella's first resident, Guy Woods, holds award for conquering 16 major mountain peaks, above. Plaque, below, was given in 1947.



Rumor Mill

by Sheri Winkelman

Oscar Wilde said the only thing worse than being talked about was not being talked about.

While witty, his *bon mot* didn't address the dark side of rumors.

In "One True Friend," Joyce Hansen observed "People who spread rumors are like walking infections. The lying words from their mouths spread like disease from person to person. The only way to stop the disease is to keep your mouth shut."

There are basically two types of rumors: misinformation and disinformation.

The first is simply false while the latter is *deliberately* false.

Examples include *Pipe Dream Rumors*: the new state bed tax is going to be rescinded; the *Bogie or Fear Rumors*: our yearly increase in monthly fees will always be 5% or higher.

The most dangerous and hurtful type is *Wedge-Driving Rumors*: the kind that seeks to undermine or discredit someone in a community.

Most of us have lived here long enough to get to know each other pretty well and have thus formed likes and dislikes. Is that why rumors seem to be on the rise?

Whatever the reason, the purpose of this month's column is to ask each of us to consider our own part, if any, in the proliferation of rumors in our building.

Remember that a rumor is some-



thing we do not know to be true. What might our community be like if we all went to the source? If we felt the need to find out the truth? If we made sure we didn't pass on hurtful rumors and tried not to start any sentence about a rumor with "I heard . . ."

Wouldn't life be sweet? ❀

Payn (continued from p. 10)

the Polish military, who fell from a point near the summit on Aug. 13.

Of his climbs, Adam finds Mt. Rainier the most dangerous, for its crevasses, rock fall, and sheer exposures.

“The first time I climbed it, I was a little nervous. We’d gotten out of the hut at 10,000 feet, crossing an ice field and heard what sounded like a jet taking off,” he recalled. “It was an avalanche and it sounded like it was coming at us, and we were waiting for this wave of rocks and ice coming down on us.”

They missed.

“I asked one of the guides if he was scared, and he said he had never been so scared as he was right then.”



A heavier, younger Adam with Walter Cronkite

Which may help explain the kinship climbers feel.

“There is a common thread in people who are crazy enough to get up at midnight, be on the mountain at one in the morning, climb through the night, endure the pain and the elements,” Adam observed.

“There’s a shared interest you can immediately bond over. It’s a shared passion over something that’s so incredibly odd in other people’s minds and is the foundation of a great relationship.”

At Mirabella, he finds, there also is often an instant kinship.

“You don’t move to a place like this unless you want a community, unless you are somewhat social, unless you want a shared experience,” he said, adding that one of his jobs is to determine the proper fit for prospective residents.

“I think the joy of what I do is helping people at a pivotal position in life make a difficult decision.”

Adam is no stranger to that decision himself. His parents, Tom and Debbie Payn, live in Florence and, while too young for Mirabella, are nonetheless on the

waiting list. His 93-year-old grandmother, Alma Payn, has lived at Rogue Valley Manor eight years and, despite some early adjustment glitches, now loves it.

He also is no stranger to young people, and has a passion for helping kids at risk.

A volunteer for three years as a mentor to foster children, Adam now volunteers with Portland Homeless Family Solutions, working with youngsters and their parents.

But he won’t take them climbing. ☼

help wanted

3550 is always on the lookout for contributors.

If interested in writing, shooting photos, suggesting story ideas, or if you have a talent for graphic art and design, illustration or cartooning, please see the editor, Steve Casey.

But please do not submit stories on speculation – talk to the editor and get a definite assignment before beginning work. We may be at work already on a similar project, or may find your proposal does not meet our editorial needs.

Of course, all material accepted for publication is subject to editing.

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ADRETTE DESIGNS

Deaver (continued from p. 9)

he worked for a privately owned grain firm as corporate secretary for 13 years. Lacking a law degree, he was an unusual hire for them, John says, adding, "It was a tough job."

"You enjoyed every minute," Pauline retorts, saying that for the first time in their married life, she "played," going to the theatre every Wednesday, to symphony concerts and art museums, and renewing ties to childhood friends from Buenos Aires.

With John's second retirement, the Deavers returned to the Washington area, using that as a base for travels in Europe and Argentina. Their activities included Bible study and literary groups. A knight in the Order of Malta, a Catholic organization that cares for the sick and poor, John volunteered in Providence Hospital in Washington and went on four healing missions to Lourdes, France.

Pauline has done volunteer work for the Red Cross and was chair of volunteers in central Texas, where they once were stationed. After John's second retirement, she took decorative arts courses, feeling that at last, "I was doing something for myself," and accompanied John to Lourdes as an interpreter.

Leaving friends and attachments in Washington was wrenching at the time, Pauline admits, but moving to Mirabella to be near their children was "the best thing we did." ❀

Fascinating Folks

There may be a million stories in the Naked City, but there are almost that many at Mirabella.

We're always on the lookout for interesting residents and staff members to profile.

Know someone with a fascinating story? Please contact the Editor.

Time to Plan Gifts to Employee Appreciation Fund

It's a scant two months before gifts from the 2013 Employee Appreciation Fund (EAF) will be distributed to our Mirabella staff.

Deadline for contributions hasn't been announced, but last year was December 7. Checks would be distributed a week later.

Employees at Mirabella are not tipped for their many services, and the EAF is a gift residents share with all employees, including those who work hard behind the scenes.

Last year, with fewer residents, the EAF totaled about \$245,000.

The gift is a relatively big-ticket item for each resident, so some find it helpful to contribute early.

Whether to give, and how much to give, is of course a personal decision.

As a guide last year, a resident committee suggested gifts ranging from \$2 to \$5 per person, per day lived at Mirabella.

Following that suggestion, a single person who moved in on August 1, might give \$244 to \$610. (122 days times \$2 and \$5.) For a couple, double it.

Or a couple residing here all year might give \$1,460 to \$3,650. (365 days times \$4 and \$10.) A single person, half of that.

Wayne Ericksen, resident association treasurer the past year, said at council meetings there are several ways to contribute.

Residents can write one check made out to EAF before the deadline, can set up regular payments at Umpqua Bank, or can deposit funds into the account any time throughout the year, he said.

A bit closer to deadline, they may also drop off checks, in sealed envelopes, with the concierge who will give them – unopened – to residents in charge of distribution.

Our employees take care of us all year long. The holiday time is especially appropriate for a generous "thank you" from all of us.

Residents Name Charities For Holiday Giving

The Oregon Food Bank and the Northwest Pilot Project are the two official Mirabella charities for the 2013 holiday season.

The Food Bank, suggested by Laurie Meigs and Sheri Winkelman, operates four regional food banks, distributing food to more than 340 food pantries, soup kitchens, shelters and other programs helping low-income people locally.

The Northwest Pilot Project, suggested by Sivia Kaye, provides housing services for homeless or at-risk seniors, aiming to place less fortunate people who are in the Mirabella age group in apartments where they can live the rest of their lives.

Last year, residents generously supported the first designated holiday charity, Toys For Tots.

This year, an ad hoc committee under the leadership of Claire Weber studied numerous charitable organizations residents had suggested, and found that while all are worthy, two should be recommended to the council for recognition. The council approved the recommendation.

Organizers will provide information on how and what to donate as the season draws closer.

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-Gilbert & Bernice Johnston
Mirabella Residents

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