

# 3550



March 2018

a publication by and for the residents of Mirabella Portland



**Steve Casey**

*Editor*



**Bev Healy**

*President*

*This issue, Editor Steve Casey turns his column over to a guest writer.*

In case you don't know me yet, my name is Mickey, and I'm a new Mirabella resident. I am "the furry kid" of Adrienne and Steve Casey, and I've been here almost two months.

I grew up in Fresno, Calif., where I was dumped in a park.

I had no one, lived on my own, got captured, went to the pound where I was snipped, chipped and vaccinated, then got shipped to some place called Eugene. There, my foster mom was my only security in a world that otherwise was just this big horror movie.

At a Saturday adoption event, Adrienne and Steve showed up. They weren't "mom and dad" yet; they were just big, scary people, and I clung to foster mom for dear life.

When they tried to take me away, I was terrified. I really thought I was going to have a little puppy heart attack, right in the parking lot.

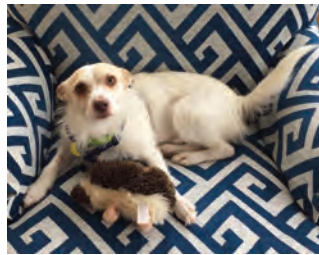
But they put me in a crate, put the crate in their car, and soon I was in Portland.

For at least a day, I would not leave my crate or make myself walk down the hallway to the elevator. Getting on the elevator? Uh-uh. My human had to carry me. He had to carry me across the lobby, too, and out to the park.

Day by day, I settled in. I've made doggie friends here, I'm getting less frightened of people, I've gone to day care, I have a trainer and I just love my apartment.

The best thing is that people here are so interested in me, always asking how I'm doing and complimenting me on how calm and happy I am becoming.

Thank you for being so nice to a scared little puppy.  
Love, Mickey



When my daughter visited recently, I took an earthenware trivet off the kitchen wall to protect the table from a hot dish. She said, "Mom, can I have this trivet when you die? It's been on every kitchen wall where we've lived for my whole life."

She's right. I bought it at Finlandia House in the Lloyd Center the year it opened, before she was born.

When my son and family were at my apartment for Thanksgiving dinner, he showed his children, with some amusement, the electric plug on a very old warming tray I still use.

Two small, inexpensive cut glass dishes held cranberry sauce and mixed nuts just as they had since my mom's dinners, every Thanksgiving of my life.

Heirlooms aren't valued simply for their monetary worth but for the sentiment invested in them over time. As we downsized to move into Mirabella, I'm betting every one of us brought objects a stranger might scorn as of little value. But we know, don't we?

Look around and write it all down. Maybe that tin box that used to hold recipes could now be repurposed for individual file cards to accompany the pieces to their next owner.

I know which granddaughter wants the pinkie ring from my left hand and which one the jet beads that were my mother's.

The Mirabella Foundation will auction off big furniture pieces, rugs, lamps, TVs. We can leave a card in that tin box to specify to which fund the proceeds should go.

Me, I favor the Resident Assistance Fund. Who knows? I may have to lean on that for a bridge loan to cover my expenses if I run out of money before I run out of breath.

My refundable deposit will pay it all back and still leave enough for everyone to have one final really crazy adventure in my memory.

That's my legacy. ☼





**O**n the Cover:  
Hector Rodriguez prepares salads in a busy Aria kitchen. Read about what goes on behind those doors in a package of stories beginning on page 18. Photo by Todd Albert.



**B**ack Cover: Major League Baseball season starts this month, and some of our resident fans tell about games, names and colorful quotes from America's Pastime, starting on page 15. Original artwork by Hebe Greizerstein.

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# In The News

## Resident Assistance Gets \$100k Grant

by Ed Parker

The resident assistance fund was given a \$100,000 infusion in January, provided by Mirabella's parent company, Pacific Retirement Services (PRS).

It is the result of requests made by residents through the Mirabella foundation committee and the resident council, and a favorable decision by the Mirabella Portland board of directors.

The Mirabella board made the award at its quarterly meeting in late January, increasing the fund balance to \$316,315 as of the award date.

It all started last fall, when PRS announced that Mirabella Portland would receive a grant of \$127,965 to be used as the Mirabella Portland board of directors determined. The funds came from bulk purchasing refunds PRS received from vendors.

At its December meeting, the Mirabella foundation committee asked the resident association's council to request that the Mirabella Portland board direct at least \$75,000 of the refund money to the Mirabella Portland Foundation's resident assistance fund, to be available to assist Mirabella residents who run out of money through no fault of their own.

On January 17, the Resident Association of Mirabella Portland (RAMP) council raised the ask to \$100,000.

Six days later, the Mirabella Portland board said okay.

On Dec. 31, 2017, the resident assistance fund had \$216,315, an increase of \$73,710 from the balance at the end of calendar year 2016. Much of the increase came from the contributions of resident "sustainers," each of whom has

agreed to contribute at least \$1,000 per year to the fund.

On February 14, the foundation committee held a Valentine's Day "Have a Heart" happy hour in Willamette Hall to honor sustainers and to solicit more residents to contribute to the fund either by becoming sustainers or by becoming legacy donors by pledging \$10,000 or more from their refundable entrance fee or their estate plan documents.

Information about the new legacy donor program was distributed to residents in January prior to presentation about the resident assistance fund on January 25 by Todd Martin, member of both the Mirabella Portland and Mirabella Portland Foundation boards of directors. ❀

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## OHSU Brain Fair at OMSI

Want to hold a real brain? Or wear a pair of "drunk goggles"?

Or learn about important brain research from Oregon Health & Science University neuroscientists?

Brain Fair, the first event in OHSU's 2018 "Brain Awareness Season," happens on Saturday, March 10, from 10 a.m. to 5 p.m. at the Oregon Museum of Science and Industry (OMSI).

No museum admission is required to attend.

While geared toward kids (think: grandchildren), it's appropriate for "learners of all ages," the university says.

## Ride Connection

Residents who can't get the town car for an errand may want to try Ride Connection, a private, non-profit company whose funding comes from federal and state grants.

Focusing on people over 60 or those with disabilities, Ride Connection offers free rides, but appreciates donations.

"We're here to provide transportation to people who need it," says spokesperson Lydia Corran.

Theirs is not a spur-of-the-moment, call-a-taxi service. Ride Connection asks that ride requests be made at least four business days before ride day. Two days before ride day, a representative will call to confirm or deny the ride.

Rides may be for any purpose — medical, dining, recreation, volunteering, work — and stay within the agency's service area of Multnomah, Clackamas and Washington counties.

The company's paid and volunteer drivers go through a background and DMV check.

Corran says the company checks drivers' vehicles and requires drivers to take courses in safe driving and defensive driving.

Ride Connection offers rides Monday through Friday. Interested residents can call 503-226-0700.

The agency also offers guidance in using public transportation, and advice on what transport mode is best for a particular trip. ❀

# Crisis Looming in Long-Term Care Insurance

by Steve Casey

“Safety Net Frays for Millions of Retirees,” said the January 18 page one headline in the Wall Street Journal.

The subhead noted “Reeling long-term care insurers boost rates.” And the story went on to say that not only have some hiked premium rates as much as 90%, but some companies have abandoned the business.

This is not a small deal, as an estimated 7.3 million people own a long-term care (LTC) policy.

LTCs hit their stride in the 1980s and 1990s, aimed at middle class families; they were anticipated — although not guaranteed — to maintain the same premium. Thus, with one policy came fiscal peace of mind, and freedom from worry about burning up assets or falling back on the tender mercies of adult children or the public dole.

There were a couple of problems, all noted by the Wall Street Journal.

First, projections of how many people would buy the policies and how long they would live were seriously off base. Second, along came a new concept called assisted living, enabling people to live a lot longer, all while drawing benefits. Then, too, the companies assumed unrealistic earnings on the premiums, which are invested until needed to pay claims.

And when those chickens came fluttering back to the roost, companies found it tough going to get regulatory approval for rate increases.

One company that sold reasonably priced policies, Penn Treaty American Corp., failed to get rate

hike approvals and went into liquidation. Giants like General Electric also have been hit. GE in January announcing a pre-tax charge of \$9.5 billion, mostly due to LTCs sold in the 80s and 90s.

“We have been seeing this happen over the past few years,” reports Mirabella executive director Sharon McCartney. “While we have

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some residents with an amazing policy where they pay nothing once they have transitioned to the health center, I have had residents coming to me for over five years now, discussing the benefit and the increase in their premiums.

“To be honest,” she said, “long-term care insurance is a dying breed.”

Bart Stein, who heads an Edward Jones investment firm office on

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*‘LTC Insurance is not dead, but it’s circling the drain’*

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the Southern Oregon Coast, told 3550 “there are fewer companies issuing new policies. Existing policies are still being honored and are not a problem, but as the need for long term care has increased, so have expenses and therefore fewer companies want to take the risk. We have stayed on top of this and there are no reasons to change if you already have coverage, but for

new policies, there are now hybrid options that combine life insurance and long term care.”

Sharon favors providing for long-term care through life insurance.

“This seems to be the hot trend right now,” she said. “Term life insurance policies offer flexibility, decent return on investment and the ability to tap into it under certain circumstances.”

Then there are whole life policies — a different animal. Among other features, according to Sharon, who has researched it, the cash value of these policies may be drawn upon to pay for “supplemental retirement income” which can be used for many purposes. “This is the new buzz with these insurance policies, as LTC insurance is becoming obsolete,” she said.

While buying life insurance at the age of Mirabella residents is not an attractive proposition as it takes a dozen years or more to build up a decent cash balance, it makes a lot more sense for residents’ children and grandchildren who are planning for a future some decades hence.

Long-term care insurance is not dead, but it’s circling the drain. Still, the impact on Mirabella should not be substantial, as Sharon estimates that fewer than 10% of health center residents are now receiving LTC benefits.

Those residents who own LTC policies would do well to call their financial advisors, checking on the health of the companies and on any anticipated change in benefits or premiums. ☘



# Quality of Life Is Always a Work in Progress

by Ed Parker

Mirabella's quality of life committee is seeking better information from residents about how to improve the facilities and services Mirabella provides.

The ad hoc resident association committee is chaired by executive director Sharon McCartney. Members include residents Fred Morris, Bev Healy, Barbara Gaines and Mary Gray.

The annual quality of life survey is the main source of information the committee plans to use. That survey is a standardized survey that Pacific Retirement Services (PRS) uses to compare resident perceptions of quality across their different facilities.

As Sharon wrote in the February issue of Musings, too few Mirabella Portland residents responded to last

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recommendations from resident advisory committees and resident comment cards.

Meanwhile, the first quality improvement project has been underway, using the increased current fiscal year capital budget to freshen up the public areas of our seven-year-old building with improved carpeting and repainting of areas that have begun to show their age.

Mirabella's skilled nursing facility uses a Medicare-mandated quality program called QAPI (for Quality Assurance and Performance Improvement). Sharon is working on adapting that program to work for services to independent

living residents.

As a first step in that process, Sharon said she has asked each of the department heads reporting to her to take on one major quality improvement project each quarter.

Enhancing the quality of life here is an ongoing project that will be getting a boost this Spring with Sharon's return from maternity leave, and should be an effort that continues forever. No matter how fine life is, there is always room for improvement. ☼

## Daylight Savings Time Starts March 11



Don't forget to "Spring Forward" by setting your clocks AHEAD one hour before you go to bed on Saturday, March 10. (You can "fall back" to standard time on Nov. 4.)



*"Yeah, well, the quality of your life is interfering with the quality of my life."*

year's survey for it to be of much use determining what our residents actually want. This year, the quality of life committee plans to add Mirabella-specific questions to the general survey before it is given to residents sometime this spring, and urges all residents to respond.

In addition to the survey responses, the committee will use recommendations from the 2016 accreditation survey by CARF, the commission on accreditation of rehabilitation facilities which also accredits continuing care retirement communities. (A copy of that 2016 report is available on MiraNet by clicking on the "PRS Documents" tab.) The quality of life crew will also accept

# Everybody<sup>^</sup> Loves a Good Scam

*Nobody*

by Steve Casey

The phone rang in a Mirabella apartment.

A man said he was calling from the resident's service provider — Comcast, Verizon, somebody — and had good news.

In this call, a hypothetical case but based on real incidents at Mirabella, the resident was told she had been overcharged for the last year, and the company was making a refund of about \$200 to her account.

A short time later the phone rang again. The same caller was now in a panic. He said he had put the wrong amount into the resident's bank account; instead of \$200, he had deposited \$1,200, and if the error was discovered he was going to get fired. Please, he said. Help me.

The only way to save his job and return the money to the company, he said, would be for the resident to take the overpayment of around \$1,000 and purchase store gift cards — in this case, Target — and give them to the caller so the money could be repaid.

Alarm bells should have gone off, of course, as the BS meter zoomed into the danger zone.

Fortunately, the scam ended when a concerned staff member smelled a rat.

The rat has been at Mirabella before. One resident got repeated harassing phone calls when he failed to follow through on a similar request.

And more rats are out there.

Some offer interest rates of more than 2% a day on funds “invested”

and the killer, “I don't have a BofA account.”

The Multnomah County Sheriff reports that crooks have been calling local residents to advise them they have tickets unpaid and are subject to arrest — unless they pay up over the phone. The sheriff never collects over the phone and does not call people to warn them of arrest or dun them for unpaid tickets.

Retirees have been popular targets of con men for decades, the victims seen both as easy to manipulate and as tempting pots of gold.

“They prey on seniors, and particularly seniors who live in a place like this, because these people have money,” notes Irina Mishuk of Mirabella's facilities services department.

It may seem easy to spot a far-fetched scheme (after all, how many legitimate companies ask to be repaid in *gift*

*cards?*), but Irina says fraudsters are expert at gaining the trust of the gullible and sinking their hooks in.

“The lesson here is to be very cautious when being asked to engage in any kind of financial dealing with a person you don't know, particularly a voice on the phone,” she said.

For help or advice, contact Megan Huston, resident services director; John Hart or Irina in facilities services; your own accountant, attorney, family members or your computer consultant in the case of suspicious online solicitations.

And remember: if it sounds too good to be true, it is. ☘



*“To find out if your Equifax data has been compromised, log on to our Web site and enter your e-mail address, date of birth, Social Security number, credit-card number, and mother's maiden name.”*

in some Eastern European countries. Dozens of investment, real estate and currency swindles exist to entrap seniors, according to retirementliving.com and the National Council on Aging.

Rolf Glerum got an official-looking email saying it was from the Bank of America, requiring him to “verify your account information” by clicking a link, where he would enter information. Rolf noted three problems: While the sender was listed as “Bank Of America Alert,” the real return address was from some doofus in Mexico; the email was not sent to him by name,





Photo by Ron Mendonca

## Ed Immergut



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by Claire Weber

Five countries, four languages, three religions, two careers, one wife and three daughters later, Ed Immergut finally found Portland, where he is a happy man.

Born in Vienna, formerly part of the Austro-Hungarian empire, Ed and three generations of his family shared a house about five blocks from his public elementary school.

## Resident Profile: Ed Immergut An International Story of Survival, Success

“I was born Jewish,” he recalled for 3550, “but we were not religious and didn’t go to temple. At our elementary school, there were religion lessons — Austria was almost all Catholic. For the five or six of us who were Jewish, there were separate lessons on Sunday morning.”

The Hebrew teacher came into the classroom, ate an apple and left the pits on the teacher’s desk, Ed remembers. On Monday morning, the regular teacher came in, found the pits and said “Oh, the Jewish swine was here again.” “Other than that,” Ed says, “I don’t remember any anti-Semitism.”

But in 1938, Germany occupied Austria.

“After that, we were not allowed to go to that elementary school anymore,” Ed says. “There was one Hebrew school in Vienna and that’s where the five of us went.”

As the clouds of the German occupation darkened, Ed went to Trieste, Italy, with his mother, and from there they took a ship to Shanghai, a voyage taking 29 days. Along the way, they made a port call in Bombay. “At that time, if you had a ‘J’ on your passport, for Jewish, you were not allowed to enter any British possession,” he says.

A non-Jewish friend on the ship took him ashore at Bombay, where they rode a horse-drawn carriage. “That was all I saw of India,” he says.

The ship docked at Shanghai, an international city open to refugees,

and they rejoined Ed’s father who had gone to work there for a relative who owned a nightclub.

It was there that 10-year-old Ed got a lesson about snitching. One of his classmates misbehaved and the teacher asked who did it. Ed ratted him out. “For that, I got a mud shampoo” from the other kids, he said. Lesson learned.

In Shanghai, he studied a bit of Chinese until the Japanese took over in 1941, then the kids started learning Japanese. The headmaster of his school was replaced by a Japanese educator, and teachers were quietly replaced.

Ed’s social life included swimming at the YMCA, playing ping pong and going to parties. As a child, he was insulated from some of the harsher realities of war. “I remember at the end of the war when American planes bombed

Shanghai, we kids would go up on the roof and watch,” he says.

His was a school where instruction was in English. After several months, English became Ed’s second language. After Pearl Harbor, the Germans pressured their Japanese allies to create a Jewish ghetto in Shanghai and all Jews were supposed to live there. Ed’s father managed to keep them out but the Japanese occupation continued to cause problems for Jews. A nun suggested to Ed’s grandmother that their life would be easier as Catholics. The family was not religiously observant so they agreed.

When Ed was ready for college, he wanted to study law but his mother suggested he study something more portable in this age of international uncertainty. He settled on chemistry and began attending Aurora University, a Jesuit University in the French Concession in Shanghai. The language of instruction was French, which became Ed’s third language

Ed was in Shanghai until 1946, when he came to the U.S. on a student visa. Although there was a long waiting list for a visa, Ed — because of family tragedy — could cut the line.

“The thing that made it easier for me to get that visa was that my mother had died in March 1946,” he said. “What happened was a GI who had been out drinking drove his car into a pedicab in which my mother was riding. I wrote a letter to Mrs. (Eleanor) Roosevelt and, more important, to Gen. (Albert Coady) Wedemeyer, the U.S. officer in charge of Shanghai troops.” Those letters moved Ed up the waiting list and he sailed on a troop ship to the U.S. in August 1946.

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(see Immergut p. 10)

*(from Immergut p. 9)*

Ed enrolled at UC Berkeley to study chemistry. Once while he was seeking an apartment, the landlady asked Ed where he was from. Ed answered, "China." She turned him down with an "I don't rent to Chinese."

With his B.S. under his belt, Ed chose plastics as his field of interest and set off for further study in Brooklyn under the direction of a



Ed at age one.

fellow Viennese. After earning his Ph.D. in 1954, he began post-doctoral work in Uppsala, Sweden. There, on his second day, he met Brita Hässel, the woman at the next desk. They soon became a couple and planned to marry, but only Lutherans could be married in the state church. Ed learned Swedish, converted yet again, and the two were wed.

They returned to the U.S. in 1955, and Ed did chemical lab research for Dunlop Tire in the U.S. and

Canada for several years, and took night classes at MIT.

In 1959, he became an American citizen.

He spent 10 years teaching night courses at Brooklyn Polytechnic and held a day job where he recruited authors to produce scientific books, published by Scientific American. For the only time in his life, he was fired from a job. His boss wanted a "story line" for all the books. Ed said "Huh? This is, you know, science." So, he decided "I won't work for any one company. I will free-lance" and he became an independent consulting editor for Wiley & Sons.

Ed would shepherd the authors through the publishing process. The business continues, because "I still have authors who 10 years ago signed the contract and still haven't delivered a book. So I write to them every year. Last year one came in."

But the bloom is off the publishing rose, as most authors can attest.

Today, Ed notes, while a technical book might sell only 2,000 copies, authors find far more readers

through journal publication, and make more money getting grants, so producing a book is not their priority.

Brita died in 2013 and Ed moved to Mirabella in July 2016, drawn here by one of his daughters, Karin Immergut, a former United States Attorney for Oregon, former deputy district attorney in Portland and staffer for Ken Starr during his investigation of President Bill Clinton, handling the Monica Lewinsky deposition. She is now a Portland circuit court judge. Daughter Ellen lives in Berlin and Eva lives in Stockholm.

Ed will be 90 on March 23, and looks back on his life with gratitude.

"I've been very fortunate to still be alive and not have ended up in a concentration camp and I must always be grateful for that," he says.

"I am also grateful that I have had the opportunity to do what I like doing and be successful at it. I made a living and brought up kids in a good atmosphere and now live in a place like Mirabella." ❀



Immergut family on Brooklyn Bridge circa 2000. From left: Eva, Brita, Ellen, Ed and Karin.





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

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by Polly Grose

From the heart of Ukraine, three-year-old Irina Mishuk set out in 1995 for a new life in the United States, brought by her parents and a troupe of relatives including siblings, uncles, aunts and cousins.

As members of a conservative Christian community, they were sponsored in the U.S. as religious refugees.

They settled in Vancouver, Wash., where Irina's father hired on with Columbia Machine, and is now in his third decade with the company. "Dad builds the brains of robots," Irina says with a gentle laugh.

Her Eastern European culture makes for closely knit families, and Irina clearly relishes hers.

She now has 12 siblings. Yep, a dozen. Her youngest brother is the same age as the son of an older sister.

That brother and nephew are both named Eddie: the nephew is "Luda's Eddie" and Irina's brother is "Our Eddie."

The home was rich with intellectual curiosity and a love of learning.

"My childhood memories are vivid," Irina says.

"My summers were creative, inspired by my father. There was no television. Each day before leaving to work he assigned activities to us. One summer we memorized hymns. Each morning he gave us two pages from a hymnal, requiring us to memorize and repeat after he arrived home.

"Another summer it was multiplication tables, again memorized for supper conversation. Our mother taught all of us to read and write Russian. Along with English, I speak Russian, Ukrainian, and some Spanish from a college course."

The family made most decisions collectively, so it was jarring when she just announced that she was entering the freshman class

at Washington State University at Vancouver.

Organized, with clear goals and motivation, she was an A student, and the first family member to graduate from a four-year university.

She cherishes her upbringing, free of the social media and technology that daily captivate many millennials. In her culture, too, daughters live with their parents until married, a practice she follows.

As she grew up, the Mishuk family kept in touch with Ukraine and Eastern Europe.

Irina recalls a summer trip with her mother to Ukraine in 2010, "to see what life was like, and what they don't have."

One surprise was lack of under-

running, and a lifelong passion for reading.

In high school, she held part-time jobs, always trying to give 110%.

"The longer you stay on the job, the more responsibility you get without a change in title," she notes. "I don't mind that. I believe to get further in life you must do more than expected." That work ethic continued in jobs she held while at university.

Over these college years, she made more summer visits to her brother and family in Florida.

And there was Igor. It was not exactly a whirlwind romance.

At 17, they got to sit on the same couch; at 19, they escalated it to hanging out, and at 20 it was a

## Staff Profile: Irina Mishuk, Faith, Family and a Lot of Good Sense

standing of cheerful American greetings, like, "Hi, how are you?" Such a phrase is rarely uttered to strangers in her homeland. "No one smiles the way we do," she learned.

During that two-week visit, she met cousins and stayed with her grandparents in their farming village where they continue to sow, till, and harvest the crops.

During a summer visit to her brother and his wife in Florida, she met her sister-in-law's brother, Igor, who became a friend and correspondent after she left.

After her first year of college as a 19-year-old, she spent three weeks in Europe visiting Germany, Paris, Luxembourg, and Switzerland, traveling with Christian friends and acquaintances. Irina always figured she would remain single. She was fully focused on her life's goals, and her life was full, with education, a commitment to working out and

"crush."

It all became rather romantic during her 2016 summer visit. Then, last year, they made a cross-country trip from Florida to Washington, where Igor took a job as a finish carpenter.

"If this guy wants to live with me after a week on the road, then he's the one," Irina explains with great joy.

One weekend morning, the couple set off on horseback to explore a sandy beach trail on the Oregon Coast. Igor stopped, got off his horse, walked to several signs he had placed on the trail, and beckoned her forward. As she approached the last sign, she turned to find Igor on his knees proposing.

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(see Mishuk p. 14)



Photo by Ron Mendonca



**Irina Mishuk**



*(from Mishuk p. 12)*

Irina was, and is, ecstatic; the wedding is planned for this July at a Vancouver winery.

Igor encouraged Irina to find a job with a vibrant company culture, making use of her Washington State degree with top honors in human development and psychology.

“God gave us wisdom and a brain to use and move forward in life,” Irina believes, and she began to look for new opportunities. A friend alerted her to Mirabella, to the open position of facility services administrator.

She contacted department director John Hart and “we clicked. I fell in love with the organization. I couldn’t ask for a better job or boss. He doesn’t micro manage.”

Irina believes Mirabella’s

environment encourages professional growth and opportunity. She cites the Administrator in Training program as an example. *(See separate story, page 33.)*

Residents and staff alike can see the difference she’s made.



**Irina (left) and sister Luda**

“Irina is an absolute delight,” says executive director Sharon McCartney. “She’s well organized and professional, which has helped restructure the facilities services department, empowering them to provide better customer service.”

Residents say the same thing — although probably without starchy words like “empowering.”

No workday is ever the same. Every day she has a long to-do list: work orders, talking to residents, assisting John in a variety of projects and other various tasks to keep things running smoothly.

She loves it.

“Even with a 55-minute commute each way, I love coming to work,” she says with an ever-present smile.

“I work with a great group of people, the best working environment I’ve had. Just call (extension) 6544, anytime.” ❀



*“You were kept after school to review multiplication and division. This is not a date.”*



**“I think shopping is aerobic.”**

A Mirabella resident was telling his neighbor, “I just bought a new hearing aid. It cost me \$6,000, but it’s state of the art. It’s perfect.”

“Really,” answered the neighbor. “What kind is it?”

“Twelve-thirty.”



# Play ball! Baseball Games We Have Loved

*Editor's note: Major League Baseball's 2018 season begins March 29. Here's a look back at a fascinating game of decades ago and a bit of Portland's baseball history.*

by Roy Abrahamson

The 1951 baseball season was down to its final weekend. The NY Giants had cut the Brooklyn Dodgers' 13-game August lead to a single game.

A lifelong Giants fan, I was serving in the Army at Fort Jackson, S.C., but I wasn't going to miss this historic occasion. I convinced my C. O. that I wanted to be home for Rosh Hashanah, the Jewish New Year, and it would be my first trip home since being drafted in April.

With my off-duty weekend and a three-day pass starting on the coming Monday I could leave that Friday and have five days with my family.

He bought it and I bought a ticket on the Silver Meteor, round trip by rail to New York leaving Columbia on Friday evening. My return was booked for Wednesday, October 3.

Each team was on the road for a season-ending three game series — the Giants at Boston and Brooklyn at Philadelphia. While I slept on the train, the Giants beat the Braves and the Phillies edged the slumping Dodgers. We were tied! It was now a "two game" season with a playoff possible.

I settled down at home in the living room in front of the TV. Both won on Saturday. Still tied, so Sunday's games could be decisive. The Giants won easily and the pressure was on the Dodgers. Their game started an hour later and they went into the ninth inning tied. The Phils

threatened, but Jackie Robinson, who earlier had homered, saved the day with a fantastic catch.

The Dodgers pulled it out in extra innings and a best two-of-three playoff was to start Monday, Oct 1 — the first game at Ebbets Field in Brooklyn. All day games.

This presented me with a potential problem. My return train left early on Wednesday, so the Giants had to win in two.

They won 4-1 on



Monday with Bobby Thomson hitting a home run off the Dodgers' Ralph Branca; both, incidentally, native New Yorkers. Game Two, at the Polo Grounds, was a disaster, 10-0 Brooklyn.

As the deciding game three started I was somewhere north of Baltimore on the Silver Meteor, returning to South Carolina and the

Army.

The conductor said the game was on the radio in the club car, and the score was 1-1 in the eighth inning when I got there.

A noisy crowd was listening and drinking beer. Or perhaps drinking beer and incidentally listening — it was hard to tell.

Then Brooklyn scored three runs in the top of the eighth and I could distinguish their fans from the disconsolate Giant rooters.

One called out to me, "Who ya for, Soljer? Jints, huh. I'll buy ya a beer as soon as da Dodgers clinch it." I told him what he could do with his beer. The Giants weren't dead, yet.

In the bottom of the ninth, the Giants' Whitey Lockman hit a double, scoring Alvin Dark and making the score 4-2, Dodgers.

The Dodgers brought in Ralph Branca in relief, pitching after only one day's rest, and once again slugger Bobby Thomson faced Branca at a defining moment.

And again, Thomson came through, blasting a three-run homer that is immortalized in the sports world as "the shot heard 'round the world." With that, the Giants won the game 5-4, taking the National League pennant.

The Brooklyn loudmouth never bought my beer. The now ecstatic fans, seeing me as a good luck charm, bought me beer all the way to South Carolina.

It was a historic moment. New

*(see Abrahamson p. 16)*

# The Colorful World of Baseball

Baseball, filled as it is with colorful characters, has given us colorful commentary over the years.

Here are a few favorites, starting with three from the great pitcher and philosopher Satchel Paige.

“I just explained to the gentlemen that the bones running up from my wrist, the fibius, which is the upper bone, and the tiberon, which is the lower bone, was bent out, making more room for my throwing muscles to move around in there. I attributed most of my long life and so on and so forth, to them two bones. The gentlemen was amazed to hear about that.”

And:

“I never threw an illegal pitch. The trouble is, once in a while, I would toss one that ain’t never been seen by this generation.”

Or:

“My pitching philosophy is simple; you gotta keep the ball off the fat part of the bat.”

Then there is this from Jerry Coleman, Yankee second baseman, highly decorated Marine Corps pilot, manager of the San Diego Padres for one year, and longtime baseball broadcaster famous for his “Colemanisms” such as:

“Winfield goes back to the wall, he hits his head on the wall and it rolls off! It’s rolling all the way back to second base. This is a terrible thing for the Padres.”

—Steve Casey

*(from Abrahamson p. 15)*

Yorkers of a certain age can still tell you where they were and what they were doing at the time.

Don DeLillo, the distinguished novelist and a Bronxite, wrote a prize-winning novella, “Pafko at the Wall,” about it, and included the game in his memorable novel, “Underworld.”

I got a weekend’s extra guard duty for sleeping through reveille the morning after.

*Painting by Hebe Greizerstein.* ❀

## Roy Abrahamson

At press time, 3550 staff writer Roy Abrahamson, 88, a gentle man with a love of baseball, jazz and sly humor, was in hospice care following a hospital stay. His son, Bobby, told Mirabella friends that doctors there said he was expected to go quickly.

We on this magazine will miss him greatly, as will his many friends at Mirabella.

To his friends and especially to his family, we offer our most sincere condolences. ❀



“Surely you jest?”

## Star-Struck at the World Series

*by Rolf Glerum*

The World Series of 1977 pitted the New York Yankees against the Los Angeles Dodgers.

Two of my associates and I were in New York City for a convention at Series time, and coincidentally ended up at the same hotel as the Yankees. One of my colleagues, Jack Lockie, was a close friend and former neighbor of Boston Red Sox shortstop Johnny Pesky, who was born and raised in northwest Portland. Both graduated from Lincoln High School in the late 1940s.

Old-time ballplayers traditionally attend the World Series each year, no matter who they played for, if only to meet old friends, reminisce about their playing days and, maybe, attend the games.

The three of us were in the hotel lobby on our way to dinner when Jack spied his friend, Johnny Pesky, who was busy talking to two other men. After we all said hello to Johnny, he said, “I want you guys to meet a couple friends of mine — Phil Rizzuto and Pee Wee Reese.”

As a kid growing up in a small town in North Dakota, the only major league baseball teams I followed were the New York Yankees and the then-Brooklyn Dodgers. And here were two legends of those great teams of the past, shaking my hand.

I felt as if I’d hit a home run with the bases loaded. ❀



# Today, It's 'Let's Get Pickled'

Portland's baseball history predates professional ball, and started in 1866 with the Pioneer Baseball Club, the first organized baseball team on record in the Pacific Northwest.

It barred professionals, and club members had to pay dues to play on the Pioneers.

Today, the Portland Pickles team is heir to the city's baseball legacy. Some two dozen or more Mirabella residents have enjoyed Pickles games the past two years.

Here are the teams which have found homes in Portland over the years:

Beavers, Browns, Buckaroos, Colts, Ducks, Giants, Gladiators, Greengages, Hopps (from Hillsboro), Mavericks, Monograms, Pickles, Pioneers, Pippins, Rockies, Slabtown, Highland Baseball Club, Spartans, Webfeet, Webfooters. ❀



*"Hey, I'm just happy to be making an obscene amount of money."*

*Still haven't had enough politics? Here are some political quotes to keep you going.*

Democracy is the theory that the common people know what they want and deserve to get it, good and hard. **H. L. Mencken**

Do we really want to live in a country where all colorful language and emotion have been drained from public discourse — where no one says anything that offends anyone? That's why we have Canada. **Bill Maher**

Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly and applying the wrong remedies. **Groucho Marx**

I've arranged with my executor to be buried in Chicago. Because when I die, I want to still remain active politically. **Mort Sahl**

Giving money and power to government is like giving whiskey and car keys to teenage boys. **P. J. O'Rourke**

# Woof. Meow.



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At meal time, Mirabella kitchens are a blur of activity. Photo by Todd Albert.

## Peering Behind Those Kitchen Doors

*by Priscilla Cowell and Nick Cowell*

You have been seated at a dining table in Aria East or the Bistro and your server has written down your order. Have you ever wondered what happens next to make your meal appear from behind the closed kitchen doors?

We asked Mirabella's executive chefs, Sean Eveland in the Bistro and Anthony Schroeder in Aria, who filled the roles when Executive Chef Todd Albert became a regional dining services director for parent corporation Pacific Retirement Services. They explained the complex steps and kitchen lingo involved in getting your order to you hot, freshly cooked, and as quickly as possible.

Your server enters your first course and entrée into the dining room computer, and fires (sends) the first course on a ticket to the ticket machine in the kitchen.

Remember eating in diners when the order ticket was attached to a wheel, which was spun around to face the cook in the kitchen? Now the computer does it. But the cook who reads the ticket and begins to stage the meal to be cooked is still called "the wheel guy."

When the first course is served, your server returns to the computer and fires a ticket that tells the cook to begin cooking the entrée. Finally, your server takes the dessert order and fires it to the dessert cook.

Entrées typically take about 10-12 minutes to prepare. Fish, steak, and chicken breast take the longest. Some dishes such as stews are mostly ready to be served.

Cold dishes, salads and vegetables are prepped in the basement kitchen, and fresh vegetables are cooked to order along with the entrées.

Most desserts and pastries are made daily by Sheri Soria and her assistant Lilly Hassett in the Aria kitchen, starting at 3 a.m. when the ovens are free.

The Aria kitchen crew consists of four line cooks: one pantry cook, who prepares salads, desserts, and appetizers; two hot cooks; one buffet cook who oversees Aria West. The Aria crew also includes two dishwashers and a cleaner, who continually does deep cleaning projects.

In the Bistro kitchen, one pantry cook, two hot cooks, and one dishwasher do it all. The executive chefs or the sous chefs, Ben Klosterman and Mark Broyles, oversee everything that comes out of the kitchens. The executive chefs manage the kitchen and plan the menus, with



contributions from the sous chefs and line cooks.

On average Aria serves 100 meals each evening, and the Bistro serves 120 meals during three dining periods daily.

The Aria kitchen needs some unusual cooking utensils to prepare 100 meals for one evening.

The popular New England clam chowder is made in a 25-gallon steam kettle, essentially a giant double boiler which prevents scorching. Combi ovens, which provide hot air or 30% steam and 70% hot air, have many uses and are especially good for browning meats, such as turkey breasts. Tilt skillets have a large flat cooking surface, useful for braising meats, tilted sides to retain liquids, and a hydraulic lift to facilitate pouring out the contents.

Each evening just before the dining rooms open, the sous chefs gather with the cooks, dishwashers and service staff to explain the menu specials. Executive chefs Sean and Anthony foster a commitment to teamwork, good attitude, and positive energy and train the staff in leadership and new skills. This has resulted in a very low turnover of the kitchen staff.

Leftover food each evening goes to the Grotto on the basement level, where employees can buy a late dinner or lunch the next day. The executive chefs are committed to serving high quality food to employees as well as to residents, so the food is always fresh. Patients on the medical floor are served food prepared in their own kitchen, as are residents in assisted living.

Executive chefs Anthony and Sean offer occasional tours of the five kitchens, from the basement prep kitchen to the Bistro, medical second floor, assisted living third floor, and Aria kitchens. Visitors are amazed at the compact space in which the kitchen crews work to prepare our meals. ❀



*“Good news—we have an order for the jumbo-shrimp surprise.”*

## Who’s Who in the Kitchen?

Unsure of the various ranks in the kitchen hierarchy? Regional dining director Todd Albert explains the roles in Mirabella’s kitchens, and in just about every restaurant.

**Executive Chef:** The top leadership role in the kitchen. The executive chef is accountable for all kitchen operations, including quality, food safety, cleanliness. Along with the chef de cuisine and sous chef, the executive chef does menu planning.

**Chef de Cuisine:** The kitchen’s executive officer. Among other responsibilities, he or she expedites the food line during meals — getting the food plates organized and handing them off to the servers.

**Sous Chef:** Works as part of the kitchen leadership team and works on the cooking line. The sous chef trains new kitchen personnel.

**Prep Cook:** Works during the day preparing soups and sauces. The prep cook gets everything line cooks need to prepare the night’s meals

ready on a cart. In the business, it’s referred to as “mise en place” (pronounced miz-on-plas), French for “everything in its place.”

**Line Cook:** The line cook, well, cooks. He or she prepares food, prepares plates. At night there are four line cooks in Aria, three in East and one taking care of the West buffet line.

**Pastry Chef:** Makes breakfast pastries, most Mirabella desserts, some of the breads and contributes to special dishes — for example, making the biscuits for biscuits and gravy.

**Assistant Pastry Chef:** Helps the pastry chef.

**Dishwasher:** Cleans plates, flatware, glasses and pots and pans during meal services. Sweeps up and takes out garbage.

**Cleaner:** Cleans all day, working off a daily list. It’s a deep-cleaning job, cleaning heavy equipment, ovens, hoods and the like.

—Steve Casey



# Mirabella Welcomes New Dining Boss

by Nancy Moss

Armin Alcantara, Mirabella's new director of dining services, prizes teamwork, calling collaboration the "core value" of his workers. Whereas in restaurants customers come and go, he values the chance to get to know residents here.

"This is our home," Armin points out. "It's rewarding."

Armin started work in the food industry at age 15, as a dishwasher and busboy. He grew up in Columbus, Ohio, with a father and grandmother who loved to cook, producing Filipino dishes such as lumpia, a roll of crispy pastry surrounding a savory filling, and chicken adobo.

Having sampled Mirabella's chicken adobo, Armin pronounces it "excellent." He has offered to help chefs here who want to experiment with Asian dishes.

Asked about keeping Mirabella's menus from becoming too predictable, Armin suggests that residents approach him with ideas. For instance, after one person mentioned loving the carrot and fennel soup, Armin asked a chef when it had been served last and mentioned it as a possibility.

"I take every suggestion into consideration," he says,

In Armin's previous position with Brookdale Senior Living, he traveled around the country "training, mentoring and coaching" other dining leaders. Working with the mostly young servers here, Armin says he watches them, then "moves them through the process" and "sets them up for success." Seeing them master the job, he

says, is like pieces coming together to form a completed puzzle.

Asked what residents with special dietary needs or allergies should do, Armin suggests they talk to him or one of the chefs. Before each meal, the chefs hold a huddle where they let the servers know the ingredients of the dishes to be served that evening. Servers should then be able to guide residents with special requirements.



Armin Alcantara. Photo by Ron Mendonca.

In his job traveling for Brookdale, Armin visited the Pacific Northwest and "fell in love with the scenery." He says the food here, with its fish and fresh produce, is more interesting than Ohio's, which he describes as meat, potatoes and casseroles.

Fishing is his favorite hobby and on his fishing trips or hikes, Armin's favorite companion is his German Shepherd named Kona, who likes hiking, playing in mud and playing with other dogs. Kona enjoys chasing birds, but tends to be disappointed that she can't rise up into the air with them, Armin says.

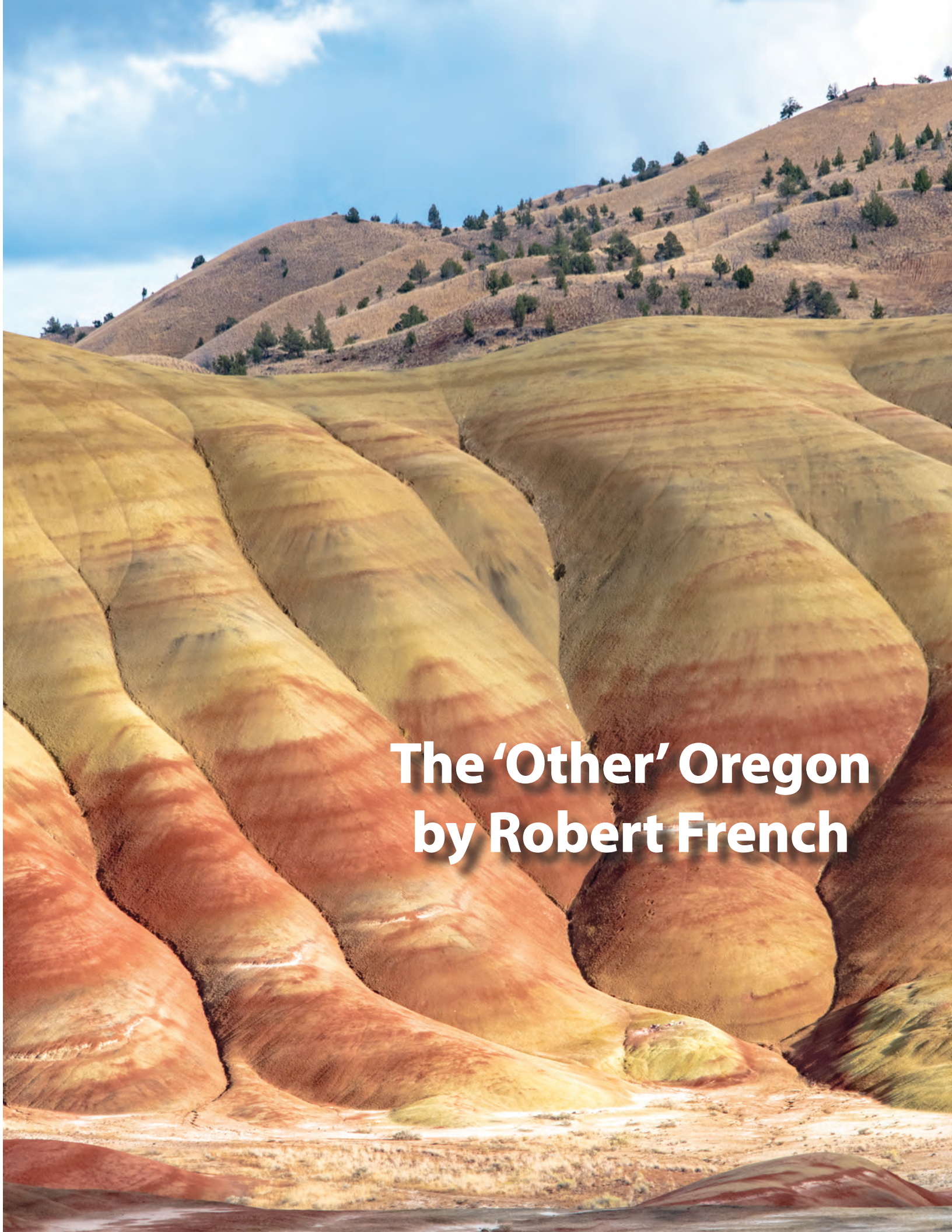
Having grown up in Columbus, Armin roots for his Ohio State Buckeyes but is willing to talk to Duck, Beavers

or Huskies enthusiasts.

Armin pays tribute to Todd Albert, who has been training him just as Armin trained other dining leaders. "A natural leader," Armin says of Todd, who has become a regional culinary director for Pacific Retirement Services, Mirabella's parent corporation.

"Working in this industry isn't just a job; it's a passion," Armin says. "I wouldn't change it for anything." ❀





**The 'Other' Oregon  
by Robert French**



*Previous page: The spectacular multi-colored layers of Painted Hills State Park are part of the John Day Fossil Beds in Wheeler County.*

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Here in the year-around greenery of Western Oregon, it's easy to forget that "another Oregon" exists. Beyond our familiar realm of lush evergreen forests and rugged Pacific Ocean coast there's another side of the state that's much different.

Oregon is 350 miles wide. Go east just past the Cascade Range and for the next 200 miles-plus you'll find a much different landscape and culture.

Central and eastern Oregon encompass everything from pine forests to treeless, high deserts, prairies of sagebrush and juniper, groves of quaking aspen, nighttime starlit skies, and rolling hills of golden wheat.

Scattered about you'll find small towns — most quite alive — many others ghostly deceased.

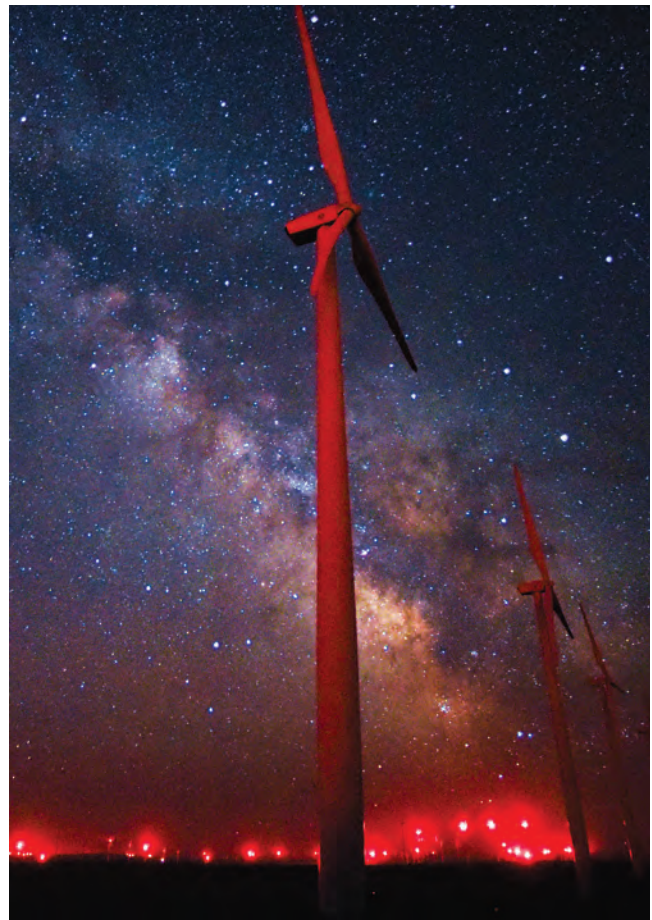
Eastern Oregon is big country. Harney County, for instance, with a land area of more than 10,000 square miles, is the 10th largest county in the United States. The county's population is less than 8,000, yet its area is larger than nine individual states in the USA, all with a collective population of more than 30 million.

For someone like me who enjoys getting out and taking photographs, the "other" side of Oregon is a treasure-trove of picturesque and intriguing subjects. Here are just a few. ❀



An abandoned service station in Grass Valley displays a frozen-in-time price of 66-1/2 cents for gasoline.

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Millions of stars are visible in the clear nighttime skies of Central Oregon. The Milky Way is shown here soaring high above electricity-producing windmills in Sherman County.

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The Goose Pit Saloon in the hamlet of Wasco is a popular gathering spot for local folks to socialize with friends.



The spectacular Kiger Gorge, a U-shaped canyon shaped by a glacier during the Ice Age, is a prominent feature of Steens Mountain in Harney County.





**The ravages of six decades or more of time and weather have taken their toll on this derelict automobile as seen in one of Oregon's many ghost towns.**

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**In early fall, immense groves of aspen trees paint the slopes of Steens Mountain from a palette of glorious yellow and gold.**

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Wheat is one of Oregon's major agricultural products – a commodity with a dollar value in the hundreds of million dollars.

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The eastern portion of Oregon is a vast area where horses and livestock enjoy plenty of room to roam and graze.

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Photo by Pearson Kunz



# Residents' Odometers Turn 100

Two Mirabella residents celebrated their first 100 years on this planet, bringing dozens of well-wishers drawn from family and friends to their separate Willamette Hall parties in December and February.

First up was Jean Davis, and resident Ed Parker offered a toast to Jean at her party.

"She walks tall and straight with a spring in her step, a smile on her face and a twinkle in her eye," he told the crowd of 85 people, which included some 35 relatives, a dozen Mirabella residents and other friends.

"Mirabella residents who have talked with Jean or played duplicate bridge with her know well that her mind continues to be as sharp" as a person far younger, he said. "Residents (also) know her as an accomplished artist whose works have been featured in our Creativity on Display exhibits. Her artist's eye is evident in her personal style. We

know her as an always stylishly dressed person who is never seen in public dressed like some of the rest of us."

She also is a gracious hostess and kind person with nary a bad word to say about anyone, Ed noted.

One of the Mirabella guests at her party was Arthur McNett, who hit triple



Arthur McNett and Peggy Lucas, a member of the extended family, enjoy Jean Davis' 100th birthday, a couple of months ahead of his own.

digits himself on Feb. 24.

A vibrant man who lives in a second-floor suite, Art is always ready with a treat for the dogs who visit the floor each week, and he had a grand time planning his birthday party with his relatives.

Like Jean, Art celebrated with a Willamette

Hall event expected to draw about 50 people.

(That was while 3550 was at the printer, so too late for coverage.)

Mirabella's executive director, Sharon McCartney, offers both Jean and Art congratulations through this 3550 message.

"Happy 100th birthday!" she told the two of them. "With 100 years of priceless moments under your belt, your heart must be full of joy. You deserve every precious memory."

—Steve Casey

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# Friday Happy Hour Gains in Popularity

What a way to end the week, meet old and new friends and arrange a congenial dinner.

The Happy Hour tradition has taken hold in Mirabella's Aria

easily found dinner partners for the evening. Servers report they, too, like Happy Hour, as it gives them a brief, fun change of pace from their regular duties.

Some here have seen Happy Hour as a regular feature at Mirabella Seattle, where it's been pretty much a daily event, and Seattle newcomers particularly appreciate the easy

integration into community social life.

In talking with the dining committee, Joe Matarazzo, a psychologist for more than 50 years, spoke of a loneliness common to many seniors, and how low-pressure events of this sort make all feel welcome and included, and help keep residents from feeling isolated.

There are few unstructured social events where people can simply mingle, he said, but a regular happy hour-type gathering is one of them.

Hopes for future Happy Hour events include hors d'oeuvres, additional seating and standing room, possibly light entertainment.

On Fridays, dining in the west half of the lounge begins at 6 p.m., but if attendance swells the entire lounge may return, for the fleeting hour of 5 to 6, to its original purpose not as a dining venue but as a proper lounge for community-building socializing and alcoholic or non-alcoholic libations. ❀



**Bartender Brittany Horn pours libations for Ruth and Joe Matarazzo, and Sheri Winkelman at a weekly Happy Hour in Aria lounge. Photos by Ron Mendonca.**

Lounge every Friday evening from 5 to 6 p.m. and you are invited.

Armin Alcantara, Mirabella's dining director, told a coffee social gathering in late January that the event has been gaining in popularity and improving each week. Happy Hour in the lounge began in December, but that was not the first time a regular happy hour event has been tried.

This time, however, momentum for launching the event came from Sheri Winkelman, Joe Matarazzo, John Toppel and others, and won the backing of Mirabella's dining committee and dining staff.

Sheri said singles and couples have enjoyed the social time and



**Friendships are made and renewed at the weekly Happy Hour in the lounge.**

This past Christmas I became acutely aware of how wonderful and real our Mirabella family is.

My kids on the east side, with whom I was to spend Christmas Eve and Christmas Day, all had the flu big-time. So, I dug in here to experience my first Christmas in over 90 years not with my kinfolk. First, instead of a regular Mirabella Sunday night supper, there was a grand special dinner — with carvery — and all sorts of yummy desserts, and such. And every server and patron was in a warm loving mood



**Around Campus**  
with Marge Carothers

to match the occasion. It was the same Christmas Day at the buffet — all stops pulled out for our visual and culinary delight. Thank you, my real Mirabella family — I adore you. I wouldn't live anywhere else.

Ever cross your mind to go down to the pool at 4 a.m. or so — just for exercise? Not this lollygagger. Well, our **May Lee** does — every morning. May (another of our gentle souls) says her body clock worked that way long before she and her husband Jay moved to Mirabella in November 2010 from uptown, where they lived for 21 years.

In addition to May, other early morning swimmers gaining stars in their crowns include our Energizer Bunny **Jill Seager, Barbara and Michael Gaines, Antoinette Hatfield and Ardyth Shapiro** and her beloved friend **Mary Cameron.**

Ardyth assures me they walk and talk and have fun — I believe it.

Incidentally, have you noticed the delightful rainbow light near the ceiling at the wall end of the spa? It's mesmerizing when you watch it change through all colors of the rainbow. One of Mirabella's hidden treasures.

**Muriel Mendonca**, new chair for the Welcoming Committee, said the group is attempting — among all its other responsibilities and activities — to help find drivers for those of us who need rides to church. Great effort, Muriel.

And my garden buddy **Ann Morris** is the new chair of that adventurous Travel Committee, and explained to me that many of the trips are designed through, or with,

some of our fellow residents. Cool. For example, **Hon. Malcolm Marsh** will lead an Informational Session and Tour of the Mark Hatfield Federal Courthouse in March — with lunch after.

**Arletha Ryan** will conduct a tour of her studio located in the Ford Building across the river. It also houses other artists; a genealogy library and other interesting things residents may tour on their own. And lunch, natch. Also cool.

Speaking of gardening, we have many partakers in our building, either on balconies or in the nearby Community Garden at Gaines and Moody. If anyone is interested in leasing a bed — or even half a bed — **Pete Collins** is the one to call. He is Executive Director of South Waterfront Community Relations. Phone 503-972-2830.

The plots are 10 feet by 4 feet, or 5 x 4 for half a bed. **Ann** and I have loved doing it for several years, as have **Peggy and Charlie Hickman** and **Gil Meigs**. And let's not forget gardeners **Susan and Ken Berg, and Charyl Cathey and Joe Cenicerros.**

OK, I know I border on (or now am) being an obnoxious Gramma. BUT there just might be someone in the Universe who doesn't know that my grandson Zach Carothers and his band "Portugal. the Man" recently won a Grammy. The award was for the best Pop Duo/Group, and the song was "Feel it Still."

While you may not be familiar with it, I'll bet your grandkids can sing or bop to it, as it's a catchy tune. Zach and two other guys went to Wasilla High School together and the band (now 5) has been going full throttle every waking moment for 13 years.

The sweetest part of this story is that all their Moms were there to support them at the Grammys.

**Olga Howard** tapped me on the shoulder at dinner in the Bistro one night and suggested I write about what a great restaurant Al-Hawr is.

And being open for lunch and on Sundays now should be a big plus. Thanks for the nudge, Olga.

You may have realized there actually was a positive side to all of the flu/cold/whatever many of us have had this winter. To me it is the generous spirit of our Mirabella Family. Most offered to fetch, carry, mail letters, pick up take-out, get groceries — do anything to help us with our needs and to feel better. May I offer a collective gigantic THANK YOU to all of you from the sickies? It has been no "skip through the dew," but you've made it tolerable.

Love, Marge ☘



# Grand Theft Auto from Mirabella Garage

by Steve Casey

Not long after the valet crew called it a night on October 20, Joyce Colling drove her 2008 Mercedes Benz C300 into the Mirabella garage. She left her key in the collection box near the fobbed entrance to the terrace parking level elevator lobby and went to her apartment.

Before the garage gates had closed, a young man on a motorcycle followed her down the ramp into the garage. While she could not see his face because of his helmet, she figured he was an employee coming in late to work.



Illustration by Hebe Greizerstein

What he was, was a thief ditching a stolen motorcycle.

Joyce left and the man attempted to leave the garage by walking up the ramp, but by then the gates had closed and would not be triggered by his body weight.

So he returned down the ramp, broke into the key box, fired up Joyce's car and drove away.

For days, it seemed a perfect crime.

But when Joyce asked that her car be pulled, there was this problem. It was gone.

"I don't drive every day," she told 3550 in a January interview, so it wasn't until Oct. 25 that she asked for her car again. "They looked and looked and looked, and could not believe it wasn't there," she said.

It was months later when her beloved red ride finally was recovered.

"They did find my car, actually, even though everyone said they never would. The policeman said it's drivable, but I haven't seen it yet," she said.

By that time, she had settled with her insurance company and purchased another used Mercedes — her fourth.

A garage security camera captured the thief riding the stolen motorcycle into the garage, but the image is so grainy and distorted that it's pretty much useless.

Police officers took statements and took the stolen bike. At press time, no arrests had been made.

But some things have changed.

Now the key collection box is on a wall by the entrance to the valet office, within the secure lobby area, and security cameras are being upgraded. The camera upgrade is expected to happen mid-March or thereabouts.

Mirabella's security committee and management have recommended that residents arriving after hours wait in the garage until the gates close behind them, to prevent unauthorized persons from entering.

You know, persons like motorcycle and car thieves. ❁



"The little sad faces next to some items mean they don't taste very good."



"Would you mind stepping out of the sixties, please?"

## Limiting Use of Antibiotics

# Health Center Winning War on Infection

by Bruce Howard and Steve Casey

Living on this cruise ship, the SS Mirabella, brings a lot of luxury and a lot of benefits. It also brings a health concern common to real cruise ships that actually leave the dock.

That concern is the spread of infection.

Mirabella has faced this concern head-on, working to educate health center staff and, as one of 40 test sites nationwide, being certified as in full compliance with new and tougher infection risk assessment standards.

Two specific health risks troubled our second-floor staff.

First, just as on actual cruise ships, norovirus is an ongoing, major concern. That is particularly true of all long-term care facilities, where folks live in close proximity and many are medically fragile.

Mirabella Portland has been spared an outbreak so far, but there is a protocol for strict isolation for residents suffering from norovirus while they receive supportive care.

Incidentally, if residents in Mirabella contract norovirus while in independent living, they will be asked to remain in their homes, with their meals delivered from dining.

Second, flu season got our staff here worried.

There were fears of a major influenza outbreak this past winter, and the health center staff prepared for it.

If more than two health center patients came down with the flu, all patients on that floor were to be offered the antiviral drug oseltamivir, marketed as Tamiflu, in accordance with the Centers for Disease Control and Infection (CDC) recommendations for its use in long-term care facilities.

Then there is the specter of MDRO. That sounds like the creature from the black lagoon, and it's close; it stands for Multi-Drug-Resistant Organisms.

MDRO took over the "most feared" spot on the infection list from MRSA (Methicillin-Resistant Staph Aureus) when things called gram-negative organisms and which are found in all environments on Earth, developed resistance to antibiotics that formerly had been effective.

The major cause of MDRO is the overuse of antibiotics.

For that reason, an antibiotic stewardship program was set up in the Health Center, which established strict

criteria for antibiotic use. Dr. Emily Morgan, Mirabella's attending geriatrician, sees to it that physicians from outside the facility who care for Health Center patients adhere to the antibiotic stewardship scheme.

The Centers for Medicare and Medicaid Services has toughened standards for the prevention and control of infections, and our Health Center has played a significant role in that.

The new federal protocol is called Infection Prevention and Control Program (IPCP) and went into effect last November. Mirabella was one of 40 facilities in the country to participate in its pilot study.

Two days after Christmas, an inspection found Mirabella to be in full compliance, a noteworthy accomplishment by our Health Center staff.

Identification, reporting, investigation and control are



*"Day 37: I've finally earned the E. coli's trust."*

the components of IPCP. Merri Mosey, RN, the assistant director of nursing, is in charge of educating the Health Center staff. She is called an infection preventionist.

Part of prevention is knowing who comes onto the second floor.

As of this writing, screening of visitors is done by the concierges, who distribute badges to outsiders.

Signage has been ordered for placement next to elevator doors on the second floor, to improve screening for visitors from both inside and outside the building.

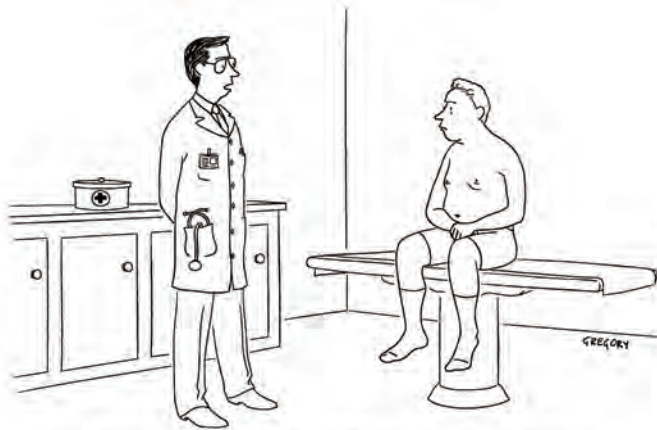
*(see Health Center p. 32)*



*(from Health Center p. 31)*

Visitors who have a cough or cold will be provided masks to wear, and hand sanitizers will be offered — although norovirus is eliminated only by scrubbing the hands with soap and warm water.

Clearly, preventing infections in the first place and ridding the building of them if they occur, is particularly important in a facility, a community, such as this.



*"Your infection may be antibiotic-resistant, but let's see how it responds to intensive litigation."*

Nursing director Ronald Murphy and his team have been diligent in keeping Mirabella at the top of its game, and helping to set national standards.

And there are precautions we all can take, for the sake of other residents, employees and ourselves.

Resident Barbara Gaines, a former RN with a doctorate in education and a former administrator at the School of Nursing at Oregon Health & Science University, found one ailing resident trying to protect others from his germs, but perhaps actually making things worse.

Suffering from a cold and earnestly trying to quarantine himself, this resident still had to emerge from his apartment now and then. When he did, he used a folded handkerchief on elevator floor buttons, door knobs and the like.

She suggested to him "that handkerchiefs could function as fomite surfaces and not protect him or others," she told 3550.

(Fomite is any non-living object that can carry infectious organisms and transfer them from one individual to another.)

Barbara suggests that a better alternative is to use disposable tissue instead of a handkerchief, and do regular and thorough hand washing.

And don't go into another flu season without getting your shot. ❀



More than a year in the making, a display of 1,000 hand-folded paper cranes adorns the second-floor Memory Care unit in honor of Chong Lee, the product of a labor of love by her husband, Eun Sul Lee — with a lot of help from his friends.

"Senbazuru (1,000 cranes) is known to be a symbol of good health, happiness and peace," according to a Japanese legend, Eun Sul told 3550.

"After the end of WW II, paper cranes came to symbolize hope for peace through the story of Sadako Sasaki, an A-bomb victim in Hiroshima, a leukemia patient, folding 1,000 cranes with the hope of recovery. She died before completing it, but her schoolmates completed it."

Last year, while teaching origami to memory unit residents, Eun Sul proposed the project. "Since it was a slow process, I invited a dozen origami workshop participants to join the effort."

In December, a few volunteers waded in and completed the project.

"It is dedicated to memory care unit residents, including my wife," Eun Sul says. ❀

March is  
Mirabella  
Month [cityrotisserie.com/Mirabella](http://cityrotisserie.com/Mirabella)

# Future PRS Execs Groomed Here

by Steve Casey

Probably no one is more responsible for providing Pacific Retirement Services a steady flow of future executives than Medford's Debbie Rayburn, and nowhere is that more apparent than at Mirabella Portland.

Debbie, the corporation's chief health care officer, is the godmother of a program called Administrator in Training, or AIT. That program offers qualified young-but-some-what-experienced people a shot at important jobs in one of PRS'



**Debbie Rayburn**

communities around the country, jobs that can be the first steps on a fast track to an executive director spot or an office at corporate headquarters.

Our current and past executive directors are AIT graduates, both mentored by Debbie. Sharon McCartney went through the program and became health care administrator here before replacing fellow AIT alum Anthony Sabatini as executive director; Anthony is now a corporate vice president.

Coming up behind them recently were two women frequently seen here, Robin McAnally and Natalie Pavlik, who finished their AIT program in December.

The program offers both broad experience — participants work with and shadow experienced employees in all departments for at least six months — and intense study, as they dig in to such esoterica as Medicare rules and treatment coding and

laws and practices covering nursing homes.

Robin, a self-described military brat from Arizona, has worked as a caregiver and certified nursing assistant, earned a master's degree in social work and did a tour with Americorps in Tucson.



**Robin McAnally**

interview.

Daughter of an Army officer who "was closing a lot of bases" while she was young, she has lived in Germany, Florida, Arizona and Texas.

Robin did a couple of telephone interviews to apply for the AIT program, and then an in-person interview in Portland.

Natalie, born in Siberia where she still has friends and family, moved to Bellingham, Wash., at age 12 and to Portland four years later.

She earned a Washington State University degree in social sciences, and was attracted to the human resources field.

Natalie started working at Holladay Park Plaza as a server, but when HPP added an HR assistant position she grabbed it.

"I enjoyed it, but I really wanted more responsibility," she said in the interview. "I was still interested

"When I was coming to my MSW, I was focusing on a company where I could eventually get into an AIT program," she told 3550 in an

in the medical field and I love learning."

HPP's social services director went on maternity leave and, as Natalie had proper training, she was asked if she'd like to fill in. She would.

Although she's at HPP, her mentor (called a "preceptor" in AIT-speak) is Sharon, Mirabella's executive director. Both Natalie and Robin spent time at both communities, learning the different operations of each.

Getting into the Oregon program, Debbie Rayburn told 3550, takes a four-year degree. The most common degrees are in business,



**Natalie Pavlik**

social service, HR, or health care, she said.

And she's looking for some after-university experience.

"I hesitate to take anyone straight out of college," she said. "When you pop out of college at — what? 22? — you still have the deer in the headlights look. They don't necessarily have to have anything in health care, but if I had a group of applicants and all had business degrees, and there were some who had department head experience or something similar, I'd hone in on that" rather than on the applicant who, say, managed a Burger King.

(see AIT p. 34)



*(from AIT p. 33)*

(Then again, Sharon was a bartender. Which all proves that if you're impressive enough, there are ways into the program.)

Those chosen deep-dive into operations of a PRS community — or in the case of Natalie and Robin, two communities.

They learn how dining, maintenance, housekeeping, HR, skilled nursing, memory care, the business office, marketing all work. They also have some concentrated education sessions during their six or more months.

Robin and Natalie both attended a Debbie Rayburn creation, an "AIT boot camp," where trainees company-wide gather for intensive training by Debbie. They also attended "Medicare University" at Medford and a health care leadership conference in Wisconsin.

While they learn a lot, they certainly don't learn everything.

"The way I see it is PRS is like a little family, and you can always reach out to someone for help," Natalie said.

At the program's end, if they pass both federal and Oregon examinations, graduates get an NHA — a nursing home administrator's designation and a state license.

What they don't get, necessarily, is a job.

While PRS obviously values those selected for the AIT program, whether they are offered a permanent job depends largely on the needs of the company at the time.

That didn't faze Robin or Natalie.

"The economy is going great and I'm a social worker, and I know there will be 'a' job for me," Robin said. "Whether that's with PRS or not, I don't know but I hope so."

Whatever happens, said Natalie, "I'll be fine. But I've been with PRS almost five years and I love the company and the residents."

Wishes granted.

Both women finished their AIT training in December and both have landed on their feet with PRS.

Robin is now Mirabella's social services director. Natalie has returned to HPP where she is assisted living manager.

Under Oregon law, the only job in these communities that requires an NHA license is health care administrator, although PRS strongly prefers its executive directors to have that certification as well.

"Some people move from some years in skilled nursing into an executive director role, just as Sharon did," Debbie said.

"Sometimes we see people who have finished the program and did well, but their skills or interests lie in

another area, such as marketing."

Case in point: Adam Payn. Once Mirabella's marketing director, Adam is an AIT graduate and earned an NHA license, but decided marketing was his thing.

Good decision: he is now a PRS regional marketing director. ☼

## Farewell, Spike

Dennis "Spike" Schmit, the crane operator on Hoffman Construction's project on Block 28 in the South Waterfront, directly across SW Curry Street from Mirabella, suffered a fatal heart attack at work at a Nike site on December 29. He was 44 years old.

Spike left behind a wife and an 18-year-old daughter.

From the time construction began until his crane was dismantled last fall, watching Spike climb and operate the crane was a daily ritual for many Mirabella residents.

In addition, he and Anson Barrow, the crane operator on Block 29, were featured in a 3550 article in September 2016. (It, as all 3550 issues, is available at [www.3550Magazine.org](http://www.3550Magazine.org).)

After publication of the article, Spike continued to share his photography with 3550 readers. ☼



Spike Schmit, RIP. Todd Albert photo.

# Homeless in Neighborhood Raise Health Issues

by Ed Parker

A homeless camp in the South Waterfront raises an important neighborhood policy question.

Should local residents try to drive homeless “campers” out, or should we accept that this is a citywide problem and try to minimize the camp’s public health risks?

The small tent-camp is 100 yards or so from the burritos and margaritas of Cha Cha Cha restaurant which is on the ground floor of the Emery apartment building on Moody Avenue. The camp sits atop a hill on a sliver of Oregon Department of Transportation (ODOT) land, steps from the I-5 northbound on-ramp that is an extension of Macadam Avenue.

That’s about a five-minute walk from Mirabella.

The sliver of property abuts TriMet land, according to Hilary Alter, a development associate for the Zidell corporation, which owns the Emery.

Zidell, a huge player in South Waterfront redevelopment, is sometimes thought to own the land now occupied by homeless people and gets requests to clean up “its” property.

“Zidell has no jurisdiction on property we don’t own,” Hilary Alter told 3550.

To be sure, the homeless problem in South Waterfront is slight, compared with some other areas of the city. But it is new and cannot be

If the camp was on land owned by the City of Portland, neighbors could call a city hotline requesting that camp residents be given the legal 20-day eviction notice prior to having Portland police come in to chase them away.

But Zidell’s Alter says ODOT does not now have the resources to remove encampments from their properties.

Even were there an easy way simply to order them off, there is no guarantee the same people, or others, wouldn’t just return.



**A five minutes walk from Mirabella, a small encampment raises health and sanitation questions typical of city areas where the homeless abound. Photos by Robert French.**



ignored, lest it worsen.

With Portland housing costs soaring, homeless people coming to town and their camps facing strong neighborhood pressures to move on, homeless people in the neighborhood are not likely to disappear any time soon.

So. What to do?

So, to be effective, enforcement has to be an ongoing process, driven by motivated residents.

If enforcement waned, the effect would be the same as if residents and the city did nothing but watch homeless people drift in and throw up tents: a burgeoning public health problem stemming from lack of sanitation; one that could directly threaten affected neighborhoods such as ours.

Rats and other vermin are attracted to mounds of garbage, carrying the threat of disease to the camp and the greater community.

A different approach to the problem involves addressing the sanitation issue.

Faced with a similar situation, residents of Portland’s Parkrose neighborhood (near the airport) worked out a temporary local solution to the homeless camp garbage problem.

*(see Homeless p. 36)*



*(from Homeless p. 35)*

It involved giving trash bags to homeless people with instructions to deliver them to a designated drop-off area by the next day.

According to the Street Roots weekly newspaper, that tactic met with significant but short-term success. Garbage was regularly taken for collection for months, until police swept the area's homeless camp.

3550 asked resident Dr. Paul Robertson about the public health risks of homeless camps. Paul is a recently retired professor of medicine at the University of Washington, continues as a professor at UW's Pacific Northwest Research Institute and is editor of the prestigious Journal of Endocrinology and Metabolism. He has a continuing professional interest in public health.

"People living in communities fraught with health hazards, such as poor hygiene, use of drugs with shared needles, and absence of proper garbage disposal endanger everyone in the larger metropolis because of the possibility of epidemics," he said.

"What is needed, at a minimum, is city-wide provision of garbage disposal, recycling bins, and lavatory facilities for the homeless. This is nothing more or less than the homeless themselves desire, for they, too, wish to remain as healthy as possible."

Some argue that providing garbage collection or any other services to the homeless would encourage them to



stay.

However, enforcement and providing for public health are not mutually exclusive.

Using whatever legal methods are available to evict the homeless from public property takes time.

Providing garbage collection services in the interim may be an affordable short-term neighborhood public health measure. ❀

The Year's Most Important Holiday  
(or so says your editor, a lad named  
Casey)

## **ST. PATRICK'S DAY** **MARCH 17**

Dining Services will have on offer  
Corned Beef & Cabbage with  
Boiled Red Potatoes, and  
Guinness Lamb Stew.

(Anyone asking for green beer,  
a truly vile substance, will be  
required to buy a round of  
Guinness stout for the house.)

***Slainte!***



## Current and Coming Theatre Events

### Scarlet Opens at Renovated Playhouse

by Nancy Moss

“Scarlet,” an original musical by local artist Michelle Horgen, opens March 3 in Portland Playhouse’s newly renovated theater.

A retelling of Nathaniel Hawthorne’s novel, Horgen’s musical took his “epic, classic novel” and shaped it to a “personal truth of Hester’s Prynne’s story,” according to Brian Weaver, Portland Playhouse’s

artistic director and director of Horgen’s musical.

The show will star Susannah Mars with Isaac Lamb, seen recently in Portland Center Stage’s “Every Brilliant Thing,” as the sinning pastor Dimmesdale. Mars will play Hibbins, a character based on Anne Hutchinson, who was expelled from Massachusetts as a heretic and free thinker. Rebecca Teran will play Hester Prynne.

Two years in the planning, Portland Playhouse’s renovation involves two phases, the exterior

one, just finished, and a second part to include landscaping and a separate building for rehearsal and community events. According to Weaver, interior renovations have taken six months to complete.

“Opening week,” March 3-7, follows preview performances Feb. 28 through March 2, and leads into the official “opening night” on March 8, featuring a post-show reception with cast and crew for all show-goers, and a pre-show dinner with the director and playwright, available at an additional \$100. ☼

#### Portland Center Stage

128 NW 11<sup>th</sup> Ave  
503-445-3700

##### *Kodachrome*

Now to Mar 18

##### *The Magic Play*

Mar 3 to Apr 1

##### *And So We Walked*

Mar 31 to May 13

##### *Major Barbara*

Apr 14 to May 13

##### *Lady Day at Emerson’s Bar & Grill*

May 26 to July 1

#### Artists Repertory Theatre

1515 SW Morrison St  
503-241-1278

##### *Between Riverside and Crazy*

Mar 4 to Apr 1

##### *The Thanksgiving Play*

Apr 1 to Apr 29

##### *I and You*

May 20 to Jun 17

#### Lakewood Theatre

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

##### *El Grande De Coca Cola*

Mar 2 to Apr 18

##### *No Strings*

Apr 13,14

##### *Sister Act*

Apr 27 to Jun 10

#### Portland Opera Broadway Series

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

##### *The Sound of Music*

Mar 6 to Mar 11

##### *Hamilton*

Mar 20 to Apr 8

##### *Love Never Dies*

May 15 to May 20

#### Portland Opera

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

##### *Big Night Concert*

Apr 14

##### *Rigoletto*

May 4 to May 12

#### Portland Playhouse

602 NE Prescott  
503-488-5822

##### *Scarlet*

Now to Mar 25

##### *Fences*

May 2 to Jun 10

#### Portland State University Chamber Choir

503-725-3307

##### *A Bernstein Centennial*

First United Methodist Church  
Mar 2 and Mar 4

##### *Ravel: Daphnis & Chloe*

Arlene Schnitzer Hall  
503-228-1353  
Apr 7 to Apr 9



**Last Tango In Portland**  
Wieden+Kennedy Bldg.  
224 NW 13th Ave  
May 18

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**Portland State University  
Opera**

Lincoln Hall  
503-725-3011

**Albert Herring**  
Apr 20 to Apr 29

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**Broadway Rose Theatre**

12850 Grant Ave  
Tigard, OR  
503-620-5262

**Always . . . Patsy Cline**  
Apr 11 to May 6

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**Shaking The Tree Theatre**

823 SE Grant St.  
503-235-0635

**Salt**  
May 1 to May 6

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**White Bird Dance**

503-245-1600

**Jessica Lang Dance**  
Newmark Theater  
Mar 8 to Mar 10

**Stephen Petronio Company**  
Newmark Theater  
Apr 5 to Apr 7

**Ballet Hispanico**  
Arlene Schnitzer Hall  
May 16

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**Bag & Baggage Productions**

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

**Death and the Maiden**  
Mar 8 to Mar 25

**Blithe Spirit**  
May 10 to May 27

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**Triangle Productions**

1785 NE Sandy Blvd  
503-239-5919

**Our Mother's Brief Affair**  
Mar 8 to Mar 31

**Absolute Brightness**  
May 3 to May 26

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**Portland Baroque Orchestra**

503-222-6000

(call for venue location)

**Flights of Fantasy**

Mar 9 to Mar 11

**Monica Huggett's Benvenue Trio**

Apr 6

**J S Bach Mass in B Major**

Apr 13, 14

**The Leipzig Audition**

May 4 to May 6

**Jordi Savall & Friends**

May 8

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**Oregon Symphony**

Arlene Schnitzer Hall  
1037 SW Broadway  
503-228-1353

**Blind Pilot**

Mar 1

**Herbie Hancock**

Mar 2

**Along the Oregon Trail (Kids'  
Concert)**

Mar 4

**Verdi's Requiem**

Mar 10 to Mar 12

**Brahm's Violin Concerto**

Mar 17 to Mar 19

**The Fab Four**

Mar 22

**Jurassic Park in Concert**

Mar 24 and 25

**Ravel's Daphnis & Chloe**

Apr 7 to Apr 9

**Rick Springfield**

Apr 12

**Garrison Keillor**

Apr 13

**Saint-Saens' Organ Symphony**

Apr 21 to Apr 23

**The Hot Sardines (Pops Concert)**

Apr 28 and 29

**Yuga Wang**

May 3

**Chris Botti**

May 5

**Joshua Bell**

May 12 to May 14

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Emily Parker and Avery Reiners  
Photos by Christopher Peddecord

### *Mahler's Seventh Symphony*

May 19 to May 21

### *Audra McDonald*

May 22

### Portland Youth Philharmonic

Arlene Schnitzer Hall  
1037 SW Broadway  
503-223-5939

### *Tchaikovsky's 4th*

Mar 3

### *Pictures At An Exhibition*

May 6

### Metropolitan Youth Symphony

Arlene Schnitzer Hall  
1037 SW Broadway  
503-239-4566

### *Arabian Nights*

Mar 4

### Friends of Chamber Music

(call for venue location)

503-224-9842

### *Quatuor Ebene*

Mar 5 and 6

### *Janoska Ensemble*

Mar 22

### *Lawrence Brownlee*

Apr 4



# BETWEEN RIVERSIDE AND CRAZY

by **Stephen Adly Guirgis**

directed by  
**Adriana Baer**

**MAR 4 - APR 1**

After being shot by a rookie white cop, retired cop and recent widower Walter "Pops" Washington slings back whiskey while his recently paroled son and friends wander in and out, the landlord wants him gone, and the NYPD is demanding a settlement on an outstanding lawsuit. After an enlightening encounter, Pops decides to take things in his own hands with a final ultimatum.

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**Faure Piano Quartet**  
Apr 9 and 10

**Jordi Savall and Hesperion XXI**  
*with Carlos Nunez*  
May 8

**Milagro Theater**  
525 SE Stark St  
503-236-4174

**The Mermaid**  
Mar 22 to Apr 14

**Watsonville: Some Place Not Here**  
May 3 to May 26

**Capella Romana**  
503-236-8202

**CR Presents: The Tudor Choir**  
Mar 3 – St. Mary’s, Portland  
Mar 4 – St. Matthew’s, Hillsboro

**Ivan Moody: The Akathistos Hymn**  
Mar 17 – St. Mary’s, Portland

**Venice In the East: Renaissance**  
*Crete*  
Apr 28 – St. Mary’s, Portland  
Apr 29 – Lady of the Lake, Lake  
Oswego

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

**Israel In Egypt**  
Apr 21 and 22

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

**Alice (in Wonderland)**  
Now to Mar 4

**Man/Woman**  
Newmark Theater  
Apr 12 to Apr 21

**Closer**  
BodyVox Dance Center  
May 24 to Jun 3

**BodyVox Dance**  
(call for venue location)  
503-229-0627

**Katie Scherman + Artists**  
Mar 22 to Mar 24

**The Wind & The Wild**  
Apr 24 and 25

**Rain & Roses**  
May 10 to May 19

**Portland’s Center  
for the Arts**  
Newmark Theater  
1111 SW Broadway  
503-248-4335

**Pink Boots and a Machete (NGS)**  
Mar 5

**Jane Wong with Shayla Lawson**  
Mar 12

**Forrest Sander and Joe Wilkins**  
Apr 9



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# Dancing Queen

My lovely wife, Adrienne, loves to dance. She will dance with anyone at any time. That includes men, women, kids, dogs...everyone and anything that moves...except me. The reason she excludes only me is simple: I look ridiculous. Frankly, it would make no difference whether she wanted to dance with me or



not. I would always stay frozen in place anyway, staring at her, showing no emotion, refusing to move.

"I have four good reasons why you look silly," she needlessly informed me: "your two left feet and your two tin ears."

"That is why I dance only with Ada." I replied. "She is the one female I know who doesn't care how I look or that I have no rhythm. "

"And no personality."

Ada is our four-year-old granddaughter. She is cute, sweet, precocious, outgoing, a born actress. She is

## Larry Braverman

musical, has natural rhythm, and is always right on the beat. Above all, she loves to dance — exactly like Mema — and will do so to the great amusement of family at every opportunity. Just mention the word, and she will run and put on her two tutus, one green and one pink... one over the other. Then she will spin around the room, arms spread wide, eyes glistening, whirling and twirling, laughing gleefully, and finally concluding with a low curtsy...always met with a round of loud family applause.

She insists that her favorite ballet is "The Graham Cracker," when she obviously means "The Nutcracker." But, unlike Mema, she will dance with anyone in the family at any time, even me.

"She obviously does not take after her Grandpa," Adrienne noted.

"I suppose not," I said sadly, "but Miles does." Miles is our six-year-old grandson.

"What makes you think so?"

"He would never dance in front of spectators and is more than happy to sit still for hours if you put something interesting in front of him."

"Yes, but in his case the something interesting in front of him would be Legos, not television."

"Okay, be sarcastic, but that gives me a great idea," I replied.

"Don't even think about buying him a TV!"

"Much better. We will take the grandkids to Legoland. It's got something for both: Legos for him, dancing for

her, and ice cream."

"That's the first decent idea you've had since you stopped trying to play golf."

Legoland is a mirror image of Disney World ...wild rides and long lines ... plus amazing Lego structures for the boys and on-stage dance instruction for the girls.

As soon as we arrived, Miles headed straight for the Lego games with his parents, Suki and Roger, while Adrienne and I escorted Ada the opposite way toward the dance music.

It was not long before we reached a large open area surrounded by trees. There were benches facing the stage and dozens of girls standing in front. Adrienne and I sat down while Ada immediately joined the girls to watch the dancing instructors.

After several moments, the instructors encouraged the girls to come up on stage to dance, all of whom happily complied...except Ada. Who did not budge. She had never danced in front of strangers before, and obviously was not eager to do so now.

We tried our best, with no luck, to entice her to join them. I even threw in the potential reward of a double



Legoland

scoop chocolate ice cream cone.

In a last-ditch effort, Adrienne eagerly joined the girls on stage and began to dance, trying to induce Ada to follow. She spun around the stage, arms spread wide, eyes glistening, whirling and twirling, laughing gleefully, and finally concluding with a low curtsy. The only thing missing was a green and pink overlapping tutu. The audience roundly applauded.

Then she motioned with her finger for Ada to join her on stage.

Ada would have none of it. She merely stared at Mema, showing no emotion, still frozen in place, refusing to move despite all our efforts to change her mind.

I realized now I was wrong. Ada actually did take after me.

I was so proud! ❁





**Congratulations  
Sharon and Nathan  
McCartney  
and  
welcome, Henry, to your  
Mirabella family  
from your friends at 3550**

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