

3550

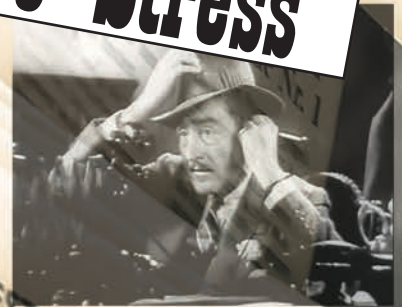
FIFTH ANNIVERSARY ISSUE



3550 Reaches Age Five



Editors and Reporters Survive Stress



June 2018

a publication by and for the residents of Mirabella Portland



Ed Parker
Deputy Editor



Bev Healy
President

BIRTHDAYS ARE FOR CELEBRATING, ESPECIALLY WHEN SOMETHING that wasn't expected to survive this long reaches the age of five. With this issue we are celebrating the fifth anniversary of 3550. It doesn't seem like it has been that long. Perhaps time really does fly when you are having fun.

Fortunately, Mirabella is filled with incredibly talented people who are willing to donate their talents to a collective project for mutual benefit. It does take a village of reporters, writers, photographers, artists, designers, editors, proofreaders, advertising solicitors, and business managers to successfully raise a magazine to this ripe age. To accomplish the necessary teamwork with an all-volunteer staff is pretty incredible.

Magazines don't succeed without an audience. Printing a colorful, high-quality magazine is expensive. Advertisers are not charitable organizations. They pay for access to people who read and appreciate the magazine enough that they are likely to see their ads and consider patronizing the advertisers.

Advertisers know that readers appreciate the magazine when the readers pay to subscribe. In this case Mirabella residents subscribe by voting to include funds for 3550 when they approve the Resident Association of Mirabella Portland (RAMP) annual budget. We thank you for your support.

Getting older doesn't have to mean becoming stodgy or set in our ways. To celebrate our coming of age, so to speak, this issue features a new, updated look. We don't need you to pay attention to what type fonts and styles have changed. But we hope you will feel that the appearance has a fresher, cleaner, more modern look.

The idea is not to have readers focus on the artistic value of the appearance. Rather it is to present the content in a pleasingly comfortable format that doesn't get in the way of a good read.

If you or family or friends wish to see this issue or any of the back issues online, go to www.3550magazine.org. Let us know what you think about any aspect of either the print or online versions. E-mail us at info@3550magazine.org or put your comments in Mirabella mailbox 2507. ■

ON A DREARY LATE DECEMBER DAY, WITH THE COLD wind-driven rain beating against the windows, I was enjoying a phone conversation with an old friend now living outside of Phoenix. When she extended an invitation to come spend a week, my joyful "Yes" might have been heard by the neighbors.

It became obvious some weeks later, during Sunday brunch, that my visit had been plotted by the three couples seated there, all of whom will be moving into Mirabella ASU on the Arizona State University campus two years from now. My hostess had arranged for us to visit the model unit and sales office prior to the inquisition so that I could share an informed perspective. It was a lot of fun to describe life in Mirabella with a mimosa in hand.

Pacific Retirement Services has engaged Ankrom Moisan architects, the designers of this building, to plan the ASU facility. It will be owned by the university foundation. Financing is already in place, a decided advantage for all involved. There are two buildings, joined in an L shape, with the 20-story wing being curved and blue in color like ours and the 14-story wing in copper color. There will be 252 independent living units with 51 being penthouses. The second and third floors will hold 20 units each for assisted living, memory care and skilled nursing. The first floor will be administration, meeting rooms, an auditorium, and the Bistro. The main dining room will occupy the thirteenth floor with a roof garden on the fourteenth. Units range in size from 887 square feet to a grand penthouse at 2573 square feet. All have curbless showers, quartz counter tops, stainless steel kitchen appliances with a vented range hood, and decks from 60 to 1,000 square feet in size. At the time of my visit 80 percent of the units were sold.

The setting is on a corner of the campus with easy access to athletic and cultural facilities, with a new upscale hotel now under construction sharing the site. Visiting family and friends needn't occupy that second bedroom. Now if only one could live there year-round ... ■



ON THE COVER: *STOP the presses, Chief, I've got a scoop!*

With journalistic skills honed in the days of Woodward and Bernstein, if not in the days of Front Page's Hildy Johnson, your 3550 ink-stained wretches have brought you 22 issues of this magazine since its debut five years ago. Cover design by John Branchflower.



BACK COVER: We present for your review our first 21 front covers by our talented staff of photographers: Robert French, Ron Mendonca, and Todd Albert. How many do you remember? See all back issues at www.3550magazine.org.

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In the News

Neighbors Use Mirabella Preparedness Guide

RESIDENTS OF OTHER SOUTH WATERFRONT RESIDENTIAL buildings are copying and revising the new emergency preparedness guide for Mirabella residents to fit the needs of residents in their buildings.

Larry Totzke, chair of the South Waterfront Emergency Preparedness Committee (SWEPC) and resident in the South Waterfront's Ardea apartment building says, "I can't see how any other building could develop a more comprehensive plan to prepare to survive a major disaster than the guide Mirabella has developed."

Mirabella residents organized 27 teams of volunteer resident responders to help their neighbors after an earthquake or other emergency. Each team will help residents in about eight apartments. Resident Anne Clark, who organized the teams, says, "Every resident is a member of a team because we will all help our neighbors when help is needed."

Each team has a leader, a person who will perform triage — which means to sort survivors into appropriate medical categories and to provide immediate life-saving assistance if needed — and designated medical first aid responders. The teams are organized into three zones, each with a zone captain reporting to a resident incident commander.

Each team has an emergency radio that can be used to call for help when electricity and telephones are not available. Each team also has a "triage pack" of emergency first aid supplies. The radios and triage packs are accessible to all residents on each team because, when disaster strikes, available team members may not know who else is home, who needs help or who can provide help. More than one member of each team has been trained to use the radio and triage supplies.

The resident incident commander will share a command post with Mirabella management's incident commander and coordinate with management's responses. Mirabella management and resident response teams will participate with thousands of other Oregon buildings and organizations in the 2018 Oregon Great Shakeout drill on October 18 at 10:18 a.m.

The newly re-named "Emergency Preparedness Guide for Mirabella Residents" is familiar to Mirabella residents as the "red folder." The individual reports, presentations and other documents prepared or collected by the Resident Association of Mirabella Portland's (RAMP) emergency preparedness subcommittee were given to residents along with a red folder to put them in. The latest addition to the

red folder is the emergency response protocol giving directions to the 27 emergency teams (sometimes called E-teams).

SWEPC organized the Mirabella red folder contents into a single document and adopted it as their emergency preparedness guide. Representatives of other South Waterfront buildings are adapting it to prepare residents in their buildings.

The Mirabella version of this document is posted on the emergency preparedness group page on MiraNet. It is also available in the Mirabella library on the emergency preparedness shelf above the library computer. Residents who want their own paper copy may download and print it from the MiraNet or ask the concierge to print one for them.

—Ed Parker

Knoll Featured Keynote Speaker

MIRABELLA RESIDENT PAUL KNOLL DELIVERED THE keynote address at the biennial conference of the Medieval Central Europe Research Network held in Zagreb, Croatia on April 13 and 14. Paul's wife Sue traveled with him to attend the conference.

Following the conference theme of "Borders, Migrations, Connections," Knoll's address focused on the policies and problems of six important political leaders in the 14th century. Professor of History emeritus from the University of Southern California, Knoll observed that the conference theme "resonated with the present in unusually direct ways" and speculated that we could "address these resonances in a way that preserves the integrity of independent scholarship" even when political pressures make this difficult.

Participants from more than 30 countries attended the conference, hosted by the Croatian Academy of Sciences and the University of Zagreb.

Earlier, in October 2017, the Polish Historical Association honored Paul with the "Pro Historia Polonorum" prize. This award, given every five years, recognized Paul



for his contribution during a lifetime of scholarship to an understanding of Polish history, in particular his 2016 book, "A Pearl of Powerful Learning, The University of Cracow in the 15th Century."

The Polish Historical Association flew Paul to Cracow as a guest to receive the award and participate in the Third Conference of International Historians of Poland, which attracted some 850 scholars from throughout Europe and North America.

—Nancy Moss

Antoinette Honors Barbara Bush

ANTOINETTE HATFIELD, FOR 50 YEARS A FRIEND OF THE late First Lady Barbara Bush, was among the 1,500 friends and family attending Mrs. Bush's funeral in late April in Houston.

"Our husbands came into congress in the same year," Mirabella resident Antoinette told 3550.

Antoinette, widow of two-term Oregon governor and long-time U.S. Senator Mark O. Hatfield, was one of 11 women who met when the 90th Congress took shape in 1967.

Mrs. Bush was the wife of freshman representative George H.W. Bush, who went on to become U.N. ambassador, ambassador to China, director of the CIA, vice president and president of the United States.

"We had lunch, and we decided we liked each other, so we had monthly lunches," she said of the group that had Barbara Bush at its center.

"She would write us a letter every month when he (George H.W. Bush) went to the U.N., and we'd all write back to her. From there, he went to China and to the CIA, and of course then he was back in town. We kept in touch all those years."

When Antoinette read that Mrs. Bush decided to receive only palliative care, she wrote.

"I don't email, so I sent her a text," she reports. "I said 'God will take good care of you in heaven, because you took such good care of people here on earth.'"

Mrs. Bush responded, "Darn, I've disappointed everybody by not dying yet."

When Mrs. Bush did pass away, Antoinette received an invitation to the private funeral, and remembers the security check entering St. Martin's



Antoinette Hatfield stands with Barbara Bush at the 1981 inauguration of President Ronald Reagan and vice president George H.W. Bush.

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Episcopal church, and the beauty of both church and flowers.

As Mrs. Bush's coffin rested in the center aisle of the church, four living former presidents and other powerful political figures joined in mourning the loss of a strong woman whose iron will and ready compassion made her loved by millions.

In the News

Ed Wiener Joins Community Association Board

MIRABELLA RESIDENT EDWARD WEINER BECAME A board member representing Mirabella on the South Waterfront Community Association (SWCA) board at the organization's April 26 meeting, as the board expanded from three to seven members.

Mirabella Portland pays about \$50,000 a year in membership dues as the owner of one of 19 properties included within the association boundaries. At a presentation in Willamette Hall on April 10, Tom La Voie of Community Management, Inc. (CMI), the association's property manager, said the association considers itself an "enhanced service district" with the goal of building community and livability by providing local services beyond what is provided by the City of Portland.

SWCA pays for the South Waterfront security patrol, flower baskets, holiday lighting, the dog park, dog waste stations, street garbage collection, and landscape and drainage maintenance.

SWCA also provides most of the funding for South Waterfront Community Relations (SWCR), a non-profit organization managed by Pete Collins. That organization supports the farmers market, community garden, movies and concerts in the park, and a number of ways to keep residents of the neighborhood informed. Those include a printed neighborhood newsletter, South Waterfront Community Current, its online e-Current version with an email distribution list, a website and social media presence, and in-person community presentations. SWCR has active committees supporting neighborhood retail businesses, emergency preparedness, and transportation and safety planning.

SWCA is a property owners' association that includes five developed commercial properties, five undeveloped commercial lots, six apartment buildings and three condo buildings. It was created by the original developers of the South Waterfront neighborhood. In early April the by-laws of SWCA were changed to expand the board of directors from three individuals (successors of the original developers) to seven, to better represent the interests of all the member properties.

The new seven-member board consists of two directors elected by the commercial properties, two elected by the condo properties, two elected by the apartment properties and one elected by retail property members. Current commercial property owners are Oregon Health and Science University (OHSU), Mirabella and ZRZ Realty

Company (owner of the Zidell property). ZRZ Realty also owns an apartment building, the Emory.

Mirabella Portland's board of directors designated Edward Weiner its representative to SWCA. He and OHSU vice-president Michael Harrison were elected by the commercial properties. Hilary Alter of ZRZ Realty and Matt Jacobs, Osprey property manager, were elected by apartment building owners. John Ross resident Dr. Michele Maas and Meriwether resident Laura McKinney were elected by the condominium buildings, and Sean Becker of Sean Z Becker real estate was elected by the retail properties.

—Ed Parker

Stern Family Gives Mirabella a New Piano

MIRABELLA RESIDENT HELEN STERN AND HER FAMILY donated a "nearly new" Yamaha Disklavier grand piano to Mirabella to replace the current piano in Willamette Hall, which is in need of major repairs. It was delivered to Mirabella in late April.

Yamaha marketing materials say, "Disklavier is the modern day version of the 'player piano.' Disklavier pianos are true acoustic pianos that incorporate fiber optic sensing systems, high performance solenoids, and state-of-the-art computer technology. These pianos can very accurately record piano performances and play back with all of the expression and nuance of the original performance."

My Choice Meal Plan on Hold

THE PLANNED MIRABELLA PORTLAND ROLL-OUT OF THE new Pacific Retirement Services (PRS) "My Choice" meal plan is on hold. The implementation at Holladay Park Plaza and two other PRS facilities apparently had some kinks and resident complaints. Anthony Sabatini, PRS Vice-President, Operations, said about 50 per cent of residents in those facilities switched to the new plan. They are now rolling it out in one more PRS facility in California and are putting plans for Mirabella Portland and other PRS facilities on hold until they get more experience with the new program.

Shaggy Dog Talk

WE'RE GOING TO THE DOGS WITH THIS STORY.
Here is a list of canine crossbreeds under consideration for official recognition by the United States Kennel Club:

Collie + Lhasa Apso

Collapso, a dog that folds up for easy transport.

Pointer + Setter

Poinsetter, the traditional Christmas pet.

Pekingese + Lhasa Apso

Peekasso, an abstract dog.



Irish Water Spaniel + English Springer Spaniel

Irish Springer, a dog as fresh and clean as mountain air.



Terrier + Bulldog

Terribull, not a good dog.

Bloodhound + Labrador

Blabador, a dog that barks incessantly.



Malamute + Pointer

Moot Point, owned by ... oh, well, it doesn't matter anyway

Collie + Malamute

Commute, a dog that travels to work.

Deerhound + Terrier

Derrier, a dog that's true to the end.

Bull Terrier + Shitzu

You figure this one out.

(Lifted from the Internet, so it must be true)

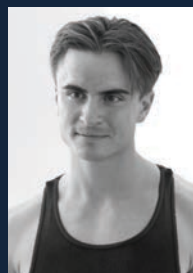
CLOSER

May 24 – June 3, 2018
BodyVox Dance Center

A rare opportunity to experience the power and artistry of your favorite OBT dancers up close along with the return of Helen Simoneau's vivid and dynamic *Departures*, plus a few delightful surprises. Featuring original music by Grammy Award Winner, RAC.



Hannah Davis and Kimberly Nobriga
in Helen Simoneau's *Departures*.
Photo by Yi Yin



Peter Franc
New Work



Makino Hayashi
New Work



Katherine Monogue
New Work



Helen Simoneau
Departures

Photo by Todd Turner

A Brief History of 3550 Magazine

by Steve Casey

THERE WAS A LOT OF “HEY, KIDS, MY UNCLE HAS A BARN – let’s put on a show” when we started 3550.

I brought 40-plus years of practicing the dark arts of journalism and communication. We found residents who were superb photographers, some energetic writers, one award-winning playwright, a four-decade veteran of the Oregonian newspaper, and folks who just wanted to pitch in and create something new.

As we got started, one resident observed “It will never last more than two issues.”

She would have been right, except for the serendipitous presence at Mirabella of a smorgasbord of talent both broad and deep – and those talented people willing to give countless hours to myriad tasks that make the magazine possible.

So here we are, starting our sixth year of publication with this, issue number 22, sustained this half-decade by the same spirit of fun and adventure that led to our launching.

New residents or veterans, many do not know how 3550 came about. Here’s the story.

Back in 2012, there was – as there is now – a communications committee and I was chair. Among other things, we looked at the monthly Mirabella Musings and thought, oh, it could be so much bigger and better. So I talked with Anthony Sabatini, then Mirabella’s executive director, and suggested we just take it over and grow it. Anthony had a better idea.

Musings, he said, was just fine for its purpose. While it informs residents, its overarching role is as a marketing publication, one that at four pages can easily be folded, slipped into a business envelope and sent off to potential new residents. Mirabella affirmatively did not want a larger publication.

But, Anthony said, that’s no reason not to have one. He asked, “Why don’t you start your own resident publication?”

Hmmm. Sounded to me like “Why don’t you kids put on a show?”

And that’s when we Mickey Rooneys and Judy Garlands went to work.

First, I cut a deal with Anthony. In return for his support of the magazine, and knowing he is not a man who likes surprises, I agreed that he would get an advance look at each issue, could tell me if he thought there was a factual

inaccuracy, but would have no right of approval. It was our magazine, not Mirabella’s.

Second, we had to work out our finances. I had just been elected to the resident council, and incoming president Jim Rudolph asked me to continue as communications chair, reporting to our council liaison (who would also be me) as I edited the magazine.

RAMP – the Residents Association of Mirabella Portland – covers about a third of our expenses. That’s important because it’s like a subscription, the only tangible expression that our readers find it valuable.

Then we looked for advertisers. Early residents will remember LeAnne Hawkins, Mirabella’s move-in coordinator and interior designer. She rattled some vendors’ cages and rounded up our first batch of advertisers. But we needed a resident in charge and that was Bernice Johnston, who was followed by a series of other talented people: Adrienne Braverman, Dave McCammon, John Toppel and, now, Stan Tidman.

LeAnne also led us to Lithtex Printing Solutions in Hillsboro, which has been our printing partner these five years and has taken extraordinarily good care of us.

Third, we had to define what we were going to be. We were not a “newsletter,” and certainly not a company house organ like PRS Perspectives or a marketing piece like Musings. We would cover lifestyle stories of interest to our demographic, cover news – both good and bad – about life at Mirabella, keep an eye on the city and particularly our neighborhood, and go to bat for our readers.

In my column in the initial issue, I thanked Anthony “who has been 100% supportive as we launch this magazine. He knows it will make him smile sometimes and knows it will give him an Excedrin headache sometimes. His reaction? ‘Go for it.’” And neither he nor current executive director Sharon McCartney ever tried to interfere.

So much for structure, but how could we actually, you know, *pull this off?*

Welcome to one of the many blessings of living at Mirabella – a pool of talent-rich residents.

First up was Ronnie Rudolph, who mentioned “Well, gee, I know how to use the InDesign program,” and she became our layout boss.

I had ideas of what I wanted the magazine to look like, but no idea how to do the computer stuff to make it happen. She did. It is fair to say that without Ronnie and her InDesign skills, 3550 would have been stillborn.

Judy McDermott, the longtime Oregonian vet, we called “copy editor,” which is an inadequate title for all she

contributes to keeping us stylistically and factually accurate.

We soon found that Ron Mendonca, Bob French and chef Todd Albert are superb photographers and we enlisted them. Curtis Guthrie, an enthusiastic photographer with a willing and can-do attitude, had shot the construction of Mirabella even before it was a hole in the ground. His photos became the first issue's center spread.

That issue offered attorney Claire Weber's report on the lawsuit brought by Rogue Valley Manor against Pacific Retirement Services, and the suit's settlement. It brought the first of two regular features – profiles of a resident and of an employee. First up was retired Marine General Hugh Kerr and maintenance tech (now engineer) Duc Tran, two men with inspiring personal stories of heroism.

From the beginning, we wanted to bring you a mix of hard news, soft features, and interesting profiles. We never limited ourselves to what went on in this building. We looked at neighborhood development, took on the city's park department for shoddy work, and offered pieces on Portland food carts and South Waterfront's private patrol force.

After a couple of years, Ronnie retired and John Branchflower took over design and layout. As the magazine matured he made design changes that brought us to another level.

Initially, we thought we would publish every two months. Boy, what a knuckle-headed idea that was. So we scaled it back to quarterly, which was more manageable (hey – we're retired and didn't come here to work that hard) and let readers look forward to the next issue.

But it was still approaching full-time for me, so I brought in a deputy editor, Nancy Moss, who is a superb playwright. Later, Ed Parker, who started his working life as a reporter in Canada, joined her. While I am still the editor of all the issues, Nancy and Ed each take primary responsibility for one issue each year. We all work together on all four, in a real team effort.

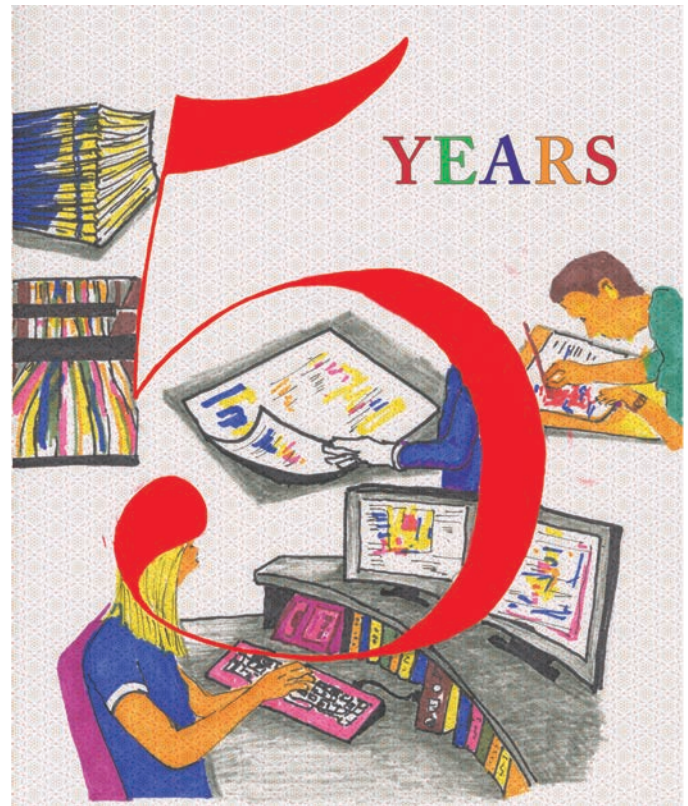
We have tried features that didn't work, written stories that could have been better, learned from our design mistakes.

We also made readers say, "I didn't know that!", which always makes us happy. And led by John Branchflower and Ed Parker, we have built our own website (www.3550magazine.org) so people the world over – including all your friends and relatives – can read each issue of the magazine.

3550 is, and always will be, a work in progress.

Through it all, you, dear reader, have kept us going. You have said you appreciate this magazine and we all take pride in making this small contribution to the quality of life at Mirabella Portland.

Here's to another five years. ■



To celebrate five years of 3550's publication, illustrator Hebe Greizerstein created this concept of magazine folks at work.

Have you moved to Mirabella within the past few years and wondered what was movin' and shakin' before you arrived? Catch up on some of Mirabella's past, including some construction photos. All back issues can be downloaded from www.3550magazine.org.





Photo by Robert French

Rosie and Kim Batcheller

by Claire Weber

KIM BATCHELLER SAYS HE WAS “BORN IN DENVER ON A full moon in June of 1939.” His family included his dad, who sold insurance, his homemaker mom and an older sister. He was a troubled kid who didn’t think much of school and “was depressed much of the time” — a condition he continues to monitor and treat. The first time he got in trouble with the law, he stole a neighbor’s 1953 Buick while demonstrating how he could hot-wire the car. The second time he and some friends stole a colonel’s car. The third time, he was “drag-racing with six friends and the police took us in. They arrested us because the other car was too fast and they couldn’t catch it.” Kim was fined \$54 and his parents refused to pay his fine. “I got a job as a file clerk at an abstract company to pay the fine.”

He always liked things with wheels — trikes, bikes and

Resident Profile: Kim and Rosie Batcheller

eventually cars. Kim’s first car that he owned and did not steal was a 1931 Buick that he bought for \$15. It needed parts which he and his friends acquired by stealing them from junk yards. “One of us would go over the fence and he would throw the parts over the fence to the others.” After high school, Kim joined the National Guard for six months of active service at Fort Leonard Wood, Missouri, and eight years of reserve duty. With his military active duty completed Kim decided to go to college and eventually graduated with a 2.01 average.

Roselyn Goldwater was born in Reno. Her father was a federal judge and her mother was a homemaker who died while Rosie was in college. Rosie has one younger brother and one younger sister. Rosie enrolled at the University of Colorado at Boulder where she met Kim on a blind date. Kim explains, “I was dating a woman who dumped me for a football player, so she set me up with Rosie at a frat party. Rosie was attractive and someone I could talk to without laughing. She was a really nice person.” Rosie says “he was cute and he had an amazing sense of humor. On our first date, he told the photographer it was our anniversary so we would get good pictures.” That date predicted their future life of adventure and humor.

They graduated in 1964, married in 1965 and eventually relocated to Denver where Kim went to law school.

He “worked throughout law school and took day and night classes so I could get out sooner.” Meanwhile, Rosie worked for various employers including Mountain Bell and the Denver Department of Welfare.

In 1970, they “decided we wanted to travel.” They had met some Japanese friends so they elected to go to Japan, which they did via New Zealand, Australia, New Guinea, Singapore, Taiwan, Hawaii, Fiji, and Samoa. From June 1970 to June 1971, they lived on \$10 a day — Rosie says “we camped on the beach.”

They finally arrived in Japan where they hitchhiked for two months. Hitchhiking was unknown in Japan and “hitchhikers were considered untrustworthy.” The couple used a small, multi-language Berlitz book for communication, but it didn’t always do the job. One time, Kim told the truckers who picked them up that he was a “bengoshi” which means lawyer. Kim was surprised when the truckers “started talking about Jesus” but finally realized they thought he said “dendoshi” which means evangelist.

Another time, they were trying to hitch a ride and Kim held a sign seeking a ride to “Sendai”, which Kim had carefully written in Japanese kanji script. “One driver looked at the sign, stopped, backed up and got out of the car. He came over to the sign and corrected my kanji with his pen. Then he got back in the car and drove away.”

Kim’s irrepressible sense of humor sometimes created travel challenges. When they were the only guests at a youth hostel, Kim decided to “explain to the manager that my name —Batcheller — means unmarried man in English.” The manager assumed Kim was unmarried and refused to let the couple stay in the same room.

Their travels continued when they went to Israel to visit a honeymoon couple “we met in Japan — they invited us to visit them in their kibbutz.” The inviting couple was not yet home but the kibbutz welcomed Kim and Rosie. “It was a communist kibbutz and we got a single room for \$10 a month.” Every resident had a job assignment. Rosie explains that “our main job was with the chickens. Chickens are really dumb. They would try to not be caught and would crowd together which could smother them, so we learned mouth to beak resuscitation” to revive the almost-smothered chickens.

After a Bedouin village, Greece and Morocco, they ended up in England for about a year, and experienced culture shock to be in an English-speaking country. Rosie says they “went to a phone booth to call our families and my first impression was ‘isn’t that nice — they put the instructions in English for the tourists.’”

(see Batcheller p. 12)

(from Batcheller p. 11)

They returned to the U.S. where Kim opened a law office in Colorado and they built a house. But Kim said "it was 30 below zero and we needed to go somewhere warm" so he wanted to practice law someplace warm. He was offered a job in Palau, an island country in the western Pacific, which he was expected to decline. When Kim responded favorably, the recruiter was "amazed" and said "you do want to go to Palau?" So Kim ended up as District Attorney for the district of Palau, which Rosie says is "one of the most beautiful places in the world. It is a fascinating place with a complicated matriarchal culture."

While Palauans debated the future of their country, they requested an outsider free of local political ties to run the government. Kim became district administrator, sort of like governor.

During the two and one-half years they lived in Palau, the son of a high-class family died. Rosie baked dozens of cookies for the ceremonial funeral feast and "the next day, the son of the dead guy brought us a thank you gift of a 40-pound hindquarter of ham." Kim asked his secretary whether he should attend the funeral service. She replied

affirmatively but when he arrived at a packed court house, he saw that the printed program said "eulogy by Kim Batcheller. I said he was a good guy who will be missed. Everyone told me they liked the eulogy because it was short."

Their next stop was ten years in Saipan, an island in the Northern Mariana Islands, a US commonwealth that is also in the Western Pacific, where Kim went

into private practice and Rosie was the personnel manager of the Hyatt Saipan. They held "big neighborhood parties for hundreds of people. Kids from poor families cleaned up after the parties and took the leftovers — especially pig fat — home to their families." In Saipan they met a law professor from Texas and decided to move there. They

bought a place, sight unseen, composed of a house, 50 acres with a barn and about 80 cows for \$185,000. Rosie says "we decided to move to another foreign country — Texas — where the people were super nice."

They bought a carriage horse which Kim named Elmer because "we saved him from the glue factory." Kim became involved with making saddles, blacksmithing and rebuilding antique tractors. He donated one tractor to the farm museum in Fort Worth. Rosie was busy at a number of projects, including volunteering at a food bank. She says "We decided we would learn to speak Spanish. Over a number of years, we would go for a month, live with a family and speak Spanish." They continued over the years to learn Spanish while living with families in Costa Rica, Bolivia, Ecuador, Mexico and Spain.

But Kim found that "it was too hot in Texas" so they moved to developed farm land in Fearington Village, near Chapel Hill, North Carolina. Kim says they had "belted Galloway cattle — they look like Oreos — and matching black and white fainting goats" as well as black and white chickens. Rosie made beaded necklaces — over 1000 necklaces in four years. Kim did



Rosie and Kim make their engagement official (1964).

woodworking and made foot stools. He "had a poop stool dog. You lifted his tail and he pooped." He also had antique cars and restored a 1936 Ford. They did bookbinding and they continued to participate in charitable work, sponsoring a fund raiser for a rape crisis and domestic violence center.

After 15 years in North Carolina, Rosie says they decided "we need to be in a place with continuing care." They wanted a city with transportation and good health care. Rosie saw "articles in the New York Times about OHSU doing research on old people and about their partnership with Mirabella Portland." Kim and a friend came to Oregon and Mirabella for the first time in March, 2011. He stayed here about three hours. Rosie came to Oregon for the first time in May. In July, they moved in. Rosie says Mirabella "is exactly what we want. Mirabella has been great and OHSU is fantastic. I spend a lot of time on the second floor visiting residents in memory support."



Kim at age 2 with his first set of wheels.

Looking back over their years together, Rosie says that “for whatever reason it turned out that we were super-compatible and all the adventures just worked out. I really like that I had a checkered career because everything was interesting. Because of where we lived, a lot of time we were together all day.” She found that “Kim was really very different. I never met anyone like him. When we first met, he started giving me gifts. After the Kennedy assassination (in 1963) he sent me one of my prized possessions — an autographed photo of Shirley Temple. Another time, he sent me a live lizard.”



Rosie and Kim adjust to hardship in the Republic of Palau, Micronesia

One time, Kim created a fictitious family album. “Kim bought old pictures from the Internet and labeled them with completely made-up stories and names.” One example was a photo of “a really dorky looking guy” labeled as “cousin Merle Thimblefoot of Beetroot, Iowa. He passed all the tests for Mensa [the high IQ society] but was rejected for being too short.”

Rosie summarizes their years together by saying “It’s been a wild ride — It was just fun.” ■



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We appreciate all the years of business and support. Thank you!



by Nancy Moss

IN HIGH SCHOOL AND COLLEGE MIRABELLA LEAD SERVER

Saleena Cox-Manoha loved throwing parties. "I was serious about it," she says; "I'm into event planning." Her background, full of travel and richly varied experiences, will advance her goal of working for a company that plans events or does marketing for small businesses.

"I'd love to be my own boss," Saleena says.

Saleena's mother Erin, 19 years old and living in San Francisco when she gave birth to Saleena, was "worried about what to tell her parents," who lived on Hawaii's Big Island. Erin had not told them she was about to give birth. After a couple of years Erin broke up with Saleena's father Richard, who has remained part of Saleena's life.

At the age of eight, Saleena moved to Hawaii with her mother and stepfather Dave, who got the job of sous chef at Koele Lodge on Lanai, a luxury hotel on an island once known for its pineapple plantations.

From her eighth grade year through high school, Saleena attended Kamehameha School on Oahu as a boarder. Founded by Bernice Pauahi Bishop, the last royal descendant of King Kamehameha I, Kamehameha School is limited to students of Hawaiian blood. Saleena's mother, who is 50% Hawaiian, made Saleena's enrollment possible. Saleena's birth father is Chinese and Fijian, and her stepfather Dave has Chinese, Fijian and Rotuman blood. (Rotuma is a Pacific Island that is part of Fiji).

"I loved Kamehameha," Saleena said. "It was so much fun." Living in a dormitory with 60 girls, "I finally learned to be social." Kamehameha had special programs for its boarders. They went camping and on field trips, to places like Bishop Museum and Iolani Palace.

Kamehameha wasn't all fun, however. Rooms had to be immaculate, and each class had special responsibilities. Ninth graders brought food to the table, tenth graders served food to their classmates, eleventh graders did the dishes, and twelfth graders learned to be host. "It was fine dining," Saleena recalls.

Because Kamehameha is a Christian school, Saleena "learned to pray," which she describes as "a new experience." Aside from occasional trips to church with grandma, formal religion had not been part of her upbringing.

Saleena also participated every year in Kamehameha's annual choral competition, where the different classes perform Hawaiian mele or song, a program broadcast on local television.

In her spare time, Saleena enjoyed swimming in Kamehameha's Olympic-sized pool or going to Waikiki Beach on weekends, when school buses went there.

In 2006, Saleena's family moved to the Big Island where Saleena attended University of Hawaii at Hilo for two years. She hoped to go into film editing or

screenwriting, either in California or Washington, but her mother persuaded her that marketing and advertising would be a slightly less competitive field.

A friend of Saleena's recommended Portland. "I had never heard of Portland before," Saleena said, "but it sounded like a good idea."

"Let's do it," her mother agreed. Saleena attended Portland Community College, coming in as a sophomore and studying marketing and advertising.

"It sounded cool to manipulate someone into buying something they don't need," Saleena says. She concentrated on social media and event marketing.

After two years at Portland Community College, she transferred to Portland State University (PSU) where she graduated in 2014.

Following her graduation from PSU Saleena needed a full-time job. She worked for a while in a brewery but was laid off during the slack winter months. Mirabella "popped up on my radar screen" a week after losing that first job, and she has appreciated the steady work ever since.

Saleena's experience throwing parties and serving and hosting dinners at Kamehameha has stood her in good stead.

Once, with the best of intentions, organized a luncheon

Staff Profile: Saleena Cox-Manoha

in the Bistro for our 13 library committee members honoring ex-Mirabella resident and librarian Linda McCammon. Thirteen is a difficult enough number to serve; committee members made it worse by moving around, changing seats so they could be close to Linda and creating a steady movement that resembled a stately game of musical chairs.

Saleena, who was the main server, kept her cool, found the right resident for each dish and managed the special requests people made.

Saleena is proud that even though her mother, who works for Delta Airlines, was young and on a tight budget during Saleena's early years, the family managed to travel a lot, going to Fiji, New Zealand and Australia. During her junior year at Kamehameha, Saleena spent three months on an exchange program in the Cook Islands.

Although Saleena's family is far-flung, with her stepfather David on the Big Island, mother Erin based

(see Saleena p. 16)

Photo by Robert French

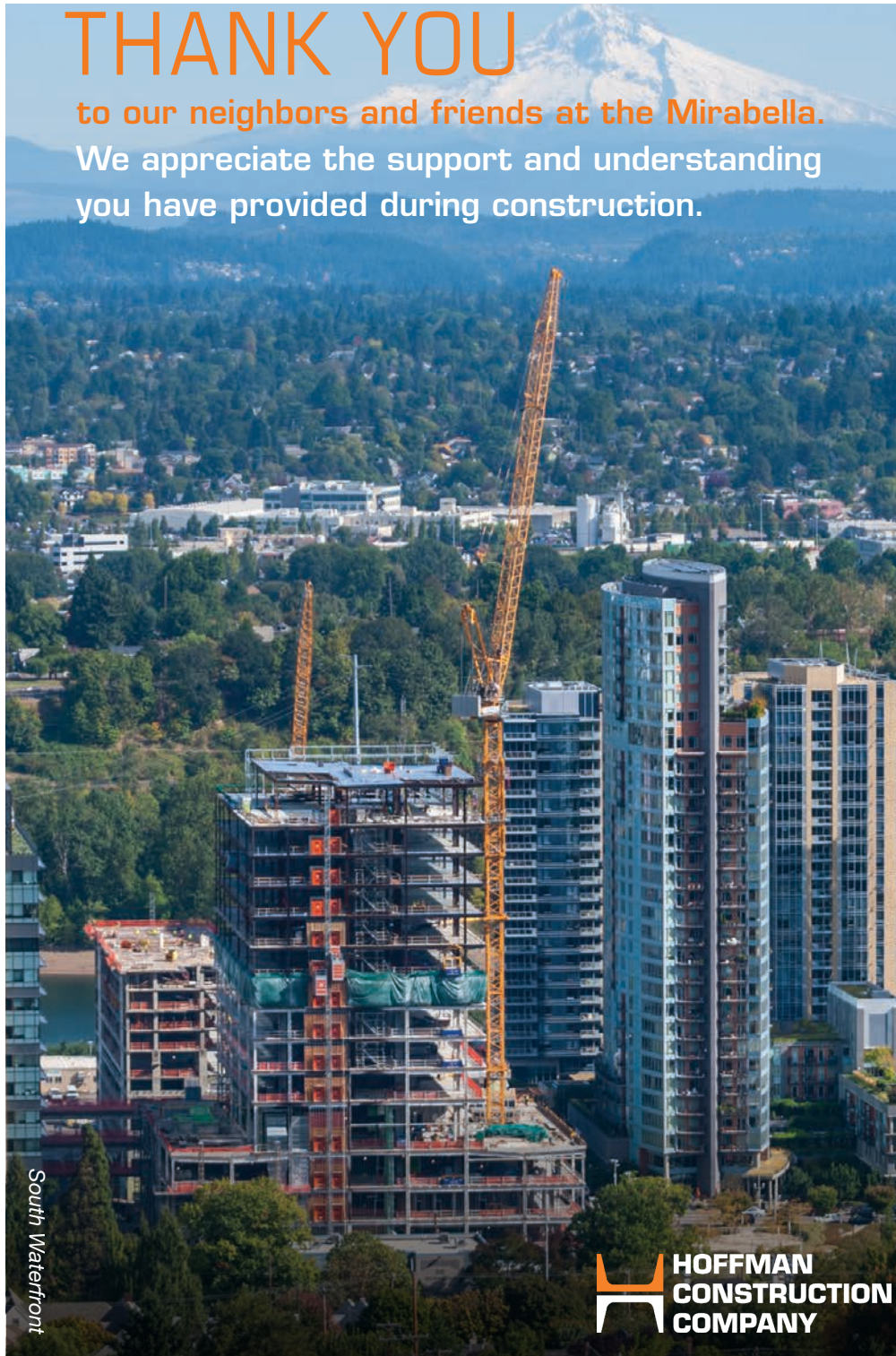


Saleena Cox-Manoha

(from Saleena p. 14)

in San Francisco, one brother in Okinawa and another starting college at the New Mexico Military Institute, the family remains close. "I have two dads," Saleena says proudly, "I moved around a lot and lived in six or seven houses for the first 13 years of my life."

Her uniquely cosmopolitan background, an ability to adapt to new situations and a certain calmness under pressure, honed during her years at Mirabella, may combine to create the future Saleena dreams of, where she can be her own boss. ■



THANK YOU

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South Waterfront

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Photo Essay
by Paul R. Johnson

ABOUT FIVE YEARS AGO, I STARTED MAKING NOTE CARDS featuring pictures of flowers. My wife, Carol Domenico, and I enjoy sending them to Mirabella friends.

Early on, I tried mounting developed photographs on cards, using rubber cement to hold them in place. This was never very successful and I gave it up.

Things changed with the advent of the digital camera, freeing me to take tons of photos without worry about wasting film or paying for developing. Still, there was no easy way to display my work.

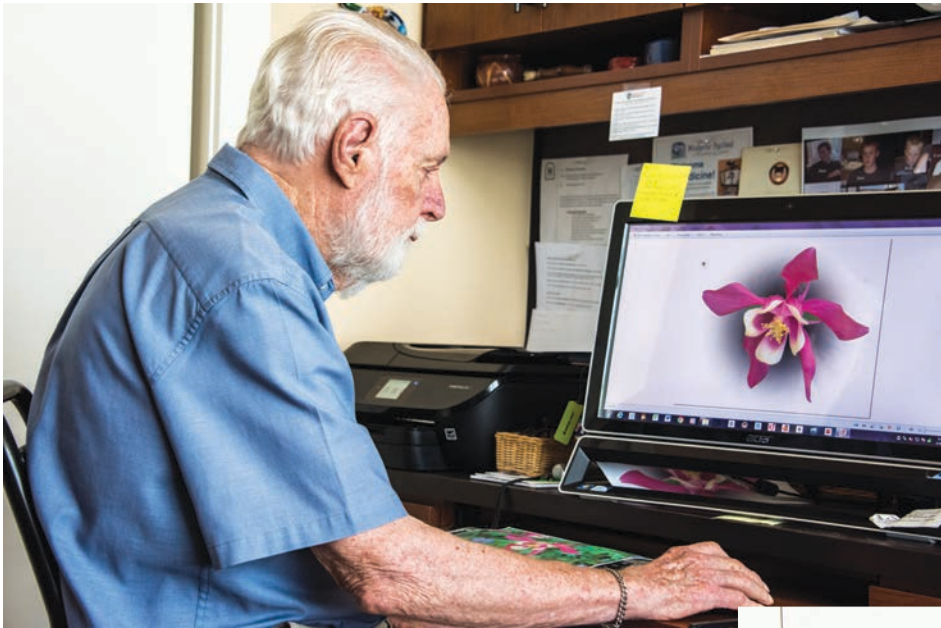
Using our computer to print images was the real breakthrough. I heard about Photoshop Elements, a software package that could be used to edit and enhance digital pictures. I bought it and started to experiment. It was a slow process but I got the hang of it in due time.

My next step was to find card stock on which to print the images; problem solved at Blick art supply downtown.

Greater Portland is a great place for this hobby, as there are so many places to shoot all kinds of flowers. The Rose Garden, the Iris Gardens, and the Portland Dahlia Society's annual show are just some of the spots. Recently, we have made cards from photos of other-than-flowers. I shot Oregon landmarks such as Multnomah Falls, Haystack Rock, the Japanese Garden and, of course, photographed our Fall colors.

Ours is a family enterprise. Carol manages distribution of the cards and provides valued insight as I clean up the images.

We began showing the cards at art shows and craft fairs. The feedback was so positive we thought it would be fun to send them on birthdays. Enjoy. ■



Photos of Paul by Ron Mendonca





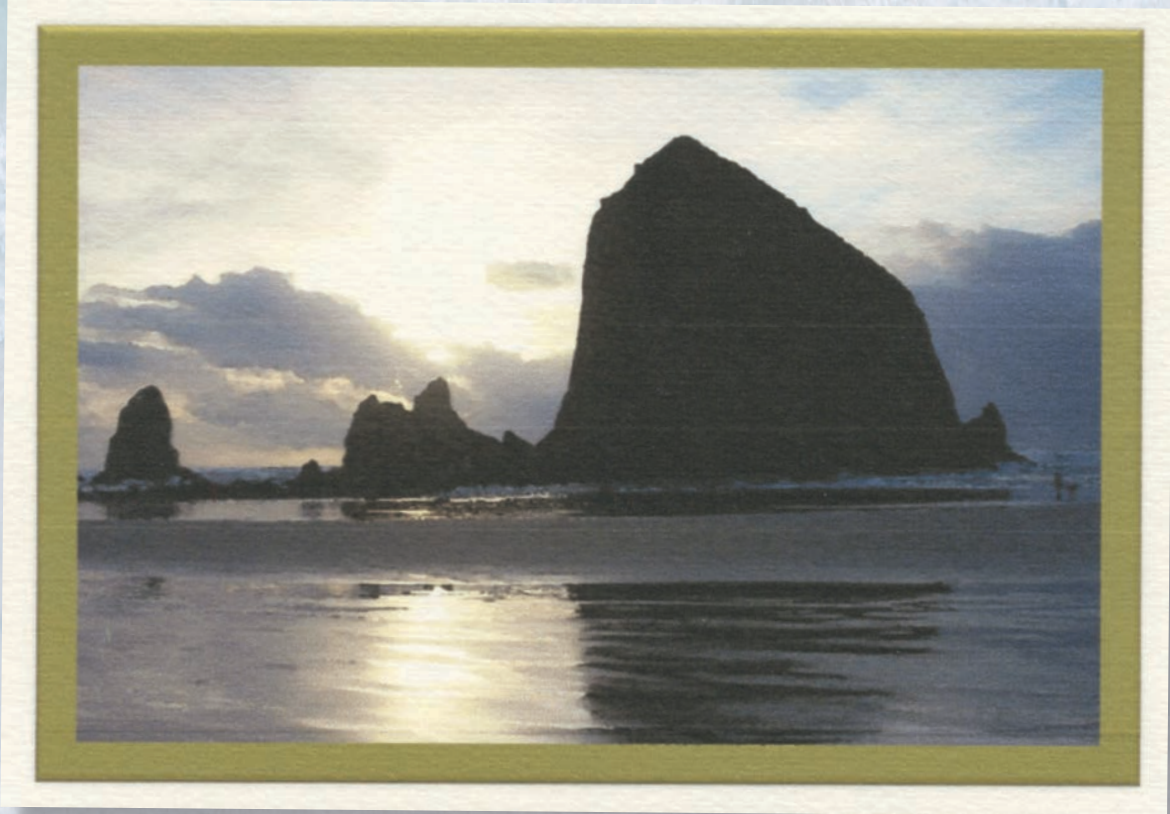
Above and below: From Netherlands/Belgium Collection





From top: Charming bridge at Japanese Garden; close-up of hydrangea; sunset at Haystack Rock in Cannon Beach.

Photos of Paul Johnson's work by staff photographer Ron Mendonca.



The Circus Comes to Town

by Roy Abrahamson

TODAY IT IS NAMED THE ROBERT F. KENNEDY-TRIBORO Bridge. In 1936, when it was completed, the ceremony included FDR, Governor Lehman, and Mayor LaGuardia. Bobby Kennedy was eleven years old. The toll was 25 cents and it was the Triboro Bridge. Today it is \$8 per car.

But enough history. This isn't the story of design, and construction, costs, politics, etc., all of which can be found elsewhere.

I was seven and we lived a short walk away in the South Bronx and this is what I recall of the view from the bridge. We didn't have a car but there were pedestrian paths on the bridge and we often walked them.

One Spring Sunday, Daddy took my twin sister Estelle and me for a walk to the lift bridge section linking Manhattan to the Bronx. To the north we could clearly see the Mott Haven freight yards in the Bronx where, to our astonishment, the Barnum and Bailey Ringling Brothers Circus was unloading for its annual appearance at Madison Square Garden.

Teams of elephants pulled wheeled cages containing lions and tigers. A calliope was getting up steam and tooting musically. Clowns in full regalia were everywhere. Acrobats dressed in sequined tights were on swings mounted on a flatbed truck and equestrians rode standing on beautifully groomed white horses.

Then the Circus band appeared in brilliant red and black uniforms, instruments glistening in the early sunlight, the leader wearing a tall, white bearskin shako and carrying a huge gold baton. He gave the signal and the band fell into formation. Another signal and they began playing a Sousa march as they marched off. The parade formed behind them and we could hear the music long after the band disappeared down First Avenue on the way to Madison Square Garden.

It was sublimely thrilling to two 7-year-olds. The "Greatest Show on Earth," as John Ringling North called it, was marching through the Big Apple and we saw its magical birth.

How did our Dad know about it and that the Triboro Bridge would be the best vantage point to view it? He never told us but he sensed that it was something we would never forget.

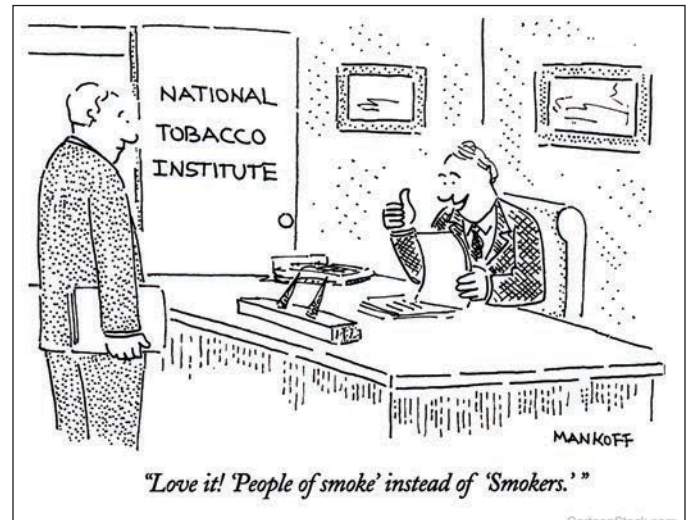
The Circus doesn't unload in the Bronx anymore and there are no more parades. Animal rights supporters properly objected to the treatment of the elephants. Traffic on a

work day is another problem. Macy's doesn't have to deal with these issues for their Thanksgiving Day Parade with its inflated balloons. The circus-comes-to-town parade on the streets of New York is a happy memory now. ■

Roy Abrahamson

September 27, 1929–February 18, 2018

THIS IS THE LAST ISSUE OF 3550 WITH STAFF WRITER ROY Abrahamson on our page 3 listing of volunteer contributors. He died on February 18, 2018 after a short illness. We are pleased to feature this reminiscence of the circus unloading in the Bronx in the mid-1930s. He and his writing will be fondly remembered and sadly missed.



Expanding the Definition of Public Health

by Bruce Howard

PORTLAND IS ON THE LEADING EDGE OF AN EXPANDING definition of what constitutes public health.

Originally, public health departments and advocates focused on infectious diseases. Their efforts led to the provision of safe drinking water, sanitation and waste disposal in a way that did not spread disease. They also led to the development of important vaccines.

Advocates of an expanded definition of public health look to statistics on all preventable causes of death and illness to determine what public policies, if any, could significantly reduce that toll.

A leading advocate of the new approach is David Bangsberg, M.D., M.P.H., the founding dean of the new Oregon Health and Science University and Portland State University (OHSU-PSU) School of Public Health.

He offered a new perspective of the scope of public health in recent talks at Mirabella and at the Collaborative Sciences Building on the nearby OHSU Schnitzer Campus.

David discussed what he termed the local “social determinants of health,” which are conditions in Portland that affect the South Waterfront neighborhood. Our neighborhood has experienced crime and homelessness, and could be affected by illegal drugs and gun violence.

The concept of the social determinants of public health was new to me as a retired physician.

Of course, I knew of public health services that assured restaurant safety, and I became very familiar with the public health aspects of infectious disease in my part-time work in county health agency AIDS and sexually-transmitted disease clinics, for which I was qualified by training in dermatology, which historically included syphilology.

David Bangsberg was a medical student at the Johns Hopkins School of Medicine when he became aware of the impacts of homelessness, crime, illegal drugs, and violence on the health of his patients who lived in the slums of Baltimore. After completing his specialty training in public health, he did research on the AIDS epidemic in Uganda before becoming head of the global health program at the Harvard School of Public Health.

David was offered the position as founding dean at the OHSU-PSU School of Public Health on the condition that he would again focus on the social determinants of health. He accepted, looking forward to returning to live in his hometown.

Eun Sul Lee, Ph.D., a Mirabella resident until his April death, and who was a professor at the University of Texas School of Public Health and later at OHSU, said he agreed with David Bangsberg’s viewpoint.

Eun Sul said public health has always found it tough to obtain funding for its research. The Centers for Disease Control and Prevention (CDC) in Atlanta compete with other federal agencies for research funds while also seeking funding to replace its outdated laboratories.

The American Medical Association, which has representation from all fields of medicine, has repeatedly asserted that gun violence is a public health problem that requires high-quality medical research. This is a response to the actions of the National Rifle Association that have had a chilling effect on such research by successful lobbying Congress to forbid the CDC from using money to “advocate or promote gun control.”

Paul Robertson, M.D., a Mirabella resident who remains professionally active in his work as editor of a major diabetes research journal, argues that the current epidemic of obesity also is a public health issue.

President Trump has referred to the epidemic of opiate use as an important public health issue, although some of



David Bangsberg, M.D., M.P.H

his policy recommendations run counter to the results of public policy research on the subject in other countries.

For example, heroin-assisted treatment (HAT), which was pioneered in Switzerland in the

1990s and has been adopted by other countries, involves prescribing synthetic heroin to addicts unable to tolerate or benefit from other opiate-replacement drugs, and has reduced overdose deaths. It also reduces the health risks of injecting potentially contaminated street drugs.

HAT remains controversial in this country, as does expanding the definition of what should be included in public health.

Redefining public health may help schools of public health get more research funds. In the longer term, expanding the definition of public health may lead to saving lives and reducing incidences of illness. ■

3550 Staff Jobs Quiz

Early Job

by Nick and Priscilla Cowell

HOW DOES ONE BECOME A STAFF MEMBER OF 3550? Proper early preparation is the key. Can you match the current 3550 staff members with their actual early paid jobs? See page 34 for answers.

Staff Member

1. Arletha Ryan
2. Art Moss
3. Bruce Howard
4. Claire Weber
5. Curtis Guthrie
6. Ed Parker
7. Hebe Greizerstein
8. John Branchflower
9. Judy McDermott
10. Larry Braverman
11. Marge Carothers
12. Nancy Moss
13. Nick Cowell
14. Priscilla Cowell
15. Robert French
16. Rolf Glerum
17. Ron Mendonca
18. Ron Weber
19. Stan Tidman
20. Steve Casey
21. Todd Albert

- A. worked as a roustabout in the Texas oilfields
- B. shilled for a statewide beekeepers association
- C. assembled bikes and Big Wheels at Toys R Us and rode them around the store at night
- D. operated a hospital telephone switchboard
- E. collected nickels from people returning overdue books at the Multnomah County library
- F. attracted customers to the opening of a new service station while wearing a full circus clown costume
- G. loaded trucks at a Nabisco distribution center
- H. packed and graded apricots and poisoned vermin in their holes in farm fields
- I. cleaned around cutting and welding machines at a Kaiser steel mill
- J. typed for applied mathematicians at Jet Propulsion Laboratory
- K. scooped ice cream behind the counter at Cole's ice cream shop
- L. selected cheesecake photos for a weekly military base newspaper
- M. stuffed sleeping bags and winter coats with duck down
- N. delivered groceries on a tricycle as a ten-year old
- O. worked as an assistant embalmer at a funeral parlor
- P. put pears into cans at the end of the conveyor belt, where the pears often spilled onto the floor
- Q. took orders and cash at Arby's dressed in a yellow smock and chef's hat
- R. chaired a county department forms committee
- S. worked at a large truck company while a member of the Teamsters Union under Jimmy Hoffa
- T. directed traffic as a flagger for a road repair crew
- U. served as dental technician in the Navy ■



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Rose Festival Memories at Mirabella

by Rolf Glerum

ASK A DOZEN PORTLANDERS OF OUR GENERATION TO name a favorite memory of their childhood and chances are at least nine will answer with something about the Portland Rose Festival.

This venerable institution was founded in 1907, in conjunction with the Lewis and Clark Centennial Exposition, and has been a Portland go-to event every June thereafter except the years of World War I and World War II.

As president of the 1989 Rose Festival (Mirabella resident Al Bullier was president in 1983), allow me to offer a

Northwest region. Rosarians are also referred to as “Ambassadors of Goodwill” for the City of Portland.

A second group, which predates the Rose Festival, is the Portland Rose Society, established in 1888 by Mrs. Henry Pittock, whose husband was the first publisher of *The Oregonian*. Now the second-oldest rose society in the world (London is the oldest), the Portland society presents one of the premier rose shows in the U.S. and, of course, maintains and curates Portland’s internationally famous Rose Test Garden in Washington Park.

The third, and most active, organization is the Rose Festival Association, whose members are responsible for financing and producing the Rose Festival itself and all the events that accompany it – several parades, concerts, races and marathons, fireworks, dragon boat races, the Queen and her Court, Fleet Week and the City Fair, among others. The Rose Festival is big business: its annual budget exceeds \$6 million and, although it doesn’t make money every year, studies show that its economic impact on the Portland metro region is about \$65 million – not a bad return on investment.

In addition to Al Bullier and yours truly, several other Mirabella residents have been or continue to be active participants in Rose Festival activities.

The one with the most seniority, in terms of long-ago festival doings, is Ann Crumpacker. She was a four-year-old named Ann Winkler when she was the crown-bearer in the 1929 ceremony crowning the Rose Festival queen.

Julanne Weller was a 1946 Rose Festival Princess representing Grant High School. The court in those days consisted of nine senior girls, chosen by their fellow students. Today’s court numbers 14, representing high schools throughout the Portland region. Julanne’s court was the first to appear in swim suits (probably from Jantzen), the first to take a plane ride, the first to board a navy ship, U.S.S. Astoria, for a cruise up the Columbia from Longview to Portland and the first to be elected after the festival was dark from 1942 to 1945.

Undoubtedly the signature event of the Rose Festival is the Grand Floral Parade, viewed by more than 400,000 people, plus millions more on network TV. This is the second-largest all-natural-material parade in the U.S., next to the Tournament of Roses in Pasadena. All-natural means that all exposed surfaces on floats must be made of natural material, whether it be flowers, straw, seeds, leather, fruits, vegetables or human skin.

Mirabella resident Carlos Rivera, a Rosarian since 1982, will be marching with that group in the Rose parade.



Julanne (Chevrier) Weller, 1947 Rose Festival princess.

brief primer on this iconic celebration.

The festival is organized and produced by three separate organizations, each with their own distinct but coordinated responsibilities.

The most visible of the three are the Royal Rosarians, recognizable by their colorful capes, white suits and straw hats, marching in major parades around the Pacific

Our community also includes three Rosarian widows: Jane Partridge, Barbara VanLaningham and Dolores Nielson. Finally, our own Ardyth Shapiro is a past Rosarian, and remembers her time judging the court princesses when the first African-American, Robin Marks, was chosen Queen.

For most of the 20th Century, Portland had two Rose Festivals, a junior and a senior. Each had its own court, its own queen (and, for a time, a king), its own coronation, its own parade and even its own float. Sadly, even though the Junior Court flourished from its founding in 1921, it was disbanded in the mid-90s, much to the consternation of many old-timers.

Both the junior and senior courts had their own coterie of helpers, of course. We have two among us: Barbara

transport their 8-year-old charges to each event. Talk about fun duty!

Al Bullier and I also have our memories. Al's was in 1980, when he was chairman of a huge band competition in what was then Multnomah Stadium. Mount St. Helens erupted on June 12, the day before the big event, filling the stadium with volcanic ash. Al got creative and prevailed upon the city street sweepers to put in the necessary overtime to sweep it up – which they did. And the bands played on.

Mine took place in 1989, the year I was president. Portland's gay community got together and applied to enter a float in the Starlight Parade, always a crowd pleaser with all sorts of zany costumes and outrageous



The four-year-old girl at center-left is crown-bearer Ann Crumpacker in 1929 at Rose Festival ceremony.

Bullier, the wardrobe coordinator for the 1977 Senior Court, and Helen Stern, one of the chaperons (known as "Aunties") for the Junior Court.

Barbara keeps in close contact with members of "her" court, and often hosts reunions on special occasions. Helen remembers that junior court aunties were each given their own uniform and the use of a spiffy white convertible to

floats and marchers. Well, in those days, this "just wasn't done." I brought it to the Rose Festival Board, where, after much discussion, it was approved. I'm proud to report that not only was the gay float one of the best in the parade, but the community continued its participation for three more years. ■

Halcyon Program Improves Memory Care

by Nancy Moss

UNDER MIRABELLA'S NEW HALCYON PROGRAM, MEMORY care residents can watch or help their activities coordinator Morgan Breedwell whip up a batch of brownies or cookies in their lounge's new kitchen corner and then snack on them later, any time they wish. Mirabella introduced the program in April after Kerry Bell of Mirabella's sister facility Holladay Park Plaza trained memory unit staff members.

"Brownies are the biggest hit," Morgan says. The kitchen staff offers residents snacks a few times a day and will make snacks available at any time. Brice Suprenant, dietary manager, also has trained in the Halcyon program.

Pacific Retirement Services, parent company of both Mirabella and Holladay Park, plans to introduce Halcyon, created by their chief healthcare officer Debbie Rayburn, one community at a time. Holladay Park incorporated Halcyon into their program first; Kerry, who trained Mirabella staff, is "a firm believer in the program," according to Mary Ann Lagazon, Mirabella health services administrator.

Mary Ann plans to Halcyon-train front line staff, the Certified Nursing Assistants (CNAs) who provide much of the memory unit care, in the new Halcyon program at their monthly training meeting.

Halcyon's emphasis on flexibility will allow memory care residents to eat when they want. Breakfast is served at eight, but each room receives a tray; residents who are not hungry at eight can eat later. The kitchen staff will reheat food that has grown cold.

Lunch is at 12 noon, with trays available for each resident. If someone does not want to eat, the staff will "reassess," Morgan says, and see what will best fit that resident's need. A staff member will ask each resident who comes to the dining room what he or she wants to order; the CNA staff will chat with them during the meal.

Resident dress is another area of flexibility under Halcyon. The staff will present "as many options as possible," according to Morgan, laying out two or three outfits so a resident can choose. Although residents are encouraged to wear street clothes, they can come to meals in pajamas, Morgan said, saying they should "feel comfortable in what they choose to wear."

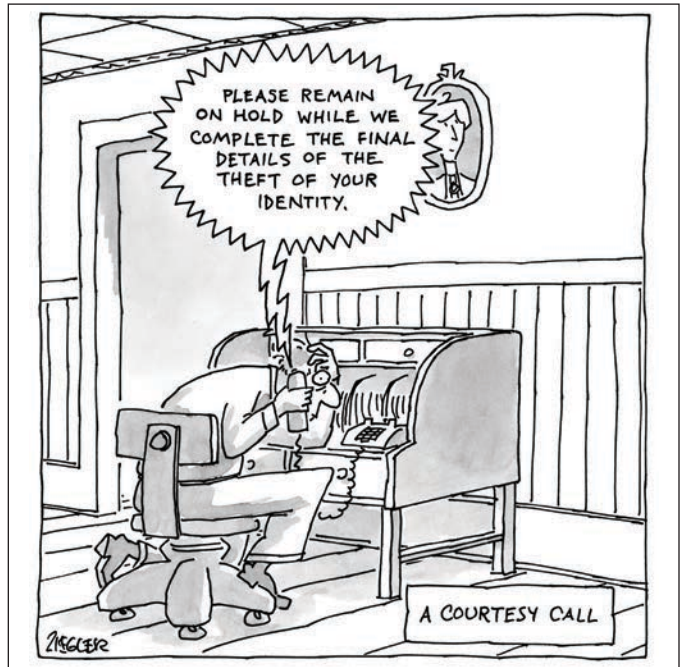
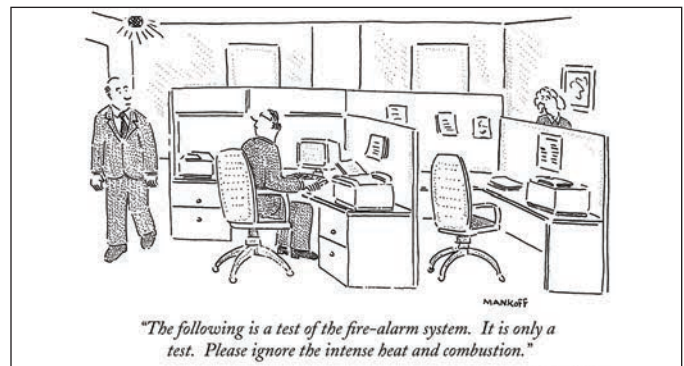
She mentions one memory care resident whose pattern is to sleep until four in the afternoon and then wake up ready for dinner.

In her Willamette Hall presentation last October, Debbie Rayburn mentioned staffing problems as a possible result of implementing Halcyon in memory care. Morgan agrees that "high turnover rate is widespread in the nursing industry," but feels that Mirabella meets the industry pattern in maintaining staff. "It's going to take time to train people and create the mindset," Mary Ann points out. Recently introduced to Mirabella, Halcyon is a work-in-progress but with strong institutional enthusiasm behind it.

Mary Ann says of Halcyon that "individualizing people's preferences will help our level of care." A staff member who noticed a resident's tendency toward sundowning, increased confusion at the day's end, might play soft music to help that person be more comfortable, Mary Ann says.

The December 2017 issue of 3550 quotes Debbie Rayburn as saying Halcyon can help patients find "joy and fulfillment in daily life."

Brownies on demand can be a small step toward meeting that goal. ■



Healthy Brains Drain

"The human brain has 100 billion neurons, each neuron connected to 10 thousand other neurons. Sitting on your shoulders is the most complicated object in the known universe."

—Michio Kaku
American theoretical physicist

*"I could while away the hours
Conferring with the flowers
Consulting with the rain,
And my head I'll be scratching
While my thoughts were busy hatching
If I only had a brain."*

—Scarecrow
in *The Wizard of Oz*

by Steve Casey

IT WOULD BE HARD TO FIND MANY MIRABELLA RESIDENTS WHO at some time have not worried, perhaps a lot, about dementia.

Atop Marquam Hill, there are well over three dozen Oregon Health & Science University (OHSU) physicians, neuroscientists and researchers who also worry about dementia, nonstop.

They make up the Layton Aging and Alzheimer's Disease Center, part of a team of more than 400 doctors and researchers drawn from university departments and centers, collectively known as the OHSU Brain Institute.

Erin Boespflug, Ph.D., part of OHSU's Advanced Imaging Research Center and an assistant professor of neurology, is one of the 400. Erin met with Mirabella residents in March, offering insights – and a bit of hope – into advances in scientists' study of dementia.

She will also lecture on June 18 at the Multnomah Athletic Club at a monthly luncheon meeting of BRAINet, a community outreach program of the Brain Institute that shares information about brain science with interested community members.

(You can learn more about BRAINet in the sidebar.)

Blending medical-speak with conventional English, Erin's talk was called "How dilation of the perivascular space may reflect insufficiency in brain waste clearance mechanisms," and subtitled "Plumbing problems?"

She discussed proteins called amyloid beta and tau that are present and useful in healthy brains. Brains of dementia patients have corrupted plaques of amyloid and tangles of tau. Both are thought to contribute to the degradation

of neurons that are the brain's signaling system. These are the likely causes of the dementia symptoms of Alzheimer's disease.

For the past five years or so, Erin said, scientists have taken note of some dilation around blood vessels in the brains of people with dementia.

She told residents that people with Alzheimer's had a much higher degree of dilation around blood vessels in the brain than did their age-matched peers, as did people in mixed groups of various dementias.

A bit of science: The area around the blood vessels is known as the perivascular space. Hence the title of the talk. That space is believed to be the drainage system for

removal of waste products from the brain, just as the system of lymph nodes provides waste disposal for other parts of the body.

Current evidence suggests that Alzheimer's patients don't necessarily produce more amyloid beta and tau proteins than other people, she said, but may instead have a



Erin Boespflug, Ph.D.

failure to adequately clear the brain of versions that have become defective.

Hence: plumbing problems.

She noted that the complicated object on your shoulders, something like a 24/7 engine, uses a lot of energy, "and where there is energy, there are waste products."

Three likely culprits that may contribute to un-flushed brain waste are hypertension, stress and lack of sleep, Erin said

Address those three issues and you're on your way to reducing your chance of Alzheimer's.

(see brain p. 28)

(from brain p. 27)

"There is a significant increase in one's ability to clear away amyloids during sleep," she said, noting that sleeping six hours or fewer a night strains the brain.

One excellent tonic for stress reduction, lowering blood pressure and sleeping better, she offered: exercise. So, get thee hence to Mirabella wellness coordinator Bryant Symkowiak.

In an interview after her talk, Erin said she became interested in neuroscience after a family experience with Alzheimer's. Her grandmother had the disease and confused the identities of relatives, yet other memories remained sharp.

Erin wanted to know why, and headed to grad school to find out.

"It's deeply frustrating as a neuroscientist with a history of watching the progression of Alzheimer's disease that we don't yet know what to do about it, or what's happening. I want to tell my kids that they don't have to worry about Alzheimer's," she said.

Will that happen?

"I think we're very close."

As physicians and scientists approach dementia from various disciplines, this is a good time to be in Alzheimer's research, she said.

"It seems there are a lot of scientists (from different research sub-specialties) converging" and actually talking to one another, she said.

And with ultra-high resolution magnetic resonance images (MRIs) and other advances in recent years, science has gained more knowledge of dementia, she said.

The substantial research is one reason she ventures out to talk with community groups.

"I think it's important to let people know we're working on it," she said.

Besides, it's refreshing.

"As scientists," she said, "we are trained to be critical of each other's work. It's nice to talk to outreach groups because it reminds me of why I'm in this field."

You can catch the next Erin Boespflug talk on June 18 at the Multnomah Athletic Club, by contacting Kate Stout, BRAINet coordinator, at 503-494-0885 or stoutk@ohsu.edu. She will send you a link to use to reserve a spot. The luncheon cost is \$25 for BRAINet members, \$30 for non-members. ■

BRAINet Membership Brings News Of Cutting-Edge Neuroscience

WITH 400 OHSU SCIENTISTS AND PHYSICIANS toiling up on Marquam Hill, to say nothing of intensive international research into brain functions and dysfunctions, how can a person keep up?

One way is to join BRAINet, the volunteer outreach arm of the OHSU Brain Institute.

The Brain Institute itself draws from a laundry list of university departments, centers and institutes to assemble a small army of 400 professionals bent on unlocking secrets of the brain.

BRAINet steps out of the laboratory, surgical suite and examining room to tell interested community members what's going on in the field.

Monthly luncheons offer presentations by OHSU faculty members. BRAINet also hosts members-only events, tours, and opportunities to meet neuroscientists doing the heavy lifting in brain research.

Recent luncheon topics have included the effects of stress reduction through mindfulness interventions; the ethical implications of implantable neurotechnologies including deep brain stimulation; fetal alcohol disorders; pain management; and Parkinson's Disease.

BRAINet members also have volunteer opportunities and receive the monthly newsletter Synapse.

Membership is \$25 a year. A "friend" membership is \$75, and other levels run to \$1,000. Amounts above \$25 are considered gifts to the OHSU Foundation and are tax-deductible.

To join, send a check made out to "OHSU Foundation" to:

BRAINet Membership

Attn: Kate Stout

3181 SW Sam Jackson Park Road, MC CR120
Portland, OR 97239

The next luncheon is June 18 at the Multnomah Athletic Club. Dr. Erin Boespflug, who spoke at Mirabella, is to be the featured speaker.

"BRAINet" is the somewhat tortured acronym for Brain Research Awareness and Information Network. Its mission is to promote awareness of and support for the OHSU Brain Institute and neuroscience research.

—Steve Casey

WITH SO MANY DELIGHTFUL NEW RESIDENTS IN Mirabella, it behooves me to welcome you with tidbits about some of the delightful clubs, committees or interest groups in your new home. We hope you've found some already, but the welcome mat is out for each activity.

One of our newest residents, **Peggy Robertson**, is already sharing her unique quilting techniques in a series of classes in the art studio. They're making wearable items like jackets and vests out of sweatshirts, and Peggy plans to include learning to piece patterns over a foundation of paper or muslin, a technique which allows the quilter to work with greater precision and in miniature. She has lots of terrific ideas for quilters. Call her at 6561.

A craft group meets the first and third Tuesdays each



month at 11 a.m. in the art studio. You are encouraged to work on your own project or on blankets and hats for Oregon Health and Science University babies in need. (OHSU supplies the yarn.) And some are making scarves for the Ronald MacDonald House. **Jill Seager** can tell you all about it at 6721.

Ever heard of RHAC? **Bruce Howard** explains that it is the resident health advisory committee, which meets on the fourth Wednesday of the month at 3 p.m. in the Park View room. All residents are invited to attend either as a member or guest. RHAC's most important function is to make recommendations to the administration regarding health care policies. Bruce can tell you more at 6683.

Nancy Moss reports that the Library Committee would be happy to welcome new members. She reports that it "maintains our collection, accepting new donations, culling outdated works, and helping to keep the library a pleasant place to read the morning papers (New York Times, Wall Street Journal and Oregonian) or browse through a magazine." The committee also maintains a book cart for the second floor and assisted living. Nancy's phone is 6848.

Nancy also is a playwright who created the Mirabella Players soon after moving to Mirabella with her husband **Art** from Hawaii several years ago. Always fun and lively, the players will present a program of three short plays on Wednesday, June 27 in Willamette hall at 7:30 p.m. "Tulips" by resident **Polly Grose** will start the program, with actors **Rolf Glerum**, **Catherine Rudolf** and

Marleen Tulas. "In the bar" by Nancy Moss features Rolf Glerum doing a turn as bartender, Polly Grose, **Don Marshall**, Nancy Moss and **Elaine Yudkin**. "How nice of you to ask," a comedy by Portland playwright Rich Rubin, concludes the program and features **Dot Lukins** and **Ron Mendonca**. Nancy says the players hope to give residents some drama along with a few chuckles.

John Block (6649) reports that Mirabella has a mindfulness meditation session each Friday at 3:00 p.m. in the activity room led by Ronald Sharri, Ph.D., a licensed clinical psychologist who uses a non-religious version of the Zen Buddhist method of meditation.

Gwen Luhta, chair of the welcoming committee, hopes that everyone knows about our community table in Aria East every Tuesday and Thursday evening. It is reserved in the east dining room and is first come, first served, with eight the limit. You need to be there by 5:30 p.m. at the latest. Tell the hostess you'd like to be seated at the community table. Gwen's phone is 6859.

Ed Parker (6778) is in charge of duplicate bridge. He says the Saturday afternoon duplicate bridge game has been canceled. The Monday afternoon game continues in Willamette Hall. Residents wanting a Saturday afternoon game are now playing at the Portland Bridge Club at Lloyd Center.

Social bridge chair **Laurie Meigs** (6830) hopes many of our newcomers will participate. They play Friday afternoons at 1:30 in the Park View room.

Recently a group of residents revived a former association interest group. **Mary Gray** says "we cleverly named ourselves the third Monday book discussion group. We will read nonfiction, poetry, short stories and fiction." Mary would love to tell you about preparation, leaders, even a pinch hitters list. Her phone is 6773.

Mah jongg meets three times a week: Monday at 10 a.m. and Saturday at 2 p.m. in Park View, Wednesday at 12:30 p.m. in Willamette Hall. **Susan Berg** generously offers to help newcomers learn, bring rusty players up to speed, even give private lessons — anything to share the game she loves. Her phone is 6719.

Hope you're enjoying our artist in residence exhibits in the lobby. The Creativity On Display (COD) committee arranges a new exhibit the first of each month, when artists are introduced at a 4 p.m. reception, with refreshments. Everything is created by or owned by residents. **Hebe Greizerstein** and **Carol Hethcock** co-chair COD and are asking for paintings or other art work for the December theme of earth, following the past two December themes of fire and water. Hebe's phone is 6829 and Carol's is 6866.

Finally, you wonderful new residents, remember to check the elevators and MiraNet for listings of activities. ■

3550 Sports Writer Strikes Out at Boules

by Ron Weber

SPRINGTIME HAS ARRIVED IN PORTLAND AND I AM OFF TO learn how to compete in boules.

So, is boules like bocce, English lawn bowling or American petanque? Yes. They are all the same, with only minor variations. So whether you are in France, Italy, the United Kingdom or the United States the game is the same. Just the name is different.

Other Mirabella residents known to take a crack at the game are Charyl Cathey, Joe Cenicerros, Ed Parker, Anne Clark, Laurie Meigs, and the late Gil Meigs.

Equipment needs are modest. A set of eight boules and a pilot ball are all that is necessary. The Cowells also recommend a tape measure and a rake or broom to sweep the grounds of rocks, leaves, and branches. Having a smooth court is important.

So what are the basic rules? Boules can be played on almost any flat surface such as grass, dirt, or sand. A



Priscilla Cowell takes her turn as Nick Cowell, Ron Weber and Stan Tidman look on. Photo by Ron Mendonca.

I was invited to learn to play boules. Fortunately all I had to do was cross Bond Avenue to Caruthers Park to get my lesson. My hosts are residents Priscilla and Nick Cowell. At the NW corner of Bond and Curry, the city parks department has laid out a court for boules or bocce playing to occur.

Priscilla and Nick have been playing for almost two decades and were first introduced by friends living near the North Park Blocks in the Pearl. Priscilla said, "The game is easy to learn and play. It just takes a lot of practice." She reassured me that I could pick up the game easily.

boules set comes with eight large wooden balls weighing about two pounds each and a small ball called a pilot ball. The boules balls have distinctive colors or patterns so players can identify their balls. Games are usually played between two teams of two persons each.

The game begins with a coin toss to see who starts. Nick suggests that "the team which goes last is advantaged because the last bowler can sometimes knock one of the

(see boules p. 31)

(from boules p. 30)

other team's balls off the court, leaving his ball closest to the pilot ball."

The winner of the coin flip tosses the pilot ball onto the court to put it in play for the first frame or inning. Once the pilot ball is in place, the first player tosses a ball as close to the pilot ball as possible.

Then the first player from the second team tosses her ball, trying to get closer to the pilot ball. Closeness to the pilot ball determines which team goes next. Play continues until all balls are tossed. Whichever team ends the frame or inning with a ball closest to the pilot ball wins one point. If one team has two of its balls closest to the pilot ball, that team wins two points and the other team gets zero points.

Play continues into the next frame or inning. Whichever team won the previous frame goes first in the next inning by tossing the pilot ball. A game will continue for so many

frames or innings as agreed on or until the two teams tire and head off for refreshments.

So I gave it the old college try and did not score a single point against the Cowells. I commiserated with my teammate Stan Tidman about how much harder the game is than it looks from the sideline. Stan replied, "Ron, you just need to practice more and more so that spectators will no longer laugh as they observe you tossing the ball."

In the spirit of the camaraderie of playing boules, Mirabella Portland Wellness Coordinator Bryant Symkowiak invites all residents interested in learning the game to contact him at 6538. He wants to offer the opportunity to learn to play the game to all residents. As the Cowells emphasized at the conclusion of play, "Boules or bocce can be played by anyone no matter their physical condition, not just Stan, the Cowells or me. All you need to play is the ability to toss the ball."

Give this fun game a try — call Bryant to sign up to play and enjoy the good weather. ■



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

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3550 Arts & Entertainment

Spotlight: Lake Oswego Festival of the Arts

by Polly Grose

THE LAKE OSWEGO FESTIVAL OF THE ARTS WILL BE HELD at the Lakewood Center and George Rogers Park on State Street June 22-24. This year marks the 55th anniversary of the annual festival. The festival celebrates "arts education and culture and community through art."

Selena Jones, artistic director of the festival, describes Lake Oswego as a unique place for the arts. During a recent visit, she outlined the festival exhibits: six unique spaces including work of more than 600 local, national and international artists. In the Park, visitors will experience two stages of live music, performances, kids activities, arts demos, and a variety of food. The festival is free to the public (donations encouraged) and attracts nearly 25,000 festival goers each year.

Corporations, foundations, and individuals throughout the community provided more than \$300,000 for the 2017 Festival.

Within the Center's parking lot, a huge tent will hold the Open Show. A non-juried exhibit will display work from

emerging and experienced artists, chosen by judges. A curator organizes placing 1,200 pieces of art and sculpture on panels or special supports.

Inside the Center is the special exhibit titled *Layers: The Evolving Art of 3D Printing*. The focus is the artistic side of 3D printing and advanced art-making technologies. The exhibit will include a full-body 3D scanner that will be used to provide a free image of a person or group taken and displayed in one minute. Southridge High School Students will be printing the sculptures and showing student work done at their campus.

The juried art show will be across the street in George Rogers Park. Each year a new jury is selected to review and select art pieces made by experienced practicing artists and craftsmen. There are 110 to 120 booths each year.

Making your way to Lake Oswego is easy from a TriMet bus #35 at Moody and Gaines to a stop across the street from the Lakewood Center at 368 S. State Street, or a 6.5 mile drive south on Macadam to State Street in Lake Oswego. ■

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- Everybody
- Teenage Dick
- A Doll's House, Part 2
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Portland Playhouse

602 NE Prescott Ave
503-488-5822

Fences

Now thru Jun 10

Lakewood Theatre

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

Sister Act

Now thru Jun 10

Lake Oswego Festival of the Arts

George Rogers Park
Lake Oswego

Juried Art Displays

Jun 22 — 24

Portland Opera

503-241-1802

Faust

Jun 8 – Jun 16
(at Keller)

La Cenerentola

Jul 13 – Jul 28
(at Newmark)

Orfeo Ed Euridice

Jul 27 – Aug 4
(at Newmark)

Portland Opera Broadway Series

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

Les Miserables

Jun 19 – Jun 24

Phantom of the Opera

Jul 25 – Aug 5

Portland Center Stage

128 NW 11th Ave
503-445-3700

Lady Day at Emerson's Bar & Grill

Now thru Jul 1

Chamber Music Northwest

503-223-3202

Summer Festival

Jun 25 thru Jul 27

See website for venues

www.cmnw.org

Summer Arts on Main

Main St., between Schnitzer and
Newmark Theaters

Noontime Showcase

Every Wednesday in Jun, Jul, Aug
11:00 to 2:00 and
5:00 to 7:00

Free admission

Artists Repertory Theatre

1515 SW Morrison St
503-241-1278

I And You

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NW Dance Project

Lincoln Hall
1620 SW Park Ave
503-224-9842

Summer 2018

Jun 14-16

Broadway Rose Theatre

Fennell Auditorium
Tigard High School

Mama Mia

Jun 27 – Jul 22

Guys and Dolls

Aug 7 – Aug 19

Opera in the Park

Washington Park Amphitheater

Tosca

Jul 28 — 6 p.m.

Free admission

Portland Rose Festival

503-227-2681

Starlight Parade

Jun 2 – 8:30 p.m.

Downtown Portland

Spring Rose Show

Jun 7 (1:00 p.m.)

Jun 8 (10:00 a.m.)

Lloyd Center

Dragon Boat Races

Jun 9 & 10 – 9:00 a.m.

Tom McCall Park

Grand Floral Parade

Jun 9 – 10:00 a.m.

Memorial Coliseum & Downtown
Portland

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2 G	13 A
3 H	14 J
4 B	15 F
5 T	16 M
6 O	17 U
7 N	18 L
8 R	19 Q
9 E	20 I
10 K	21 C
11 P	

Senseless

LAST WEEK, MY LOVELY WIFE, ADRIENNE, TOLD ME THAT I need a heating pad.

"I don't need a heating pad!" I insisted. "I'm not sore."

"Not a heating pad! I said that you need a hearing aid! You are as deaf as a post!"

"I am not as dead as a ghost," I laughed. "And what does that have to do with a heating pad anyway?"

"Oh, never mind. I will take care of it for you ... like everything else."

I didn't hear her last remark because I was concentrating on television. I was having trouble hearing it. That was beginning to occur a lot lately, and it was growing increasingly irritating.

"Have you noticed that the TV audio is not as good as it used to be?" I asked her.

"It has nothing to do with the television. It's your ears. Like I said, you need a hearing aid."

"Oh, no! You're not still talking about a heating pad."

"Okay, that's it. I am going to set up an appointment for you with a hearing specialist immediately whether you like it or not."

"Oh, please, our heating system is working just fine. We do not need another maintenance call."

"And while you're at you should also check your eyes."

"What's wrong with my ties? Anyway, who cares? I never wear one."

"Not ties ... eyes. You're sitting much too close to the TV."

"I know that. Maybe we should get a new one, with a better sound system and a larger screen. We need that a lot more than I need ties."

"Okay, I guess I better take care of getting you an eye doctor appointment too, along with the hearing specialist."

"Are you still talking about our heating system? I told you we don't need to spend money on heating or ties. I would much rather spend it on something I need ... like an eye, ear, nose, and throat specialist. I don't even enjoy eating out with our friends anymore."

"I know, I know. Believe me!" She screamed.

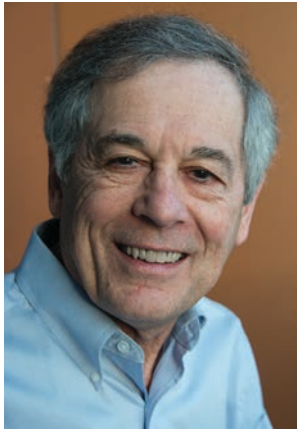
"Oh, I don't remember mentioning that to you."

"What? That's exactly what I was just talking about! You can't hear anybody. It's no wonder you don't like being in restaurants."

"No. You were talking about heating. I'm talking about eating. Maybe you should have your ears checked. I was trying to tell you that I've totally lost my appetite."

"What's the matter with your appetite?"

"I can't taste, smell or swallow anything anymore." ■



Larry Braverman

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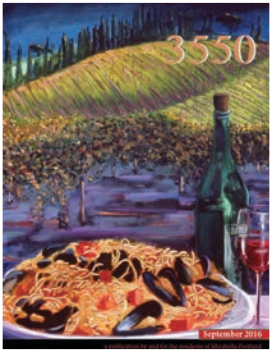
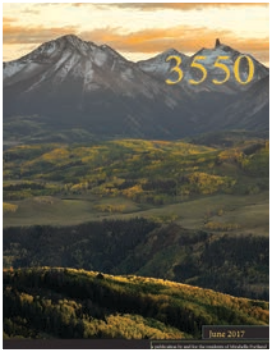
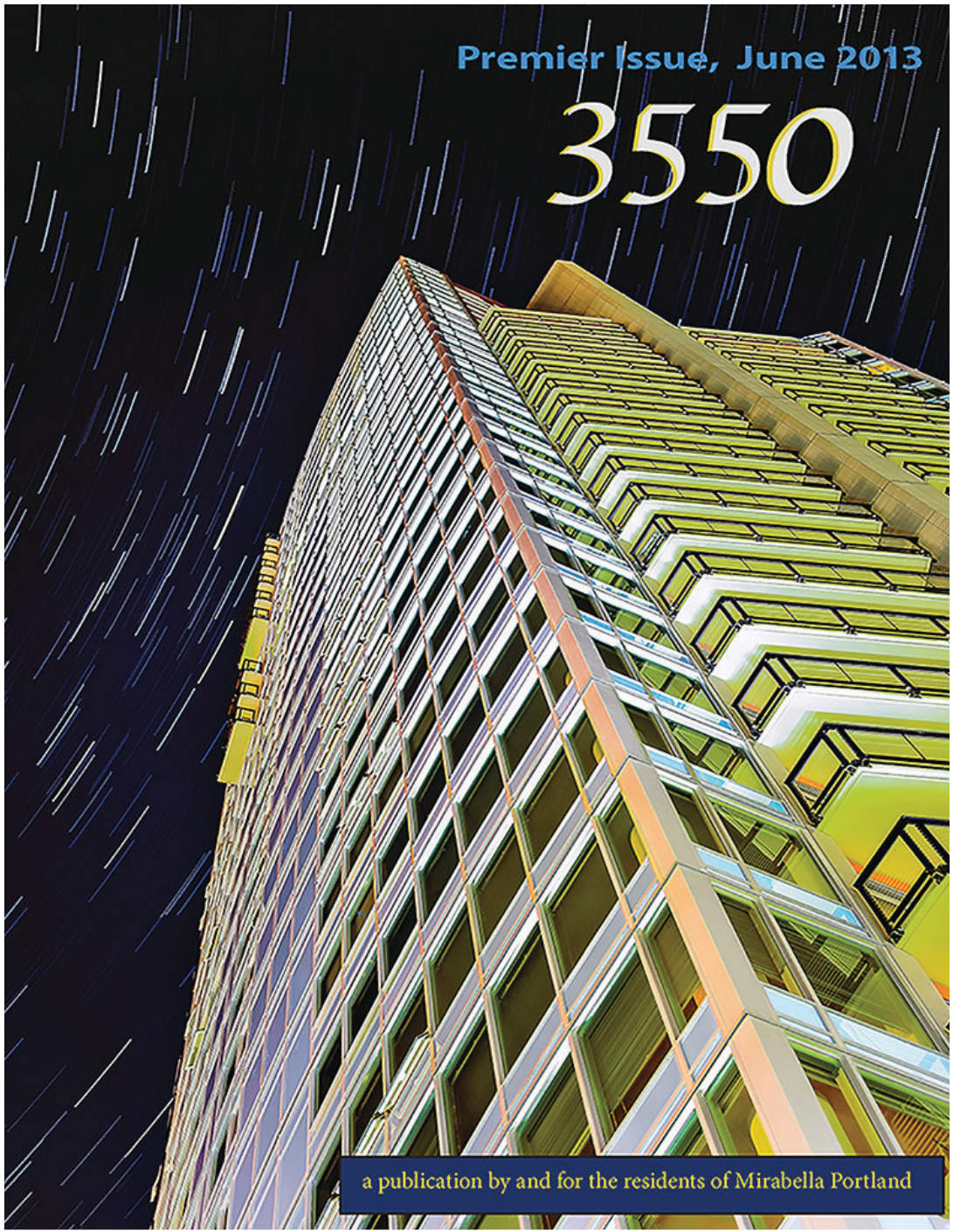
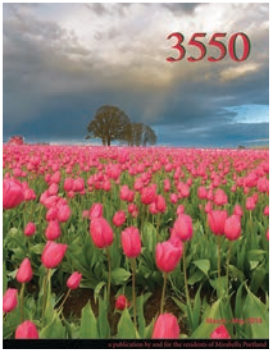
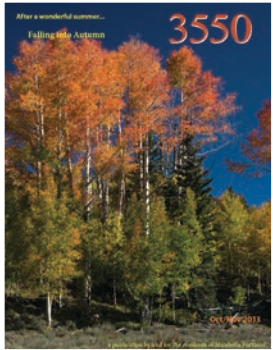


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