

3550



December 2015

a publication by and for the residents of Mirabella Portland



Nancy Moss

Deputy Editor



Peter Fenner

President

It hurts, oh it hurts,” moans the woman sitting in the wheelchair in Mirabella’s second floor dining room. Her CNA holds out a piece of fruit salad, but the woman cannot be distracted from her pain. “It hurts,” she says.

In Independent Living, people deal with daily pain, like her, but are apt to respond, “I’m fine,” when asked. They have learned to understate.

One wheelchair-bound resident says, “I do as much as I can. I mess up 50% of the time, but when I score, it’s big time good.” She adds, “I have learned to accept, and that is all the battle; you accept the good, the bad, and the ugly.”

I remember Hemingway’s definition of courage: grace under pressure.

An elevator contains two women with walkers and me. It stops, and a third woman enters, the bar of her walker decorated with silver and magenta sequins spelling out the walker’s name. “Look at that! That’s really snazzy,” says one of the other two women. The woman with the festive walker agrees: grace under pressure.

Another resident copes with pain by keeping busy: a good movie, a challenging class, a concert. “If my mind is engaged, I seldom feel pain,” he says. If the music lags, or the professor drones, his pain can suddenly shoot from a 3 to a 10.

Asked about courage, the wheelchair-bound woman says, “Driving a wheelchair with your lunch in the back takes courage. You’re hungry, and you can’t eat it!”

Like her, the man I’m interviewing uses humor to deflect his pain. “I’m good at finding what’s funny in a situation,” he says.

So acceptance, humor. A walker with its name emblazoned on it with sequins is a statement, not an encumbrance.

In the movies Gary Cooper faces down bad guys in “High Noon.” Robert Mitchum leads his men to high ground from a Normandy beach.

The day-to-day ability to reach inside and find the ability to cope, to handle continuing challenges with control and, yes, grace is rare in the movies – but common at Mirabella. ❀

As this issue comes off the press, we find ourselves sailing into uncharted waters as we assess how best to thank and take care of a special group of people who look after us each day – our own Mirabella employees.

In a few days, employees will receive the first Employee Appreciation Fund checks written under a new policy which we feel meets IRS guidelines.

Historically, we have been generous and on average each full-time, full-year employee received somewhere just north of \$2,000. However, that these year-end awards were merely tax-free gifts was a position that increasingly was seen as legally untenable by communities around the country, including Mirabella.

As you know, henceforth Mirabella – not residents directly – will be the steward of contributions which will be used, at the non-profit corporation’s discretion, for the welfare of our front-line staff.

In coming months, Mirabella, Pacific Retirement Services, outside accountants and tax experts, and your resident council all will have to closely monitor how funds are being collected, accounted for and disbursed. We may have to make some adjustments to ensure we are being fair, equitable, and that we comply with IRS rulings.

One dramatic change has already taken place: Mirabella’s department directors unanimously decided to stop receiving gifts from the fund, effective 2016, so that there would be more available for hourly employees.

As residents, we can help, too.

To me, it’s counterproductive to expect residents to sit down each year and write out a big check – at a time of year when there are so many competing claims for our financial attention. Taxes loom large, as do holiday gifts, favorite charities, year-end expenses.

I urge all residents to join with me and other neighbors and make regular monthly contributions to Mirabella Portland – a 501(c)(3) non-profit – take the tax deduction you and your advisor determine appropriate, and maintain our tradition of generously helping those who every hour of every day make our lives at Mirabella so much richer. ❀



The Inside Scoop

- 4 Resident Profile: Bill and Cornie Stevens**
by Steve Casey
- 6 Staff Profile: Rick Thompson**
by Nancy Moss
- 9 Monday, Monday, So Good To Me**
Monday Cyphers gets you in shape - and put down that pie!
by Beverley Healy

3550 SPECIAL REPORT: THE TERRIBLE TEBLOR HEADING OUR WAY

- 10 It's Going to be Big; It's Going to be Deadly**
But likely less severe here than on the coast
by Steve Casey
- 11 Plan to Survive**
What to anticipate and how to prepare
by Nancy Moss
- 12 How Will Mirabella Fare?**
by Steve Casey

-
- 16 Nancy Moss' Play Part of Festival**
by Claire Weber
 - 20 Nope, Getting Old Isn't For Sissies**
Help in planning for financial, health challenges
by Ed Parker
 - 22 Finding Help With Tedious Money Chores**
by Steve Casey
 - 23 Rolf Glerum's Portland**
by Rolf Glerum (who else?)
 - 24 Remembrances of Holidays Past**
 - 27 Mirabella's Two Holiday Charities for 2015**
 - 28 East Side, East Side, The Other Side of Town**
A new world awaits, thanks to the new streetcar loop
by Nick and Priscilla Cowell
 - 31 Neurobics? I Don't Need No Neurobics**
by Sybilla Cook

Our Columnists:

- 17 Marge Carothers**
- 34 Larry Braverman**

On the Cover and Above:

Bob Ivey and Toni Tidman in Mirabella's wood shop. Bob donated his equipment to the shop and adapted the architect's design. Anyone who would like to use and participate in work there should contact Bob Ivey. Photos by Robert French.

3550 Staff

EDITOR: STEVE CASEY
DEPUTY EDITOR: NANCY MOSS

PRODUCTION EDITORS: RONNIE
RUDOLPH, JOHN BRANCHFLOWER

COPY EDITOR: JUDY McDERMOTT

SPORTS EDITOR/PHOTO
COORDINATOR: RON WEBER

PHOTOGRAPHERS: TODD ALBERT,
BOB FRENCH, CURTIS GUTHRIE,
RON MENDONCA

ILLUSTRATOR: HEBE GREIZERSTEIN

COLUMNISTS: LARRY BRAVERMAN,
MARGE CAROTHERS, SHERI
WINKELMAN

WRITERS: NICK COWELL, PRISCILLA
COWELL, BEV HEALY, ED PARKER,
CLAIRE WEBER

ADVERTISING MANAGER:
ADRIENNE BRAVERMAN

3550 MAGAZINE
© 2015 RESIDENTS' ASSOCIATION
OF MIRABELLA PORTLAND.
3550 SW BOND AVE. UNIT 2507
PORTLAND, OR 97239-4729.



Photo by Ron Mendonca

Bill and Cornie Stevens

by *Steve Casey*

Ask Bill or Cornie Stevens about their own achievements or civic contributions and you're in for a short conversation.

But ask either of them about the other, and the praise comes tumbling out.

Cornie insists Bill is much more interesting, and prompts him to tell his stories.

Bill thinks Cornie doesn't give herself enough credit, so sneaks a call to talk about her while they vacation at their beach house.

Individually and together, the Portland natives have worked quietly for decades, leading and supporting

Cornie's great-grandfather trekked across the plains to Oregon.

Bill is here because of a coin toss.

His paternal grandfather, an officer in the English merchant marine, "fell in love with a young woman who wouldn't marry him unless he left the sea," recounts Bill. "He agreed, but they couldn't decide where to go. They flipped a coin to decide between Portland and Australia."

With their respective families settled in Portland, Bill and Cornie arrived in the world a year apart at the same hospital – Wilcox Memorial, now a part of Good Samaritan.

They met in a Portland dance

Artists, a national organization he has served as president.

In retirement, Bill follows the disciplined regimen of his working years. He's up early each morning, out to the Multnomah Athletic Club to swim, then a day's work in his studio and home by four.

Both Bill and Cornie have taken leadership roles at Trinity Episcopal Cathedral, and it is there some of Cornie's own artistic and design skills can be seen.

She designed the kneelers used in church services, intricate work featuring Oregon's flowers and objects of beauty that are themselves a draw for cathedral tours.

But it was through Cornie's father, a Weyerhaeuser executive who established a cherished award for one graduating medical student each year, that she came to meet a woman whose nascent program at Oregon Health & Science University would consume a quarter-century of her life.

The woman is Susan Tolle, M.D., who had a vision for what is called the Center for Ethics in Health Care. A vision, but no help and no money. Cornie changed that, working virtually full time for years.

"The early years were really hard, because they hadn't done anything yet – they had a dream," recalls Lisa Andrus-Rivera. "Cornie was in there shoulder to shoulder with Susan, trying to raise funds."

Along with Cornie and Lisa, the Ethics Center counts Mirabella residents Alyce Cheatham and Bill and Karen Early among its founders.

Jim Berchtold and Amy Dundon-Berchtold also are active supporters of the center. Jim calls Cornie "a true champion."

The Ethics Center, now known around the world for its work on end-of-life issues and its

(see Stevens p. 8)

Resident Profile: Bill & Cornie Stevens

Their actions speak for them

some of Oregon's venerable institutions.

And having a good bit of fun along the way.

Boats – those holes in the water into which you pour money – have been a constant in their lives. Both are avid sailors; Bill has served as commodore of the Portland Yacht Club.

"We've had a series of boats," Cornie notes. "We've cruised a lot on the Columbia."

"We started out on the river," Bill adds, "and finally got to the point where it wasn't big enough, so we went out to sea. We spent a lot of time when we finally got out of the river, going up to Vancouver Island and going around the island – getting to the west coast, which a lot of people don't do because it's pretty rough, then headed up the Inland Passage to Glacier Bay, Alaska and the Queen Charlotte Islands."

Adventure – at sea and otherwise – are in their genes.

class, had a long-distance relationship while in college – he at Washington, she at Vassar – and by then, Bill says with a smile, "I had become attracted to Cornelia."

Married in 1955 while Bill was an officer on a destroyer in the Pacific for three years, they raised three children, all of whom still live in the area, and have seven grandkids.

During Bill's career at U.S. Bank where he was a vice president and trust officer, he got five weeks vacation a year, which he used to pursue art studies, going off to workshops and classes from noted artists.

After retiring in 1980, he returned to college, earning a BFA in painting.

"The student body heard he had been a banker in a former life, so they made him treasurer," Cornie says.

Today he is an accomplished painter, accepted into the prestigious American Society of Maritime

by Nancy Moss

“I’ve always worked,” says Rick Thompson, Mirabella’s transportation supervisor. “It’s been the backbone of my life.”

Yet the way Rick tells his story, fun – or love – sometimes changed the course of that life.

A native Oregonian, Rick was born in Springfield and moved as a boy to a farm in eastern Oregon because his step-father, an ex-military man and traveling salesman, decided country living would be best for his family, at that time five children, Rick being the youngest.

They had three horses, an orchard, a garden, and a cow that “was supposed to be winter meat, but my Mom fell in love with it.”

When Rick was nine, a train killed his stepfather one night at an unmarked railroad crossing with no passing guards.

“My mom had it rough,” Rick says. After her first husband was killed in a logging accident, she married and then divorced Rick’s father before marrying the man Rick remembers best for teaching him “a work ethic and a sense of respect” for others.

After her husband’s death, Rick’s mother, whom Rick calls “the hardest working, most persistent person I’ve ever met,” sold the farm and moved to a small town in eastern Oregon. The family, now seven sisters and Rick, had few luxuries but “never went without.”

Rejecting small-town life, Rick joined his father in Salem, where he went to high school.

“I had a blast,” Rick says. He made good friends and worked at a country club as greens-keeper. He learned to play golf.

Intending to go to the University of Oregon, Rick first took some classes at Lane Community College. “I wasn’t having fun,” he realized. “I wasn’t ready for school.” At a party, Rick met a man who was telling

stories about his life in the Navy. “It sounded insanely fun,” Rick says, and he enlisted.

His life in the Navy was “the best time I’ve ever had,” Rick says. As part of his service in the Persian Gulf, Rick’s ship did “a complete world cruise.”

This was his calling, he decided. He planned to become an officer and transfer to Officers Candidate School.

But then “I met a girl.”

She convinced him to move to Portland and join her at Portland State University. A few months later, they broke up. Heartbroken, Rick

wanted a change.” Rick traveled a lot and, as always, had fun.

After a job with a printing company, he took a management position at Broadway Marriott. “I loved that job,” Rick says, adding that he “met a lot of cool people.”

Then came September 11th, which “changed the landscape of the hotel business.” People cut back on their holidays, and the industry suffered.

The company that owned the Marriott and its surrounding buildings won the ‘Smart Park’ contract and offered Rick the job of heading its valet and hospitality operations. Rick calls this a “neat job” that

Staff Profile: Rick Thompson

Life on the Go

remembers thinking to himself, “Well, this is stupid.”

At this point, one of Rick’s sisters and her husband, who owned a chain of perfume stores, asked him to manage one of them, in Truckee, a small town near Lake Tahoe. “From the military to fragrance,” Rick says, as he took this new move in his stride.

A new woman in his life wanted them both to go to school in Santa Cruz, but Rick wasn’t sure. Portland was his other option. Excited at the possibilities, he drove his VW van to a crossroads off the beaten path, stopped the van, and flipped a coin.

It came out Portland.

In Portland, Saks Fifth Avenue hired Rick to work at the perfume counter, but he took a job valet parking at the Marriott instead, for the cash tips. “I needed to make some money,” he says.

He intended to work part-time, so he could go to school, but ended up with a full-time position in management. “Why did I do that?” he asks himself and guesses, “I

“taught me a lot about business and about Portland.”

As his responsibilities broadened, Rick began to weigh the increased work and the headaches it sometimes entailed with his continuing desire to enjoy life. He missed traveling to places like Montana, with its wide open, beautiful sky.

The death of his youngest sister from brain cancer intensified his conflict between moving into his boss’s position and having more time for himself.

“I kept my eyes open,” Rick says, and found Ace Parking, the largest privately owned parking company in the country. He took a job there, managing its parking operation. “That was what I needed,” Rick says, “to go back to work and hit it hard.” In the six years Rick worked there, the local operation grew from seven to 135 employees. “I loved the dynamic of seeing people expect okay service and then get *good* service.”

(see Rick p. 8)



Photo by Ron Mendonça

Rick Thompson

(from Stevens p. 5)

development of the POLST (Physician Orders for Life Sustaining Treatment) protocol, is also now well funded, with three endowed chairs – the first one called the Cornelia Hayes Stevens Chair.

The center, which reaches into all areas of OHSU, is reshaping the medical school curriculum.

“OHSU School of Medicine profoundly changes its curriculum about every 25 years,” center director Dr. Susan Tolle told 3550. “The Center for Ethics in Health Care has been invited to develop new curriculum content in ethics and professionalism, and the communication skills needed to put both into action effectively.”

For both Bill and Cornie, giving back is natural and not particularly praiseworthy.

“I just think it’s very important to support your community,” she told OHSU as she was honored by the Ethics Center. “It’s a basic value.”

Bill, who has served on numerous boards and in countless leadership roles, admits he and Cornie avoid drawing attention to themselves.

“It’s just the way we operate,” he says. ☘

Bill Stevens’ Maritime Art on Display

Where: Geezer Gallery exhibit, Artists Repertory Theatre

When: December 8 — January 13, during the run of “The Miracle Worker”

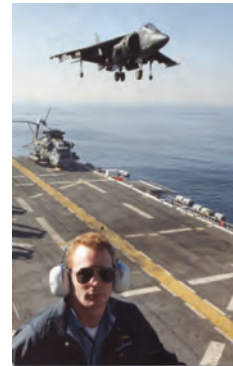
Reception: December 16, 6:30 pm, for Bill and fellow exhibitor Samuel Doney

Artists Rep takes up the city block bounded by SW Morrison and SW Alder, and SW 15th and SW 16th.

(from Rick p. 6)

The company was good to him, but once again he realized he was spending 90% of his time in the office. “I wasn’t meant to be behind a desk,” he says.

He began to feel burnt out.



Rick in Persian Gulf, with a Marine Harrier jet in the background

An acquaintance mentioned to Rick that a retirement community could have the same feel as a hotel but be more rewarding. “His words echoed in the back of my mind,” says Rick.

In 2009 his mother’s death heightened the conflict Rick felt between meeting increasing responsibilities at work and spending time with her during her illness. He wondered if he had made the right choices.

Then he saw Mirabella’s ad.

“I haven’t looked back since,” Rick says. He prides himself on treating people here “the way you would want your mom to be treated.” He likes the sense of familiarity and comfort he finds here. Rick runs Transportation with the ease and efficiency he did past hotel and parking operations.

But if you want a recommendation for a good restaurant or a surprising food cart, go ahead and ask him; he’s still having fun. ☘

Volunteers Enrich Second Floor Experience

By Marge Carothers

Asked for a list of Mirabella residents who have volunteered time on the second floor, activities coordinator Alex Gulpan says, “There are way too many to list.”

One activity that patients enjoy is the “Your Music Program,” which provides iPods and personalized music for long-term residents.

Barry Shapiro and Maggie Travis bring the book cart every Saturday afternoon, sometimes with a pet in tow.

“The rest of the week is just as active,” Alex says. Catholic Communion is offered Monday mornings.

On Tuesdays Jill Seager leads patients in an exercise program, and on two Fridays a month a group takes patients out to the waterfront, moving their wheelchairs briskly along to the Greenway.

Ronnie Rudolph plays hymns on the piano Sundays while Jim Rudolph sings.

Volunteers also water plants on the patio, change flowers in vases, read or sing or just visit with second floor residents.

“The variety of activities and companionship provided by our Mirabella volunteers is amazing and makes an incredible difference in our residents’ day-to-day lives,” Alex says. ☘

There's a New Monday on the Fitness Calendar

by Beverley Healy

Mirabella residents whose dining high point is a pie heaped with ice cream may learn to change their priorities. Monday Cyphers, Mirabella's new wellness coordinator, considers nutrition and diet counseling one of her responsibilities, along with the activity room and

3550 Health Coverage

its programs, the pool, the gym and personal training.

Monday will be working with Chef Todd on specific nutrition goals, a program natural to Monday, who grew up in her grandfather's restaurant, Manley's, in Boise. At age 11 she ran the cash register there.

Monday grew up in Idaho with six siblings, including an older brother who was a power lifter. Monday was a natural athlete, a cheerleader and a sports and track enthusiast.

Fresh out of high school, Monday became a competitive bodybuilder and decided to make fitness her life. She called her imaginary business "Fit by Monday," using the unusual name she considers a blessing. In 1996 her Portland studio became a reality.

Along the way she was a strength trainer at the Boise YMCA at age 17, taught aerobics and was a personal trainer with the Stark Street Athletic Club, earned an associate degree at Mt. Hood Community College, and was a case manager for people in need, working out of Rose Schnitzer Manor, for 10 years after the birth of her second child.

Monday has two sons, Jagger – "If your name is Monday, you can name your kids anything you want!" – now a student at Mt. Hood Community college, 11-year-old Hayden and a 6-year-old daughter, Kyleigh.

Monday is interviewing and will soon help hire a second instructor to work with her on ambitious plans. She intends to bring in outside resources, with two interns showing us how to use acupuncture for pain control.

Monday wants to know every resident of Mirabella and find a way to engage everyone in an activity designed to lift spirits and enhance daily lives.

Watch out for her in the halls and introduce yourself. This woman could make you more active and fit. ❀



Monday Cyphers. Photo by Curtis Guthrie



"I'm taking good care of myself now, because someday I hope to be spry."

EARTH

Watch Out, “the Big One” is Coming —Dr. Chris Goldfinger

by Steve Casey

The earthquake that will devastate a huge swath of North America may strike tonight or not for decades.

“The issue is *when* not *if* the state will have a major damaging seismic event,” says a 2013 official report called the Oregon Resilience Plan.

“The really big one,” a so-called full-margin rupture of the Cascadia subduction zone off our coast where the Juan de Fuca tectonic plate dives under the North American plate, would mean an earthquake of 9.0 or greater magnitude, a tsunami with waves five stories high, landslides and coastal devastation along the 600-mile zone from Vancouver Island in British Columbia to Cape Mendocino in California.

Historically, we are overdue, and some experts say there’s a one-in-four chance of a huge earthquake in the next 50 years. The good news is Portland would be hit less violently than the coast.

“In Portland, it will feel relatively gentle since we’re (about) 100 kilometers inland of the eastern edge of the fault rupture,” Dr. Chris Goldfinger told 3550.

Goldfinger, an Oregon State University oceanographer, is a world-respected expert on subduction zone earthquakes.

“In subduction earthquakes, people commonly report being a bit seasick but not being thrown to the ground. That’s what I experienced in Japan in 2011. The duration is likely

to be 3-5 minutes, though, which is an eternity,” he said.

Thirty years ago, all this was unthinkable.

Our geologically tranquil area seemed blessed – the plates were thought to glide almost as if they

up incredible pressure, destined to erupt in a disastrous snap.

Most of us were happily unaware of the potential drama off our shore until an exceptional article by Kathryn Schulz in the July 20, 2015 issue of *The New Yorker* magazine



The Ross Island Bridge, top, is Portland’s weakest. It is not expected to survive earthquake without major damage, bottom. Illustrations by Hebe Greizerstein

had been greased.

But science since has learned our area seemed geologically benign not because the plates glided, but because they were stuck, building

came as a public wake-up call.

A fearsome “big one” – a rupture of only part of the giant subduction

(see *Big One* p. 12)

QUAKE!

Do Ya Feel Lucky?

—Dirty Harry

by Nancy Moss

The good news: In our lifetimes, we may never experience “the Big One” – the predicted giant earthquake that at some point will trash a huge swath of North America.

The bad news: It could hit tomorrow.

The certainty:

At Mirabella and throughout the South Waterfront and beyond, we are going to be largely on our own, dependent upon our own resources once the building starts rocking.

“We will do the best we can with what we have available,” says Anthony Sabatini, Mirabella’s executive director, but “everybody’s got to help each other.”

Interviews with administrators, directors, and outside experts suggest what Mirabella residents can anticipate – and should prepare for:

When an earthquake hits, people should get to the floor and move away from windows, the Red Cross states.

They should cover their head and neck with their arms, get under something sturdy – like a heavy table – and hang onto it, since it may start moving across the floor.

Interior walls can be relatively safe, says Nicholas Foster, emergency preparedness coordinator for the American Red Cross. He recommends that people look around their apartment and choose the safest space, which could be a closet. Mirabella hallways, which are glass-free, could work.

Residents may want to bring their first aid kit into their chosen space.

Foster also suggests that anyone

down access to bridges and for some elevators to descend and open doors so people won’t be trapped inside,

but not enough for a regular person to move out of harm’s way.

For centuries, people have believed dogs can sense changes in the earth that will lead – in seconds, minutes, hours or days – to an earthquake. But only anecdotal evidence suggests that is true, according to the U.S. Geological Survey.

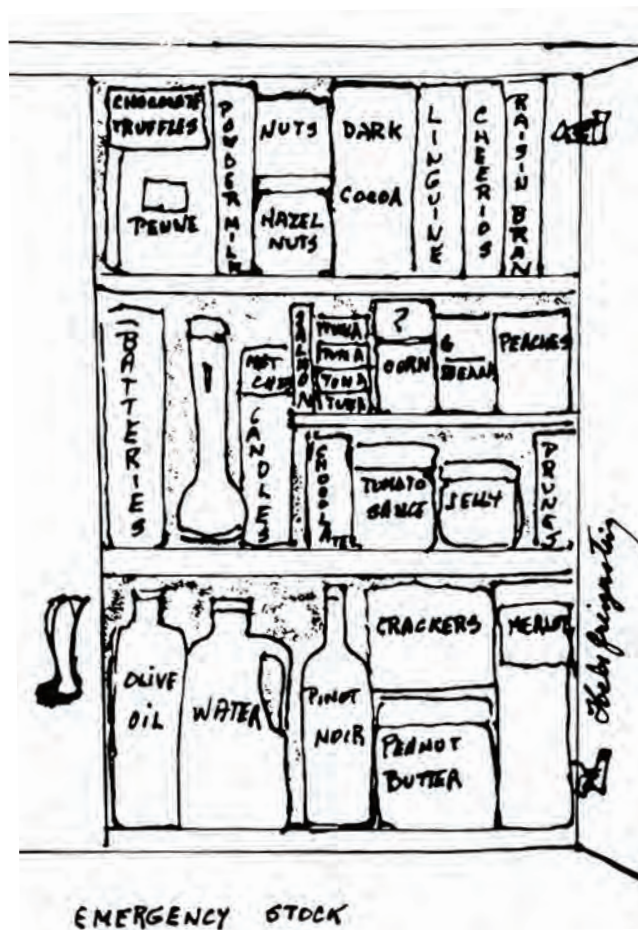
Still, if Fido suddenly starts acting atypically weird, its human might want to pay attention.

When the shaking stops, Mirabella residents will have to adjust to a new world, one characterized, to a much greater degree, by self-reliance.

Pendants, for example, may not work after an earthquake, according to John Hart, director of facility services.

“The lines could be broken,” he says.

Or the pendants may work, but Mirabella staff, firemen or EMTs may be dealing with higher priorities. Residents injured by a falling object or breaking glass should be



who wishes to let family members know they are all right should text rather than telephone; the message is more likely to get through.

Will we get advance warning of the quake? Not much.

Carmen Merlo, director of the Bureau of Emergency Services, says that scientists’ high-tech monitoring equipment might give us a couple minutes’ heads-up – enough time for emergency responders to shut

(see *Lucky* p. 14)

(from Big One p. 10)

zone producing perhaps a magnitude 8 quake – is possible, but “the really big one” has happened before, several times.

According to scientific research that rivals the best detective work, the last Cascadia quake was a 9.0, triggering a giant tsunami, on January 26, 1700.

That is before Lewis & Clark. Before there were written records in the Pacific Northwest. Before the United States was born.

“Unlike a severe storm,” the Oregon Resilience Plan says, “a Cascadia subduction earthquake would simultaneously damage power, natural gas and petroleum lines, roads and bridges, water and sewer systems, critical buildings and communications over large parts of three states . . .

“Restoration of communication service would require that electric power be restored, which would require that roads and bridges be repaired, which in turn would require that the petroleum delivery and distribution system be repaired.”

The resilience plan, a report of the Oregon Seismic Safety Policy Advisory Commission, divides the state into four impact zones, west to east, running the length of the state. Here, we catch a break.

The Tsunami zone hugs the shoreline and includes towns likely to be wiped out.

The Coastal zone farther from beaches will also sustain extensive damage from the quake and landslides.

The Valley zone includes Portland, Salem, Eugene and Medford, where damage is expected to be moderate – “difficult to stand or walk: furniture broken; damage to poorly built masonry buildings; weak chimneys break; plaster, loose bricks, cornices, unbraced parapets

and porches fail; some cracks in better masonry buildings.”

The Eastern zone should have light or very light damage, but even there some buildings and windows will crack and light items fall from shelves.

While a devastating tsunami will hit the Oregon coast about 15 minutes after the earthquake and clobber Japan hours later, it will not hit Portland.

“The tsunami issue is essentially non-existent in Portland,” Chris Goldfinger said. “It’s too attenuated by the shallow water of the river and narrow turning course. But the long-period ground motions will cause the rivers to slosh around quite a lot. This will cause quite a lot



of damage along the waterfronts to structures.”

Down river, a potential disaster awaits.

The state’s critical energy infrastructure hub of natural gas pipelines, liquid fuel transmission lines and high-voltage electric substations sits on an area “with significant seismic hazard” and “has been constructed with seismic design deficiencies,” the state report says.

Its six-mile stretch of the Willamette between Sauvie Island and the Fremont Bridge is liquefiable soil and adjacent to the Portland Hills crustal fault, which also runs almost under Mirabella and itself may be triggered by a huge offshore quake.

Liquefaction is the process in which water-saturated, silty soils become a substance that acts like a

liquid, and cannot support buildings and roads.

“The concern with areas along the waterfront, and particularly in the South Waterfront, is they are areas of liquefiable soils,” Carmen Merlo, director of the city’s bureau of emergency management, told 3550.

“My understanding is that if you intend to build on liquefiable soils, you are required to engineer a solution to this,” she said. “So it’s quite possible your building (Mirabella) will be fine. But the utilities that go to your building, or the roads around there, may be compromised.”

Down the street from Mirabella where a six-story apartment building is taking shape, Andersen Construction superintendent Ryan Zetter said they have carefully compensated for liquefiable soil.

“After excavating down to the level we needed to get to for our basement,” he told 3550, “we brought in two drill rigs that drilled down into the earth roughly 38 feet.

“This was done every eight feet in a triangle pattern. The holes themselves were a diameter of two feet wide and then each hole was filled with rock, which was compacted every foot back up until we reached the surface again,” he said. “There are a total of 1,077 stone columns under our project. Which should help hold the building up if any of the soil becomes liquefied.”

Mirabella resident Bruce Howard, a physician and amateur geologist, did his own research. As a result, he is confident Mirabella structurally can withstand a large earthquake.

Mirabella, he said, is built to the highest seismic rating and rests on pilings sunk down to Troutdale conglomerate – as close to bedrock as this area offers.

Elsewhere in the city, buildings constructed before codes reflected current scientific knowledge might slide off foundations or crumble and injure or kill people.

While it could be less scary, planners must assume the worst.

“Our assumptions are that this will be a full rupture, that it will result in several minutes of shaking, that we will have widespread water main breaks, power outages, cell phones won’t work,” Merlo said. “We’re anticipating we are going to be on our own for awhile.”

“Awhile” could be two weeks to two months.

“The first thing we are going to be doing is assessing all the damage to our major infrastructure,” she said. “That will be taking place simultaneously with lifesaving search and rescue operations.”

“Every bridge will have to be assessed for damage,” she said.

Tilikum Crossing and the new Sellwood Bridge, which is due for completion in 2016, “we expect to be able to ride out the quake and be usable afterward,” she said. “My assumption is that the other bridges which have not been upgraded – which is pretty much all of them – are going to suffer significant damage.”

TriMet’s general manager, Neil McFarlane, was quoted in late September urging reconsideration of a new Columbia River crossing.

“The bridge was built for horses and it rests on Douglas fir pilings in mud in the Columbia River. A state geologist report on the bridge includes the term ‘total collapse’ in case of an earthquake,” he told the Portland Tribune.

And two South Waterfront bridges are particularly problematic.

“The Marquam Bridge (I-5) was opened in October 1964,” the state resilience plan says, “and has had some seismic strengthening done since, but it is not expected to be immediately usable following a Cascadia earthquake . . . The Ross Island Bridge is second only to the existing Sellwood Bridge as the most unsafe bridge crossing the Willamette River in Portland.”

The resilience plan suggests many Portland workers will be unable to get from home to work, or vice versa. Mirabella employees may be stranded, and in any event may have pressing personal concerns.

Streets, including highways and arterials, may be out of service.

“I think there are portions of I-5 that will be fine,” Carmen Merlo said. “My concern is the overpasses over I-5, and whether the roads will be navigable because of the debris that’s on them.”

Major boulevards – Naito, Macadam, Powell, for instance – are called emergency transportation routes,



and will be the first to be assessed for damage and cleared, so emergency responders can use them.

Merlo said the city’s water bureau has worked to protect municipal water supplies, and the city has toughened up police, fire and other public safety operations centers.

Portland has established 48 emergency locations known as BEECNs (pronounced “beacons”) for Basic Earthquake Emergency Communication Node.

Merlo said for the first several days they will serve as places residents can report emergencies or seek assistance, and then will become centers for distributing food, water and medical supplies.

The two closest BEECN locations to Mirabella are at Lair Hill Park, SW Second Ave. and SW Porter St., and at Sunstone Montessori School field, 6318 SW Corbett St.

Coping with the natural disaster will require planning and preparation, self-reliance and neighbors helping neighbors.

Injured or frightened residents cannot expect first responders to ride to the rescue.

Merlo notes Portland has only 1,000 police officers and 750 firefighters to protect the city 24/7, and “clearly, we won’t have the resources to get to everyone, so we are going to have to go to those in the greatest need.

“We don’t want *you* to be among those in the greatest need.” ❀

BOLLIGER KNOWS MIRABELLA

Our Window Treatments are now gracing the windows of over 30 Mirabella Residents because our experienced Design Team works with you to find solutions that look & work great and conform to Mirabella’s design covenants

Bolliger Since 1929
WINDOW FASHIONS & INTERIORS, INC.

2834 NE Broadway
Portland, OR 97232

Call Steve @ (503) 281-1236
email: Steve@BolligerWindowFashions.com
www.BolligerWindowFashionsPortland.com



(from Lucky p. 11)

prepared to treat themselves with a first aid kit.

Another possibility is for emergency captains on each floor to check the floor and carry out triage, identifying the most serious injuries that need to be treated first.

Sharon McCartney, Mirabella health services administrator, says that her nurses will treat injured independent living residents – after

Mirabella's reserve generator will provide 90-96 hours of uninterrupted energy, according to John Hart, and will focus on critical equipment and emergency circuits marked with red. It will automatically turn on if the electricity fails and will power one elevator on each bank, unless they are damaged by the quake.

There will be food, but in limited quantity.

Chef Todd Albert says, with its typical supplies, Mirabella can



Anecdotal evidence suggests some animals can provide early warning of an impending earthquake. If a dog exhibits unusual behavior, it may be telling you something. Be sure to include your pets in your emergency plan.

they have cared for the people on their floor. Sharon reiterated what both Anthony and John pointed out, that Mirabella may be working with a skeleton staff, especially if an earthquake occurs at night.

"Someone will be in charge," Anthony promises; it may well be the charge nurse on the second floor.

provide two days' supply of unrefrigerated food, based on current levels.

That means 40 to 45 breakfasts, for example, not 300.

"Prepare yourself," suggests Todd, who has stored a month's supply of food and water for himself. He recommends freeze-dried food and canned goods. "Anything that will last," he says.

American Red Cross:

If the ground starts shaking,

Get down.

Cover your head with your arms.

Get under something sturdy **and hold** on to it.

This is a little easier said than done.

Checking the freeze-dried meals at REL, I found that most of them required boiling water. I finally located some ready-to-eat wild salmon in a "Take Anywhere" pouch, and a hummus mix that required olive oil and water, to go with our canned tuna, energy bars and peanut butter and crackers.

Bob Hamlin, a Washington state Director of Emergency Management, writes that "We are telling people to start preparing now: stock up on enough food, water, medicine, and other supplies to survive for three days."

Like most buildings constructed after 1993, Mirabella was "built to the newest building codes for seismic activity," John Hart says. He says some specific windows have tempered glass, which resists shattering; others do not. John also reminds residents to be prepared for aftershocks, ready to get down on the floor again.

A recent New Yorker article states that the odds of a big earthquake happening in the next 50 years are about one in three, and the "very big one," one in 10.

"Do ya feel lucky?" asks Dirty Harry.

If luck fails and the earthquake arrives, Mirabella residents will need to rely on careful preparation, their own resiliency, and a staff that promises to do its best with what it has. ❀

Builders: Solid Mirabella Designed to Withstand Quakes

by Steve Casey

The people who brought you Mirabella Portland planned for a major earthquake here.

The result, they say, is a sturdy building that may sustain significant damage but still should be a haven for residents.

Bill Drinkward, the Mirabella project manager for Hoffman Construction, which built Mirabella Portland and other major structures in the South Waterfront, told 3550 he would feel safe here.

Engineering firm Kramer, Gehlen & Associates of Vancouver, Wash., did the Mirabella structural design for architects Ankrom Moisan.

In a recent note to Mirabella facilities director John Hart, senior principal Joseph C. Gehlen of the Vancouver firm said the building is designed to withstand a moderate earthquake with “minimal damage” and to withstand a major quake

“without collapse.” Which means, Gehlen said, “After the event, there may need to be repair to the façade and interior non-structural elements” and even some structural repairs.

Although the eventual Cascadia quake qualifies as “major” when it hits offshore, experts predict it will be felt as “moderate” in Portland.

Gehlen said a 2007 geotechnical study found “minimal risk

“I would feel safer running into the Mirabella than running away from it.”
—Project manager Bill Drinkward

of liquefaction at the building site considering the below grade parking where much of the liquefiable soils have been removed.”

Project manager Drinkward told 3550: “The Mirabella is designed

to Seismic Zone 4 standards (very high, like California) because of our Pacific Rim location.

“The structure is very robust... The building sits upon 760 driven grout pilings that tie its foundation to the Troutdale Rock formation directly below. This particularly dense geologic layer of cobble rock is used to support all Portland’s larger towers. . .

“Liquefaction of the soil is very unlikely now because a stone column barrier wall between the river and the South Waterfront buildings is required to be constructed under the eastern side of each building along the Greenway (Meriwether, Atwater, etc.) to densify the dirt there to below the river’s depth.

“In short, during an earthquake, I would feel safer running into the Mirabella than running away from it. It is a very stout structure.” ❀

Suggestions for further reading:

- “Living with Earthquakes in the Pacific Northwest: A Survivor’s Guide”, by Robert Yeats. Oregon State University Press, 2004 (second edition). 390 pages. Yeats is perhaps the dean of Pacific seismologists, both a respected scientist and fine writer.

- “Cascadia’s Fault”, by Jerry Thompson, Counterpoint Press, 2011. 337 pages. A Canadian journalist who has covered the Cascadia Subduction Zone for 25 years, Thompson offers in-depth comments from some of the world’s top seismologists, including Oregon State’s Chris Goldfinger, to clearly explain what Cascadia has done before and what it holds in store.

- The Oregon Resilience Plan, 2013, a report to the 77th Legislative Assembly. A comprehensive look at Cascadia readiness throughout the state in critical areas such as transportation, utilities, fuel, food, public safety. Excellent reference work. 341 pages. Available online at www.oregon.gov/OMD/OEM/osspace/docs/Oregon-Resilience-Plan-Final.pdf.

- “The Really Big One” by Kathryn Schulz. The New Yorker magazine, July 20, 2015, p. 52, ff. This is the extremely well-researched and well-written article that touched off the great public concern with the inevitability of the next major Cascadia event. If you read nothing else, read this.

- Living on Shaky Ground, by the Humboldt Earthquake Education

Center at Humboldt State University, 2009, and adapted by the Oregon Office of Emergency Management. A 24-page booklet describing the science of earthquakes and offering tips for surviving a disaster. Available from the Portland Bureau of Emergency Management.

- Without Warning, produced by Dark Horse Comics, of Milwaukie, Ore., for the Cascadia Region Earthquake Workgroup and the Oregon Office of Emergency Services, 2014. A comic book in which a heroic teenager follows her family’s disaster plan. Available at the concierge desk while supplies last, as a gift of the Portland Bureau of Emergency Management and your 3550 Magazine. ❀

Moss' Play Goes to Fertile Ground

by Claire Weber

We all know that Mirabella residents are a creative group of people — and award-winning playwright Nancy Moss is one of the most inspired.

Early next year, we will be able to see a more actively staged presentation of Nancy's play "Deception," which won the 2014 Portland Civic Theatre Guild play writing contest. The production will be a staged reading at the Fertile Ground Arts Festival, which runs from January 21 to 31.

"Deception" will be presented at PSU's Lincoln Hall on Jan. 28 and 29 at 7:30 p.m. and Jan. 31 at 2 p.m.

Nancy said this production, with more on-stage action than an earlier public reading, is a "good next step" for this play.

"Deception" is a very Portland story.

The play is about Anne, a young



Damaris Webb as Anne

African-American woman in 1880's Portland who lives her life passing as white. This is a serious historical topic, but a critic in *Ambit* magazine noted that "the play is funny, all of

the characters garner laughs from the audience."

Since the main character's entire image is based on a pretext, it is not surprising that the same critic points out "everyone is beholden to secrets or trying to maneuver."

The Fertile Ground reading stars Damaris Webb as Anne and Joe Gibson as her blackmailing brother.

Most of Nancy's plays arise out of historical difficulties or situations that are unfair or unjust. She wrote "Deception" after learning to her shock that 19th century Oregon had enacted a Negro Exclusion Law.

Another fascinating Nancy Moss work is "Anna: Love in the Cold War," based on one significant evening in the life and loves of Anna Akhmatova, a Russian poet during the brutality of the Stalinist era. "Anna" was produced as a showcase in New York.

Her current work in progress is a children's play about a girl whose military father is away in Afghanistan. This project is a bit different as she is working with a local composer to include music.

Nancy has been writing and studying writing for years. When she is writing, the play seems to take over her unconscious.

Sometimes, she says, "I wake up in the middle of the night with lines" for her current project — and the overnight lines are better than the dialogue she had previously written.

Despite her success, she seems her own harshest critic. She has written many plays but has "thrown a number of them away." Fortunately for the rest of us, she told 3550 she still has eight plays she has "not trashed." ❀

Property Tax Revised

Next year, Mirabella residents will get a break on their property tax. As the PRS budget summary states, "we are taking the total amount of the community property tax and sharing it with you."

Previously, Mirabella broke out only the square footage of residents' apartments. Now they are also breaking out the common areas, which will mean that residents will have a larger deduction on their taxes.

Residents, who are keenly aware that their costs have been increasing by at least 4% a year, more than inflation, should feel pleased by this change. ❀

PDC Reveals SWF Plans

Future plans for the South Waterfront will contain a new park, more Greenway and affordable housing. Portland is committed to them, according to Lisa Abuaf, Portland Development Commission (PDC) Central City Manager

As for a supermarket, Mirabella residents' dream, "We support a grocery store," Abuaf says, possibly 15,000 square foot store in the sleek office building that Zidell plans to build

Other parts of the South Waterfront urban renewal district, set to expire in 2020, include expanding Bond Avenue north of Zidell, a park to be developed jointly by PDC and Zidell, and affordable housing on River Place

At a recent presentation here, responding to a question from the audience, Abuaf said that both PDC and property developers OHSU and Zidell are aware of potential traffic tie-ups, especially when planned projects such as the Knight Cancer Center begin construction. ❀

Expect to see more use of the pool table in the Sky View Room on the 25th floor. In October the RAMP council approved the creation of the Mirabella Pool Players Interest Group. Around 30 folks are on board, and the group organizer **Rolf Glerum** says any Mirabella resident is welcome to join – to learn how to play, improve their game or just have fun. The group plans to organize tournaments; contact Rolf at 6720.

Our very own Mirabella Players

Around Campus
with **Marge Carothers**

will present a new staging of Dylan Thomas' "A Child's Christmas in Wales" on Tuesday, December 8 at 7:30 p.m. in Willamette Hall. They will repeat their show in the second floor lounge on Monday, December 14, at 3 p.m. **Judy Seubert** will play the recorder.

Thanks to **Don Marshall**, two eighth grade students from one of our favorite schools, the Southwest Charter School, are training to operate our recently procured follow spot light. The kids will help enhance the dramatic effects of the Mirabella Players production and will earn credit toward their eighth grade service project while they learn theatrical lighting.

More involvement with Southwest Charter School – first and second graders are studying the South Waterfront and writing about what it has to offer new residents. An eighth grader will edit their offerings and hand them to **Ronnie Rudolph** to forge a publication.

The SMART program – Start Making A Reader Today – hopes to counter statistics which state that 40% of Oregon children under age five are at risk of being unprepared

for kindergarten. The SMART program, developed as a nationally recognized statewide organization, includes the following Mirabellans: **Charlotte Beeman, Jean Davis, Karen Early, Sandy Erickson, Jacqueline Gango, Milo Ormseth, Helen Stern, Cornie Stevens, Denise White** and **Jim Berchtold**.

Anyone wishing to find out more about this program should call Jean Davis, phone 6742.

Fifteen Mirabella residents were winners of American Contract Bridge League (ACBL) master points in games at Mirabella in the third quarter of 2015. The top five winners were **Betsy Bullard, Ed Parker, Laurie Hardin, Jean Davis** and **Fred Morris**.

Bible Study Class has started a new study – "The Old Testament: the history, geography and famous people who fill its pages." Discussion leaders **Bettie and Joe Schweinfurth** traveled extensively in the Middle East, parts of Africa and India for six months of medical work. The class meets the second and fourth Mondays at 3:30 p.m. in Park View, and all are invited to attend.

New dining chair **Antoinette Hatfield** says our dining on the 24th floor should be called Dining with a View.

Congratulations to **Bob Di Lallo** for heading up our new Diabetic Awareness Group, which will exchange information about food restrictions, diabetic supplies, medical advances, and dining options here at Mirabella. Thirteen residents attended the first meeting, now set for the 4th Monday at 1:30 p.m. in the Park View Room. Contact Bob at 6680.

The Art Committee's co-chairs **Ron Mendonca, Peggy Wier, and Mary Zehrung** hope residents will indicate which classes and field trips they would like for next year. Offerings include oil painting with **Yvonne Branchflower** (all skill levels), beginning or advanced kumihimo (Japanese braiding) with Ron Mendonca, acrylic painting or drawing or water color painting (all levels), collage with **Soo Kim Gordon**; pottery at Multnomah Art Center. ☼



Ronnie Rudolph reads to a rapt audience of Southwest Charter School students, as part of Mirabella's Reading Buddies program. Photo by Curtis Guthrie.





Trillium Lake, with Mount Hood waiting for snow. Photo by Robert French

Coping with Financial, Health Issues

From the Editor:

This is the second in a series of three 3550 articles exploring some of the best practices and some of the pitfalls in planning for our future and for what happens to our assets after we are gone. The March issue will deal with transferring assets on death: probate, wills and trusts.

by Ed Parker

Planning for what happens during the rest of our lives is as important as planning for what happens to our assets after we are gone.

Mistakes in our wills and trusts may cause problems for other people, but we will not be here to suffer from them. Mistakes in our life planning may bring pain and unhappiness that we suffer ourselves.

The first step in any planning process is to be clear about goals. Your plans will depend on your goals. My goal is to stay healthy and happy for as long as possible while minimizing the time spent suffering at the inevitable end of life.

There are two facets of life planning: quality of life planning and financial planning.

Quality of life planning: Moving to Mirabella was an important step in planning for a good quality of life. We are part of a supportive community in a location that offers services and facilities to keep us physically, culturally, intellectually and socially active.

The big unknown in our quality of life is what happens to our health. Some of that we can control through diet, exercise, and intellectual and social activities. Most is determined by our genetics and by choices made long ago. That said, how we navigate the health care system when health problems inevitably arise can make a big difference to our quality of life.

Some people in our generation still believe in a philosophy of “doctor knows best” and leave their medical quality of life choices to the medical professionals they consult. Two recent books have laid bare the fallacy of that approach.

A 2014 book, “Being Mortal” by surgeon Atul Gawande, gives a readable but chilling understanding of how the culture and training of most physicians and surgeons does not serve their elderly patients well, particularly in end of life situations. Attempting to prolong life at all costs is a medical goal that ultimately will fail. It can destroy unnecessarily the quality of life of elderly patients, without appreciably improving their

“How we navigate the health care system when health problems inevitably arise can make a big difference to our quality of life.”

survival chances.

A 2015 book, “The Gift of Caring” by Marcy Cottrell Houle and Elizabeth Eckstrom, tells a heart-rending story of how one loving child (Houle) attempted to help her elderly parents navigate a complex health care system. Comments by a distinguished physician specializing in care of elderly patients (Eckstrom, an Oregon Health & Science University gerontologist) show how the effects of following the well-intentioned advice of multiple doctors in different specialties can combine to provide poor outcomes.

Intended as a guide for children managing the health care of their parents, the book also serves as a helpful guide for those of us managing our own health care.

Many of us Mirabella residents are capable of managing our own health care or that of our spouses and are not ready to give up that responsibility to someone else. Taking that responsibility seriously means understanding the limitations of professionals in different medical specialties.

We need to manage the integration of advice from different medical specialists to make sure they do not conflict. The goals and incentives of the professionals may not match ours. We may want to die peacefully in our sleep or with our friends around us when that time comes. Unless we plan otherwise, we are more likely to die in discomfort connected to tubes and machines in a hospital intensive care unit.

We, or someone we trust, should coordinate all of our medical care in the service of our health goals.

For example, drug interactions can cause problems in people with multiple health problems. Pharmacists are often better than doctors at noting drug interaction dangers and should be included in the coordination process. If we want hospice care or pain management and other comfort care at the end of our lives, we need someone to advocate for us. Otherwise we will be subject to ultimately-failing heroic measures that can destroy our dignity and what remains of our quality of life.

3550 cannot and will not give legal or financial advice. For that, see your estate planning attorney, accountant, financial consultant, medical advisor, other professionals and trusted family members.

At some point we will become injured or ill in a way that prevents us from being our own health care advocates. Oregon law provides a way to communicate our health care goals and wishes to our care providers and family members when we are not able to speak for ourselves.

Each of us should complete an Oregon health care advance directive, which includes the designation of someone to act on our behalf in health care matters and instructs them about our wishes. The current Oregon legal form supersedes earlier Oregon laws regarding living wills and power of attorney for health care documents. A copy of the form is available on the Internet at <http://www.oregon.gov/DCBS/insurance/shiba/topics/Pages/advancedirectives.aspx>.

Filling out the form in a way that complies with Oregon law is not enough. Copies should be given to Mirabella management, to our health care providers and to our family members and advocates.

Physicians will often follow the directions of family members, no matter what the paperwork says. Even when our directions are to provide comfort care in end of life situations, the emotional responses of our families and the standard practice of medical professionals may lead them to implement procedures and connect us to devices that increase our discomfort and harm our quality of life without fixing our medical conditions. We need to make sure that our families or other advocates understand our wishes and agree to follow them.

Responders to 911 emergency calls are required by law and professional ethics to do everything in their power to extend the lives of those in their care. They are not allowed to follow a patient's wishes as expressed in an advance directive. They are obligated to follow a physician's order.

Oregon law provides for a physician order for life sustaining treatment (POLST) to be signed by a physician and recorded in the Oregon POLST registry. You can see the POLST form and instructions at <http://www.polst.org/wp-content/uploads/2013/01/Printing-POLST>.



pdf. But you need to consult an Oregon physician to get the form filled out and recorded. There is no other way to ensure that emergency personnel follow your wishes.

Most responders to 911 calls routinely check the POLST registry to see if a physician's order is in the registry. Mirabella management asks that we tape our POLST form to the inside of the door to the cabinet under our kitchen sink. When an emergency happens in your apartment, Mirabella staff responding to the 911 call will check there to make sure your wishes are communicated to the arriving emergency ambulance crew.

Oregon residents suffering from a terminal illness may have an additional option to maintain their dignity and control if they meet certain conditions. The Oregon Death with Dignity law permits residents to obtain a prescription for medication that will allow them to end their suffering on their own terms. Knowing that option is available may be a comfort to some patients facing fears of intolerable pain and suffering at the end of their lives.

Others have different desires, religious faith or philosophical beliefs that would conflict with that option. They also should record their wishes and thoroughly discuss them with the person they select to speak for them, so whatever level of medical care they wish will be provided.

All options to improve the quality of life for terminally ill patients, including hospice and other comfort care treatments, are available to Mirabella residents. Mirabella's MiraNet website, under the resources tab, has a note about using the Death with Dignity law here. It suggests calling Mirabella's health services administrator, Sharon McCartney, for further information.

Part of quality of life planning involves knowing what resources are available to make our lives easier without compromising our independence when, for example, handling day to day finances, or routine medical management, becomes too much of a burden or just a bother. My colleague Steve Casey addresses those issues in a companion article in this issue.

Estate planning to determine what happens to our assets after we are gone is important, but planning for life will do more to improve the quality of our lives while we are still here. We have many options to improve our quality of life at every age and stage.

Still, sound financial planning – as opposed to estate planning – can do much to make sure the rest of our lives is as unburdened by money problems as possible.

Financial planning: By now, most at Mirabella are enjoying the fruits of financial plans we made over a lifetime. Now is not the time most of us expect new revenue streams. Our financial planning revolves mostly around watching our expenditures.

(see Planning p. 22)

(from Planning p. 21)

One area remains, however: We do not know individually how long we will live.

We each have to do the best we can to plan for that uncertainty with whatever financial resources we have. However, we do know statistically that some of us at Mirabella will outlive our money, no matter

how good our individual financial planning.

The best collective plan for dealing with that eventuality is to help build a healthy Mirabella Portland Foundation resident assistance fund.

That fund should obtain resources sufficient to permit residents to continue to enjoy the good Mirabella quality of life even if they

are lucky enough to be still healthy but outlive their money. It should also help those who run out of money because of high medical costs to continue to get good care.

We live in a caring community with sufficient resources to support community members needing help. Let's do it! ❀

Getting a Boost with Money Chores

by Steve Casey

One day, we may hand off routine financial tasks we find too burdensome.

Or, as the partner responsible for finances, we may put in place help for our spouse in case something happens to us.

The goal is to free a competent person from mundane or confusing financial chores so that he or she can live life without worry.

Often, family is a natural to step in; sometimes we need outside help.

There is a wide array of professionals out there, but let's first look close to home.

Megan Huston, Mirabella's resident services director, and Sharon McCartney, the health services administrator, say Mirabella's home care unit can provide basic help with bill paying.

"We do help a couple of residents organize their bills and organize their mail," Sharon told 3550. "It's been a help to residents who kind of get overwhelmed."

The home care staff also will make phone calls for a resident, tracking down someone to answer a question or resolve a vexing problem.

"Also," Sharon said, "I always refer back to the current bank the resident uses, because banks often have a financial advisor on site. I think people often underestimate what their bank can actually do for them."

Lake Oswego estate planning attorney Sara Yen said people often turn to one of three advisors: their lawyer, financial manager or CPA.

"If a client has all these, they tend to think of one of them as the driving force in that relationship" and go there first, she said.

Clients who have sought help with routine financial matters "are perfectly competent, perfectly able to handle it," she said, "they just don't want to bother with it anymore.

"When I refer people out, I try to pair them with people who match their situation and their personality or style," she said, and who will not under-sell or over-sell services.

Estate planning attorneys also can make sure the client's health care directive is up to date.

A frequent source of advice, accountants often do not handle routine bookkeeping chores, but some do. And those who do not are generally more than willing to make referrals.

For those with more extensive needs, there is more formal – and expensive – help.

Stephanie Carter, of Pegasus Fiduciary Services in Lake Oswego, said her firm of five attorneys and three staff persons can serve as court-appointed trustees, conservators or personal representatives, or as an agent under power of attorney.

Fiduciaries generally bill by the hour, at \$125 and up.

Bank services can range from bill paying through investment management and trust administration.

Kathy Calcagno, managing director at First Republic Private Wealth Management, part of First Republic Bank, met with a small group of Mirabella residents some months ago.

One resident said, "You don't have to be incapacitated for First Republic to manage your finances, including paying your bills and seeing that your taxes are paid. If (my husband) predeceases me or becomes unable to handle our finances, First Republic will do it. This is one of the reasons we chose them."

Aging Life Care Managers, formerly called Geriatric Care Managers, offer a "holistic" approach to looking after clients, taking on everything from handling minor financial chores to acting as a health care advocate.

To find someone in any of these disciplines, asking the advice of a professional already on your team is a good start. ❀

Rolf Glerum's Portland

Today Portland has a well-deserved reputation as a gourmet's Garden of Eden, but the dining scene from the 1950s to the end of the century was quite different.

Most of the famous establishments lay on the west side of the Willamette, where I lived and

and Chateaubriand, prepared at tableside.

Alas, "The Grill" is no more, and the space is empty.

Also among Portland's finest was The Golden Knight, in what once was the Multnomah Hotel, which used to offer its male diners a fine cigar after their meal and diners of the fairer sex (as they said in those days) a rose.

Other fine dining spots were

Hotel Deluxe, to this day is one of the darkest, smallest bars in the city.

The former Trader Vic's, in the spot now occupied by El Gaucho (corner of the Benson Hotel) rates its own accolades. Its drink of choice in those days was the "Fog Cutter," an explosive concoction of rum, cognac, gin, orange and lemon juice and almond bitters, served in a tall, ornate ceramic mug. If anyone could drink three of these bombshells, the



worked for over 55 years.

Huber's, the city's oldest restaurant in continuous operation, has served its famous turkey dinners and flaming coffee since 1879. A close second is Jake's Famous Crawfish, a premier fish house sine 1892.

In the 20th century, Dan and Louie's Oyster Bar started shucking in 1919, followed by the best steakhouse in Portland, in my opinion, the Ringside (1944) and a fine old Italian eatery, Caro Amico (1949).

Some fine Portland restaurants, once king, now exist in a different place or under a different name. The London Grill leads the list, on the lower level (never call it the basement) of the Hotel Benson on Broadway. The specialty of the house was its iceberg lettuce salad

Canlis, atop the Downtown Hilton; Palaskie's Hill Villa, now the Chart House, on Terwilliger; the Broadway Inn, now Higgins, on SW Jefferson; Atwater's, now the Portland City Grill, in the US Bank Tower; John's Meat Market, now Elephants Deli, in NW Portland; and LAberge, now Meriwether's on NW Vaughn.

Other memorable bars and nightspots around town include Billy Moe's Gold Coin, now a Mexican restaurant on Burnside; Rickshaw Charlie's, a favorite in Chinatown; the Piccadilly Bar in the Benson Hotel (the lounge that's there now is a mere shadow of its former self) and the Stirrup Room in the Multnomah Hotel.

The Driftwood Room, formerly the Mallory Hotel and now the

fourth one was supposedly free.

My limit was two.

There was also Sydney's on Fifth Avenue, one of Portland's finest jazz spots; the Silk-n-Satin, at the west end of the Burnside Bridge, which burned to the ground in the '60s under suspicious circumstances; the Hi-Hat Café on Barbur Boulevard, a favorite haunt of Supreme Court Justice William O. Douglas; and on the east side Sam's Hideaway, with walls adorned with nude paintings, a la San Francisco's famous Domino Club.

Dozens more hot, and not-so-hot, spots bring back sweet memories to us old-time Portlanders. Feel free to remind me of one when we meet in the elevator or Aria. ☘

Chanukah

by Roy Abrahamson

It may have been George Carlin who said “the problem with being an atheist is there are no holidays.” Jews have no shortage of religious celebrations and one of the most widely observed is Hannukah – spelling optional. Uniquely it is not based on the Old Testament but on an historical event. About 160 B.C. the Jews rebelled successfully against the Seleucid Empire (Syria).

They found their Temple had been desecrated and they set out to restore it.

This involved re-lighting the Eternal Lamp over the Torah scroll and using consecrated oil. They could only find one day’s supply of oil but this miraculously lasted for the eight days it took them to prepare more. So now we have an eight day event which involves lighting candles in a special holder (Menorah) and some prayer. And of course, holiday food which is usually fried in oil – latkes (potato pancakes) and jelly filled pastries.

Hanuka, in the Hebrew calendar, falls close to Christmas. In the 20th century it became a sort of parallel time for gift giving for Jewish children, usually in the form of Chanuka “gelt” (money). This is something we still observe in my family and the cash flow is traditionally downhill from parents and grandparents to offspring. In some families it includes gifts of chocolate “coins” wrapped in gold foil, a symbolic treat not popular with dentists.

To learn more, consult Google or Leo Rosten’s “The Joys of Yiddish.” Or sample Todd Albert’s latkes in our dining rooms when the season is nigh. They go well with apple sauce or sour cream, or to be truly ecumenical, salsa. ❀

Menorah courtesy of Elaine Yudkin.
Christmas tree courtesy of Toni Tidman.
Photos by Curtis Guthrie.

Festival of Lights

by Helen Stern

A Jewish child can feel left out of the revelry of Christmas. From Thanksgiving to New Year’s, the world fills with Christmas decorations, parties, caroling, candy canes, tree decorating and Santa.

When my kids were little, I would occasionally spot them looking wistfully at celebrations in which they weren’t participants. I remember feeling that way as a child, too. It was therefore important to Jerry and me to make this holiday as festive and meaningful as we could for them. Instead of feeling left out, they learned to feel special, to cherish the richness of their heritage and later, to create wonderful Chanukah memories for their own children.

We enjoyed many special traditions as a family. Every night the children would take turns lighting the candles on our Menorah. I can still picture the light shining on their faces as they recited the prayers.

On one of Chanukah’s eight nights we would give the children Gelt (money) and they would each choose a charity to which to donate their money. It was a powerful opportunity for our kids to enjoy the gift of giving, knowing that they were participating in Tikkun Olam, which means healing the world.

I think they would tell you that this ritual was even more memorable and meaningful than the other seven nights when they would receive gifts of their own.

On another eagerly anticipated night of the holiday, we would gather at their grandparents’ house for a big celebration with aunts, uncles and cousins. The kids would get wound up with festive frenzy while we adults watched them lovingly, reliving our own childhood excitement.

We all enjoyed being together as a family, creating fond memories and savoring the warmth and beauty of the Festival of Lights. ❀



ate the Holidays

Festivities are for All

By Nancy Moss

Our daughter Karen, who proclaims her atheism on Facebook, bustles around for weeks buying Christmas presents, decorates a beautifully fresh Christmas tree and prepares a vegetarian holiday feast for her family. Something about the end of the year, the prospect of a new start, days becoming longer, more sunlight and less darkness, makes us all want to celebrate, no matter what our beliefs.

Picture an early caveman strolling to the edge of his dwelling, looking at the lowering sky, and thinking, I'd like to kill something special today. ❀

Christmas in the Cotswolds

by Sue Knoll

When Paul had a year's grant for research in Poland, the rest of the family, faced with poor housing options, remained in the states.

But we made plans to be together at Christmas and decided that England, specifically Chipping Norton, a market town in the Cotswolds, was the ideal location. The children, who were in seventh and eighth grades respectively, found the idea of Christmas in "jolly old England" a jolly idea indeed.

Paul spent the darkening winter days in the libraries of Warsaw and Cracow while occasionally emerging to find local handmade chess sets and amber jewelry to bring to our family reunion.

We arrived in England to find the carols sounding better with the backdrop of old buildings, and thatched roofs on country homes that looked like Christmas cards.

We saw Stonehenge on the 21st of December at the winter solstice, went to Evensong at Wells Cathedral, ate "real" Cheddar cheese, and finally arrived at our Christmas hotel in Chipping Norton.

Christmas day was splendid in every way. We shared gifts—those that Paul had brought from Poland and those that Sue had found in the states. We heard morning carols, took a walk through our market town in the bracing chill of early winter, and then came back to the hotel for our holiday meal, a massive turkey feast. Christmas was everything we had hoped it would be after those long months apart.

However, English traditions had a surprise in store for us. The next morning we were awakened by the sound of baying hounds and the clatter of horses' hooves on the cobblestone street below our window. Looking outside, we found there were indeed many horses with riders in elegant red or black coats accompanied by what looked like scores of dogs.

Yes, it was the Boxing Day Hunt and members of the local hunt club had gathered at our hotel for their send-off libation before "riding to the hounds". Our son could not get dressed fast enough and soon we were all outside to watch unfold the tradition of the stirrup cup being drunk, the foxhounds being let out, and the riders mounting their steeds. It was all very picturesque, and we stood mesmerized among the multitude. With sudden shock, however, we shortly realized that our son was no longer with us. A quick survey of the crowd soon revealed that there was a small spot of blue in the midst of a sea of hounds. It appeared to be a down jacket, and there was our son being lovingly licked and slobbered upon by countless dogs.

Soon the Master of the Hunt blew the starting horn; the cry of "tally ho" resounded through the village square; and the riders and hounds tore off to scare up a fox somewhere in the countryside.

We instead went into breakfast and later also departed in our rental car to explore the quaint Cotswold villages.

Soon however we became aware of a very strange and unpleasant odor in the car. Those hyper-enthusiastic dogs had left a permanent souvenir of scent and stain on our son's brand new down jacket. It was a short life for that jacket! But a great memory of our Christmas in the country. ❀



A Memorable Christmas Eve

by Linda Wood

Christmas Eve day was cold and clear in Seattle, the sky blue, the air crisp and invigorating. Our wrapped presents lay under the tree, my sister's apartment was decorated, all the cooking and baking of special treats for the holidays finished.

My partner and I were visiting my sister in Seattle for the holidays for the first time since she had moved. Her new home, half of a one-story duplex, was a modest but comfortable two-bedroom apartment.

On Christmas Eve, we thought of a few items to pick up at the grocery store. So at about 4 p.m. all three of us set out for the store.

The shopping center was festive, with holiday music playing and last-minute shoppers scurrying around; we stayed longer than anticipated. When we came out, it was getting dark; we decided to drive around and look at the holiday lights decorating homes in the city.

It was quite dark by the time we pulled into her driveway. The cold had intensified, but there was still no sign of rain or snow, just the sharp brittleness of cold. We could see our breath in the air.

We first noticed a wet doorstep, and then saw water running out under the front door. My sister unlocked the door, and we discovered that the wall-to-wall carpet in the entryway and living room was completely saturated. Water stood about an inch deep on the hardwood floor in the small dining area and kitchen. We could see water coming through the ceiling along one wall of the living room, just a few feet from the Christmas tree. Everything at that end of the room was completely waterlogged. The carpet in the hall and bedrooms was wet, too, and getting wetter by the minute.

Due to the extremely cold temperatures, a water pipe in the crawl space above the ceiling had broken. How to stop it? Would we be able to reach the landlord on Christmas Eve? If we couldn't reach him, who could we get to help us?

My sister went to the phone and started trying to reach the landlord.

My partner and I immediately went to the utility closet looking for mops and rags. We frantically began picking up everything movable on the floor, to get things to a dry place – except there was no dry place anywhere except the driveway.

We wiped everything that we could pick up as dry as we could and put it out on the driveway, which quickly filled up with end tables, upholstered chairs, lamps, a desk and bookshelves and even the dining table and chairs.

We left the front door open as we moved things, and were worked so hard we didn't feel the cold.

Everything along the wall below the broken pipe, including the Christmas tree and all the presents under it, was saturated and not salvageable. Wrapping paper, ribbons, boxes, and presents were a soggy, terrible mass.

Once we got everything we could move outside, we went to work soaking up the water standing on the hardwood floor. We were running out of rags and one mop was not much help against that much water, but we kept working.

My sister had been able to reach the landlord, who was on his way over. She joined us in moving things, and when we finally had everything we could move off the floor throughout the entire apartment, my sister burst into tears. Her home was in chaos, her possessions outside or piled on the kitchen counters and beds, large pieces like the sofa still on the wet carpet and our Christmas tree and gifts all destroyed.

The landlord arrived and turned off the water to the apartment. Although he promised to bring big fans in to start drying the apartment, for the time being it was uninhabitable.

By now, it was nine or ten at night, and my sister's furniture was all out on the driveway. We couldn't leave it there. Once we got the hardwood floor dry, we moved all the furniture back inside and stacked it up in the dining area and kitchen, where it completely filled the space.

We were exhausted, and it was time to quit. In just a few hours it would be Christmas Day.

Fortunately we had a place to sleep that night and a place to celebrate Christmas. My parents had recently sold their home and moved into an apartment a few blocks away. They not only had an extra twin bed, but they had kept their old sofa with a fold-out bed. It was uncomfortable but we were so tired that we slept well.

About a week later, my sister was able to move back into her apartment. ❀



"How do I know you're not going to turn around and spend it on eggnog?"

Council Picks Two Holiday Charities

Once again, the Residents Association of Mirabella Portland has selected two local charities for community sponsorship this holiday season.

The first is a Southeast Portland-based charity called



JOIN, one of Mirabella's two charities this season, helps people like these. Photo by Robert French

JOIN, which helps homeless people find permanent housing.

Sandy Stapleton is leading the sponsorship of JOIN, which saw its executive director present a Mirabella program on the project in early November.

Mayor Charlie Hales has declared a state of emergency to address Portland's homeless problem.

Portland's homeless problem is not new. According to a federal Housing & Urban Development department study, the city had approximately 4,000 homeless people in January 2014.

The second RAMP charity is CARES Northwest, which was profiled in the March 2015 issue of 3550.

Its mission is to stop child abuse and neglect.

Mirabella volunteers contribute by making quilts, which become an oasis of beauty and warmth in an unhappy child's life.

According to Mary Zehrung, the group has made 110 quilts in the last four years.

Designated holiday charities in past years include Toys for Tots, the Northwest Pilot Project and the Oregon Food Bank. ❀

Love Your Ears!

OHSU SoundSource carries the latest hearing aid technology.

SoundSource Hearing Center is part of the OHSU Department of Otolaryngology. Proceeds from SoundSource fund hearing research and other vital research at OHSU.



Services include:

- Full hearing aid services including recommending, dispensing and programming
- Comprehensive hearing evaluations for adults
- Hearing aid repairs
- Hearing aid batteries



Call for an appointment today!

503 418-2555

3550 SW Bond Ave., Suite 173



The East Side: Places to Explore

by Nick and Priscilla Cowell

The newly opened Portland Streetcar Central Loop line over Tilikum Crossing provides South Waterfront residents with a fascinating new area to explore. The Central East Side is a work in progress. Light industrial businesses, food distributors and warehouses are giving way to restaurants, home décor shops, and cultural venues, all interspersed with uneven sidewalks, rumbling delivery trucks and piercing train whistles. We have grouped our favorite destinations around their closest streetcar stations, all within a four-block walk from the station. As you explore the area we hope you will share your favorite new destinations with us.

To begin, board the B Loop streetcar at SW Moody and Meade, opposite the Skourtes Tower School of Dentistry. To return from Grand Avenue walk one block west to MLK and take an A Loop streetcar.

SE Water/OMSI Station

From the first stop at the end of Tilikum Crossing walk down a few stairs to the left of the streetcar



and down a blacktop pathway to the Willamette River and OMSI, the nationally famous **Oregon Museum of Science and Industry at 1945 SE Water Avenue.** Watching out for

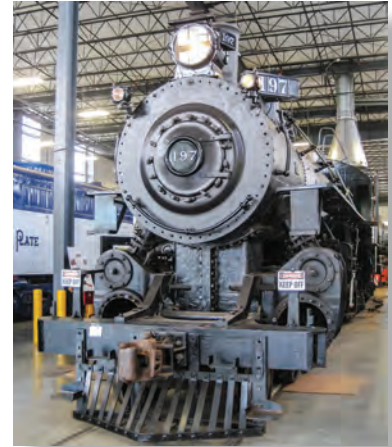
bikes, walk along the Springwater Trail to a small grass circle where there is an entrance to the OMSI ticketing area.

OMSI has something to interest all ages. In addition to browsing the museum's many permanent and traveling interactive science displays you can visit the SS Blueback, a retired US Navy submarine; see adventure and science films on Portland's largest screen at the Empirical Theater; marvel at half-hour shows at the Kendall Planetarium; and experience motion such as a snowball rolling downhill in the Motion Simulator Theater. A gift store stocks science-oriented games, toys, and experiments. The Theory Café serves gourmet pizza, Salt and Straw ice cream and many other kid and adult favorites in an inviting riverside space. To check seasonal hours and ticket prices call 503-7979-4000 or go to www.oms.edu

Walk south along the Trail (remember the bikes!) a short way to the **Hampton Opera/AllClassical Building at 211 SE Caruthers Street.** Upstairs is the **All Classical Radio Station.** On Thursdays at 3:00 pm they broadcast live one-hour performances for intimate studio audiences, featuring local and visiting musicians. To reserve a seat in the audience on a specific day, go to www.allclassical.org and click on Thursdays@3:00 along the right hand side. If you arrive at 2:00 you can have a tour of the broadcast station.

Just behind the Hampton Opera building across Water Avenue is **The Oregon Rail Heritage Center at 2250 SE Water Avenue,** a working museum and home to Portland's four treasured steam locomotives. A volunteer will tell you the fascinating

history and restoration of each of their locomotives. Number 700, the largest working steam locomotive in the country, pulls the Holiday Xpress train with Santa Claus aboard from



Oaks Park between Thanksgiving and Christmas. The Center is available to rent for kids and adult parties and has a small railroad oriented bookstore and gift shop. Admission is free. **Open Thursday to Sunday 1-5 pm. Phone 503-233-1156, www.orhf.org**



SE Grand and Hawthorne Station

Cross Grand Avenue and walk one block north to **Kidd's Toy Museum at 1301 SE Grand Ave.** In this corner beige and gray building F.E. Kidd has stored part of his lifetime collection of children's toys dating from 1869 to 1939. The entire five room museum is stuffed with glass display cases of iron and tin figures, toy soldiers, buses, train sets, character toys, railroad memorabilia, patent models, die cast vehicles, dolls, the country's finest collection of mechanical banks and more. Admission is free. **Open Mon-Thurs noon to 6:00 pm and Fri 1:00 pm to 6:00 pm or by appointment at 503-233-7807.** Knock loudly on the unmarked brown door and wait while the attendant comes to let you in. www.kiddstoymuseum.com

SE Grand and Taylor Station

The streetcar stops in front of Rejuvenation at 1100 SE Grand



Avenue. Cross Grand and walk down Taylor Street two blocks, turn left at Third Avenue, and walk one block to **Pratt and Larson Tile Company at 1201 SE Third Ave.**, the retail outlet for gorgeous hand-made tiles. Even if you are not planning a tile back splash in your kitchen the beautiful tiles here are an overwhelming experience in color and pattern. Many of the tiles are made on site, and you can schedule a

tour of the factory. **Open 9-5 every day. Phone 503-231-9464**
www.prattandlarson-or.com

From the station cross Grand and walk three blocks west on Taylor Street to **Clarklewis at 1001 SE Water Avenue**, an upscale restaurant with garage windows open in good weather to the busy urban scene. A pioneer in the farm-to-table movement, it features fresh fish and local produce, and burgers and rib eye steaks are grilled over a white oak fire. **Open for lunch Mon-Fri 11:30 to 2:00; a bountiful happy hour menu Mon-Sat 4:30 to 6:30; and dinner 5:30 to 9:00 Mon-Thurs and 5:30-10:00 Sun. Phone 503-235-2294**
www.clarklewispx.com

From the station walk one block north to SE Yamhill Street, cross Yamhill and walk three blocks west to SE First Avenue. The bright red building on the right is **Cargo at 81 SE Yamhill**. Inside is a three-story array of vibrant new and antique folk art, clothing, jewelry, textiles, furniture, cushions, sculptures, beadwork, and art from Asia and all over the world. **Open 11-6 every day. Phone 503-209-8349**
www.cargoinc.com

SE Grand and Morrison

From the station walk 1½ blocks north along Grand Avenue to **Kachka**, "duck" in Belarus, at **720 SE Grand Ave.** The second-generation Russian chef prepares food that would be found in home kitchens in Russia and some former Soviet republics, and 40 brands of vodka are on offer from the bar. The décor is kitschy Khrushchev era and lots of fun. Outstanding service staff will explain everything on the menu. On a first visit you might go at Happy Hour and choose from the menu of steamed dumplings stuffed with meat in a sour cream and dill sauce, fried dumplings stuffed with farmer's cheese and scallions, pickled vegetables, lamb meatballs, and

assorted meats and cheese. **Open for Happy Hour 4-6 and 10-midnight every day and Dinner 4-10 every day. Phone 503-235-0059**
www.kachkapdx.com

From the station walk ½ block north, cross Morrison Street, turn right, walk one block, cross 6th Avenue, and on your left at **726 SE 6th is Trifecta Tavern and Bakery**, the terrific third creation by Ken Forkish of Ken's Artisan Bakery on NW 21st and Ken's Artisan Pizza on SE 28th. At Trifecta you can sit at the long bar facing the open kitchen and watch the chefs prepare unusual small dishes to be shared or sit at booths with red leather banquettes. The theme is American cuisine with a twist. All the breads are baked on site, so the hamburger comes with pimiento cheese on a just-baked brioche bun. **Open for dinner Mon 5-9, Tues-Thurs 5-10, Sat 4-11, and Sun 4-9. Happy Hour Mon-Thurs. 5-6, Fri and Sun 4-6, and Sat 4-5. Phone 503-841-6675**
www.trifectapdx.com

From the station, cross Grand Avenue, turn right, and walk two blocks north to a beautifully restored historic building that houses the **Architectural Heritage Center at 701 NE Grand**. It is the brainchild of Jerry Bosco and Ben Milligan, Portland preservationists who saved architecturally significant elements from Portland area historic buildings that were being torn down. In 2005 the Center opened and some of the collection began to be displayed: art glass, metal hardware and ornaments, wooden carvings, photos, and more. There is one main exhibition each year; a collection of stained glass by the Povey studio and other local art glassmakers opens in February. The Center also conducts guided historical and architectural walking tours of neighborhoods all over the city. **Open Wed-Sat 10-4:30. Phone 503-231-7264**
www.visitahc.org

All photos by the authors. ☼



Rolf Glerum, son Kirk and daughter-in-law Melissa toast the arrival of the NancyVan, named for the late Nancy Glerum, and used to take residents in wheelchairs to medical appointments. Photo by Susie Shanklin.



"Grizzled"—I like it."



"Do you fly to any countries where the moral climate hasn't hopelessly deteriorated?"

Shhh! I'm Exercising My Brain

by Sybilla A. Cook

Once upon a time, the trendy followed diet faddists and aerobics aficionados.

Now it's all about the people who advocate brain exercises (neurobics) to keep our minds active. My mind needs all the help it can get, but I don't have to look far for challenges. They surround me.

"Learn a foreign language!" say the experts. Why? Strange words, like "neurobics," crop up in everyday English. Others, like "tweet" and "thong" mean something else. As soon as I've figured out the translation they disappear, replaced by new words or phrases.

"Do ordinary activities in a novel way, like brushing your teeth with the opposite hand."

Today many ordinary activities have changed drastically. Like using a restroom.

Once it was automatic. You pushed a handle to flush, turned another to wash your hands, and used a towel to dry them. Restrooms require alertness. Toilets are out of control. They flush unexpectedly, or don't flush at all. Invisible electric eyes may or may not operate faucets and towel dispensers. I hope no security cameras are watching as I wave my hands around to dry while looking for a towel. All that's missing from this exercise is the aerobic music—and sometimes even that is piped in.

Self-check grocery stands are another challenge for the mind, as well as requiring balance and dexterity.

While clutching a purse, money, lists and coupons—there's no room to set anything down—you must scan your own cans and boxes, touch screens correctly and in proper order, and load your bags only when instructed by an automated voice. Then you hunt for different slots for your credit cards, bills, coins and coupons, and find out where the change and receipts appear—usually in obscure slots and always different from store to store. That's a whole day's worth of mind exercise!

"Intellectual challenges enrich the connections between brain cells."

Use a computer. An ATM. Or a cell phone. One major challenge is remembering which combination of words and numbers actually work on a particular machine. The newest cell phones do almost anything — display games, take pictures, and play music. Instead of ringing they either sing or vibrate. Maybe someday they'll even give massages. If—and that's a really big if—I could learn how to operate the phone menu, I might even be able to cook dinner from my car.

"Do puzzles."

Figuring out today's packaging is a 3D puzzle. Goodbye to easy things, like untying knots and lifting box tops. Once all covers and caps and light bulbs unscrewed by twisting left. The only real test was an occasional stuck lid.

Today, every package has its own challenge. Are there two tiny arrows to line up? Do you push down while twisting? Or twist while pulling up? Is there a magic string to unzip the package? How do you open a re-closable package? The challenge is even greater in the dead of night, especially if trying to get the lid off the aspirin bottle to soothe a cramping brain.

No, the mind gurus are on the wrong track. The problem is not too little brain exercise but too much. Our cortices are cluttered by an overload of information. There's too much to remember today—and my mind, for one, is running out of room. Perhaps I could learn more easily if I could forget the things no longer worth remembering. My old home room number. The street address I had as a child. The Latin version of the Caisson song.

I've got my own challenge for those researchers. Search for the delete and save buttons in the brain. Find out how to defrag and declutter those cells. Then my mind will have some needed space for exercise.

But for now I'll relax with solitaire and crossword puzzles. I'm not wasting time—I'm doing my neurobics. ❀



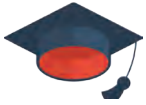
What do the lights on the Tilikum Crossing actually mean?

Good question. Tri-Met is kinda secretive about that. We know the bridge lighting changes with water depth, temperature and speed – but how? It would be nice to be able to "read" the lights, but that's not going to happen any time soon.

Here's what Tri-Met says officially:

"The colors generally reflect the temperature of the river, so the warmer tones are in the summer and the cooler in the winter. Rather than have a 1 to 1 relationship, people should think of it more along a spectrum."

Cleared that right up, huh? ❀



Mirabella Employees
Apply now for over

\$5,000.00 in
YES Project Scholarships
Exclusively for Hourly Mirabella Employees

Online at:
www.OregonStudentAid.gov

While online explore the more than 475 other scholarship opportunities, worth over \$16 million, offered through the Office of Student Access and Completion. You could be eligible for several scholarships. Applications are due by March 1st for the 2016/17 school year.

Questions ask:
Mirabella Human Resources Department

The YES Project is an endowed scholarship funded by Mirabella Residents and administered by the Oregon Community Foundation. For more information contact Dave McCammon at 6724 or box 607



Shop at Amazon and
Benefit the Mirabella Foundation

Just use the AmazonSmile program for your Amazon purchases. AmazonSmile donates 0.5% of any Amazon order to the Foundation *at no cost to you*.

It is Easy to Use AmazonSmile:
On Miranet: Enter Amazon site by clicking on the Amazon logo at bottom right of Homepage, or

Go to “Groups” and “Foundation” and follow the directions there, or

Call Foundation Committee co-chair Ron Weber at 6701 and he will walk you through it. Using AmazonSmile will not affect any of your personal settings on Amazon.

Thanks for choosing this easy way to support your Mirabella Foundation.


Back Alley Sale Sets New Revenue Record

Mirabella residents “stepped up big time,” says Ron Weber, co-chairman of Mirabella’s foundation committee, of September’s Back Alley sale, which raised more than \$22,000 for employee scholarships.

Megan Huston, who spearheaded the three-day sale, agrees that the event brought residents together as a community, whether they worked at pricing, picking up bulky items, or just attended as shoppers.

Having almost doubled the money raised from 2014’s \$12,500, Mirabella looks forward confidently to next year’s sale. “We tried to be smarter,” Ron says, explaining that the committee priced goods more realistically and expanded its effort to the neighborhood around Mirabella, distributing posters to South Waterfront businesses.

The sales’ proceeds go to the foundation’s employee scholarship fund. Greater profits from the sale mean expanded prospects for some of Mirabella’s employees. ❁



- Comprehensive Eye Exams
- Contact Lens Fitting
- Rigid Gas Permeable, Specialty and Custom Contact Lenses
- Ocular Disease Diagnosis and Management
- LASIK co-management
- Highest Quality Eyewear, Digital Lens Technology and Custom Fitting

Mila Ioussifova, OD

South Waterfront Eye Care offers a relaxing and intimate atmosphere of a boutique, while providing full scope optometric services, utilizing the latest tools and technologies in eye care.

 SOUTH WATERFRONT
eyecare
3615 SW River Pkwy | Portland, OR
p. 971-229-0820 | f. 971-229-0821
SouthWaterfrontEyecare.com



SOUTH WATERFRONT DENTAL

NEW
PATIENTS
ALWAYS
WELCOME

3671 SW RIVER PARKWAY
PORTLAND, OR 97239
503-841-5658
www.southwaterfrontdental.com
info@southwaterfrontdental.com



Come meet the staff of South Waterfront Dental

We recognize that finding health care providers can be a very difficult task.

We would very much appreciate the opportunity to meet your dental needs in a professional and caring environment.

Portland Streetcar Diary

By Nancy Moss

One of my pleasures in walking to the OHSU streetcar stop is to yell at passing bicyclists, in the clearly marked Pedestrian Zone, “Pedestrian Area! Pedestrian area!” Their response, in the order of frequency, is: 1. They ignore me. 2. They yell out something that I can’t quite hear but guess to be something like, ‘Be quiet, old woman!’ 3. They stop and dismount from their bikes. One man even said, “Sorry.”

Scene #1

Standing at the crossing by the streetcar stop, a young man asks, “What do pounds measure?”

He pushes the control button. “Wait,” says the mechanical voice. “I’m easily bored,” he tells us.

Streetcar, scene #2

Two women are sitting together talking to a third woman, who is standing in the aisle. A blonde woman, holding a plastic cup that may not contain coffee, lurches into the seat behind them.

“I’m showing her Portland,” one of the women says to the woman standing in the aisle.

“Goddamn it!” yells the blonde.

“Lava fields,” continues the first woman. “And on the other side of the road, a forest. You should go there.”

“Just leave me alone!” yells the blonde.

“...Lava fields. Amazing.”

At the next stop the blonde woman gets to her feet and makes it to the door.

“And I got a pop-up book for a 4-year-old,” continues the first woman, imperturbable. “It’s perfect.” ❄

Support
Your
Mirabella
Foundation

— It
Supports
You

Until recently, my lovely wife, Adrienne, was a superb map reader. Whenever we would take a road trip together I would be the pilot and she the navigator. Frankly, it was amazing. No matter how circuitous the route, she would always find our way. It must have been her American Indian heritage.



Then a sad thing happened: her eyes got old. Suddenly, she not only had trouble seeing road signs; she could barely make out the map. We decided that it was time to buy

a GPS...which I astutely determined would be a lot cheaper than either Lasik surgery or another pair of expensive prescription lenses.

After a thorough search, we

Larry Braverman

decided on a Garmin. As soon as she saw the brand, Adrienne quickly and coldly calculated that it was a simple cheap tool. It was exactly what she wanted. She bought it without giving it a second thought.

For me, the Garmin purchase turned out to be much more than merely cost-effective; it became emotional. I loved the voice and the feel of the instrument. I couldn't wait to get it into the car. I named her Carmen.

I'll never forget our first trip together with her, which was a long, complicated drive to visit a number of close relatives and old friends. We first flew to Boston from Portland, then drove our rental car to Chapel Hill, North Carolina, by way of Lee, Massachusetts; Saugerties, New York; Utica, New York; New York City; Bel Air, Maryland; and Washington, D.C.

Right from the beginning Carmen took charge. No matter how circuitous the route or how bad the traffic, Carmen knew exactly what she wanted to do. There was never any annoying hesitation or second guessing. When she wanted to go left, there was absolutely no doubt about it. She was bold and assertive, yet sexy at the same time. Driving was fun again.

To be honest, it was kind of strange. Normally, men don't listen to women. What I mean is, men pretend to listen to women, but their minds are usually somewhere else... like on the football game playing on TV.

But with Carmen there were no football games. With her you were all in. Trust me; if she wanted you to turn left, you turned left. I found it to be a real turn on. I just loved being dominated. She made me feel young and exciting again. I thought our affair would go on forever.

That is, until I realized that Carmen made terrible mistakes. We'd be riding down the left lane of a busy highway, and, suddenly, out of the blue, she would insist that I turn right. But it would be too late. There

would be no way for me to obey her without getting ourselves killed. I would try to explain to her that she needed to give me earlier notice, that she had blundered, but she would hear none of it. Then I would try flattery, telling her that even though she sometimes acted impetuously I was still very impressed with her ability to make quick judgments under great stress. She would simply ignore me and...so typically female... never admit to being wrong. Then she would coldly notify me that she was "re-computing."

Her once sexy voice had now become harsh and overbearing. Carmen had suddenly transformed into Helga. She started talking so fast that I could hardly understand the b..ch. Now it became clear. Helga didn't like our cheap, rental car; she wanted to be part of a new, more expensive, luxurious model like a German Mercedes.

It suddenly dawned on me that Helga was not lovely. Adrienne, on the other hand, was reasonable and sensible, clever, even-tempered, understanding. Sure, she liked to be comfortable, but material possessions did not impress her. Moreover, she was patient, kind and never overbearing.

Frankly, I began to realize that I missed Adrienne being my navigator. I told her that if she would be willing to get rid of Helga, I would gladly foot the bill for a new pair of expensive eyeglasses or even Lasik surgery.

She informed me that she would think about it. ☼

Happy Holidays
from your 3550 staff

Back Cover:

Take a last look.

This view, from the lot over the parking garage south of CHH and looking toward Curry, will disappear once construction starts.

Photo by Robert French

Roundtrip from Miami for the first time in 50 years

LANDMARK VOYAGES AROUND CUBA IN-STYLE

Aboard the deluxe 210-guest ms Saint Laurent



Four 2016 sailings with engaging
People-to-People Discoveries

ALEXANDER+ROBERTS

ORIGINAL JOURNEYS SINCE 1947



Book Now...
Space is limited

Contact

Willamette International Travel
Portland, Oregon
502-224-0180

Sail into Havana Harbor

