

3550





NANCY MOSS
Editor



BOB HOPKINS
President

Driven by financial necessity — by deficits caused by Medicare’s diminished support of skilled nursing facilities (SNF) — Executive Director Sharon Van Eaton hopes to change Mirabella’s skilled nursing unit into an expanded assisted living one. “It’s not a done deal,” she says, “but a hope for where we’re going.”

“You’ll still get the care you were promised,” she adds, describing a process of change that includes involving RAMP leadership, its finance and health committees, families of residents in the present skilled nursing unit and residents with a background in healthcare.

But Mirabella residents have contracts. In the June 2023 issue of 3550, Pacific Retirement Services (PRS) Chief Operating Officer Anthony Sabatini says PRS “signed a contract to provide skilled health services to residents. A contract is a contract,” adding that PRS might have to “come into the community” and sell the necessity for change.

The key word here is community; we are all stakeholders. It is not enough to deal with residents in leadership positions. We bought into our units singly or in pairs; everyone needs a chance to raise questions. No question about the future of a person’s health is trivial. This is a time when everyone should look at their individual situation and be ready to talk to Sharon, or any other PRS spokesperson, about any concern they have.

Sabatini calls “skilled health services” a PRS healthcare requisite. Many residents who have helped care for a parent have seen skilled care in action. When Parkinson’s affected my mother’s swallowing, her nurse would toss a couple of Doritos into her smoothie, thinking my Mom would enjoy the little crunch and saltiness. Closeness of observation, allied with specific skills, is part of expert care.

Medicare’s continued lowering of its coverage of SNF has led to severe shortfalls at Mirabella. Sharon has a possible solution but must work to inform every resident. We each have a personal stake in the outcome.

As I write my last column as president of RAMP, I find myself reflecting on my experience at Mirabella during my three plus years as part of this community. Before my move here, I could watch Mirabella being built from my skyscraper office downtown. From our last home at the top of SW Corbett Avenue a few miles away, my wife Terri and I became familiar with the beauty and appeal of the Willamette River and the Cascades, forests and hills surrounding us. But becoming immersed in the Mirabella community was something else — both surprising and delightful.

It started with much laughter and exchanging stories with the many residents who welcomed us, offered helpful advice and invited us to dine with them. Soon we were persuaded to abandon many of our expectations of a quiet, sedate retirement and instead take advantage of what was here and get involved. That promptly led us to participation in many fitness and other activities, joining a book club, enjoying numerous events in Willamette Hall and co-chairing the emergency preparedness subcommittee’s mobile team.

I was then asked to chair the activities director research committee and fill in as RAMP vice president which fast tracked me to becoming RAMP president. In the meantime, Terri became active in both German and Spanish language conversation groups, ukulele, arts committees and writing presentations—and for the past two years has been the welcoming committee chair. Now we both are in the Mirabella Chorus.

I mention all this to demonstrate how easy it is to stay active and involved at Mirabella. The rewards are immense: meeting other residents, developing amazing new friendships and having fun in the process. Participation benefits the entire Mirabella community, enhancing the enjoyment of this beautiful place for all of us.

So, please partake as you can and enjoy more where you and we live. And thank you for allowing me to serve as your RAMP president.



Front Cover

Rosemary Hole works on her mixed media painting of a lily pond in the art studio.

Photo: Robert French



Back Cover

“A perfect moment,” Johanna King says of her photograph taken at the north end of the High Line in New York City.

~ The Inside Scoop ~

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Ed Parker and Anne Clark sporting their gold medals.

Dynamic Aging 4 Life Publishes Parker Article

In May 2024, the magazine Dynamic Aging 4 Life published an article by Mirabella resident Ed Parker titled "Dragon Boat Paddling: Life After Alzheimer's Caregiving."

The article and comments about it by readers may be viewed at no charge on the internet at <https://dynamicaging4lifemagazine.com/dragon-boat-paddling-life-after-alzheimers-caregiving/>.

The article describes how Anne Clark and Ed Parker got together and some of their adventures. It includes pictures and some information originally published in the December 2023 issue of 3550 and tells how that earlier article helped them win an age discrimination protest.

Editor Joan Virginia Allen called Ed's story "wonderful and inspiring."

Lipsey Portrays Goat

Mirabella resident Mikki Lipsey recently played the role of a "demented old goat" in Shaking the Tree Theatre's performance of Audrey Cefali's play "Alabaster." Mikki, who has appeared in many Mirabella Players' productions, said the "demented and old" came fairly easily to her; "goat" was a

bit harder to achieve.

Last year Mikki appeared in Portland Revels as Moirin, the owner of an Irish pub which celebrates the winter solstice. In her 16 years with Original Practice Shakespeare, Mikki has played roles ranging from Juliet to King Lear.

Van Eaton Gains New Title

Mirabella's executive director is now Pacific Retirement Services (PRS) Senior Executive Director Sharon Van Eaton.

For PRS, Mirabella's parent company, that is a regional position; Sharon will have some oversight of Holladay Park Plaza and Cascade Manor in Eugene.

Sharon describes this as "review of financial issues or concerns," leadership challenges and any resident concerns. Unlike Mirabella, which cannot expand, those two facilities may be looking at expansion.

Sharon says, "I don't foresee myself being pulled out of Mirabella too much," that most of the work her enlarged responsibilities entail can be handled remotely, often by email.

Asked about PRS culture, Sharon says that, after creating a new strategic plan, described in a previous 3550, PRS is working to examine its culture, answering the questions of "what are the values and behaviors in a community setting?" which involves the basic question of "how work gets done."



Sharon Van Eaton

Photo: Pacific Retirement Services

RAMP to Vote on Amendments

Proposed amendments to the Residents' Association of Mirabella Portland RAMP bylaws recommended by RAMP president Bob Hopkins will be on the ballot for approval by association members at the 2024 Annual Meeting on September 18. The amendments approved by the council, at its July meeting, refine the major revisions from last year's annual meeting.

The proposed amendments to Article 5, Section D and Article 17 of the bylaws of (RAMP) authorize the amendment process to be used at special association meetings. The present bylaws allow the amendment of the bylaws only at the annual meeting in September and the semi-annual meeting in March.

Allowing amendments at a special meeting will allow the amendment process to respond to an emergency that occurs between the annual and semi-annual meetings. The power to act quickly in an emergency can be important.

The proposed amendments to Article 5, Section D set a minimum time of at least five days in advance of an association meeting for notice of the meeting to be given to association members and allow the notice to be given electronically. This standardizes the minimum advance notice time for meetings.

Based upon concerns expressed by President Hopkins, the proposed amendments address the "open meetings" provision in Article 7, Section B. The language adopted last September came from the Oregon open meetings laws. RAMP is not covered by the Oregon Open Meetings law, but the Purposes in Article Two of the bylaws and rules 2.2, 2.3, 2.4 and 15.A.3 establish RAMP's historical commitment to openness and transparency. Hopkins' concern was that the definition was too restrictive for members of the RAMP Council. The proposed change revises the definition of a "council meeting."

The new definition makes it easier for a quorum of council members to engage in preliminary discussions of important matters outside of a formal meeting, so long as the council members do not engage in final deliberations or reach a decision.

To balance the loosening of the coverage of the open meetings provision, two enforcement provisions were added. The proposed amendments to Article 6, Section F require the members of the association to remove from office any RAMP officer, council member or representative if the association determines that "cause" exists for removal.

The amendments also authorize, but do not require, the removal from office of any RAMP officer, council member or representative if the association determines that they willfully violated the bylaws or rules of RAMP or were absent from

two consecutive meetings without an acceptable written explanation. The amendments set procedures for the removal process and require a majority vote of the association at an association meeting.

The proposed amendments to Article 17 require the RAMP Council to review all proposed amendments. The power of the council to review proposed amendments made by members of the association is limited to making sure the proposed amendments are in proper form and properly numbered for inclusion in the bylaws, and determining whether they conflict with the purposes of the association found in Article Two of the bylaws.

The proposed amendments also correct two capitalization errors in the last sentence of Article 17.

— *John Foreman*

Police Officer Meets with Intruder Committee

On June 14, Portland Police officer Neil Parker toured Mirabella with members of RAMP's Buildings and Grounds subcommittee on intruders, Facility Services Director Kent Liebelt and Executive Director Sharon Van Eaton, looking at ways to keep the building safe from intruders with a focus on an active shooter incident.

Parker, a member of Portland Police Bureau's SWAT team, urged Liebelt and committee members to prepare a plan to respond to an active shooter and detailed possible steps for that plan beginning with research of prior incidents and ending with writing and practicing that plan.

He pointed out that Mirabella is a building with individual strengths and weaknesses that any plan must address.

Whatever plan emerges, Parker stressed, residents should "practice the plan so everyone has an opportunity to understand it."

Saving Energy

When you leave a room in your apartment, do you turn the lights off? Last May, Mirabella Executive Director Sharon Van Eaton announced that facility services will collaborate with Strategic Energy Management (SEM) to "enhance energy efficiency" and make residents more aware of their part in this goal.

As a follow-up to its July meeting, SEM plans to hold another in the fall.

As of this writing, Mirabella Portland and Rogue Valley Manor are the only CCRCs enrolled in SEM's program. Mirabella's Green Team is encouraging other CCRCs in the green consortium to work on further energy deductions. To learn more about SEM, visit www.strategicenergygroup.com/.



Photo: Johanna King

Director of Dining Services Patrick Warner

Patrick Warner: Chasing Perfection

“Everything about food is visceral,” says Mirabella’s new dining director Patrick Warner. “It involves all the senses.”

Beginning in the dish pit of a Mexican family-owned restaurant at age 13, he has always loved the energy of the kitchen. He is a graduate of Le Cordon Bleu College of Culinary Arts, was owner-manager of fine dining restaurant Scratch in Lake Oswego and has served as the director of various corporate food operations.

In all of these roles, “my personality creeps in,” Patrick says with a grin, “big, bold, colorful, over-the-top.”

His vision for Mirabella dining is to challenge every employee to be better today than they were the day before. Quoting renowned chef Thomas Keller, he says, “Perfect is something you never actually attain. It’s something you search for. Once you reach it, it’s not perfect. You’ve lost it. It’s gone.” His view is that perfection is fleeting and must become an outcome we chase relentlessly, knowing all the while that we can never attain it.

Patrick is not worried that his strong chef’s background might preclude collaborating with the chefs at Mirabella. “I don’t like divisions of front of house and back of house,” he says. “We’re all in the house together to create something special for our guests.” He believes the key to effective teamwork is to build trust and to understand that all sides have something to gain from collaboration.

If Patrick had only one last meal on earth, what would it be? A soul-satisfying creamy peanut butter and jelly sandwich with a cold glass of milk.

— **Marlena Fiol**

Ukulele Group Strums Away

Mirabella’s ukulele orchestra, under the leadership of Avery Hill, has performed for its healthcare floor and the monthly birthday party. Nine strong, plus Steve Lipsey, who plays the guitar along with them, they play what member Judy Seubert calls a “wide range of repertoire from pop and holiday to campfire songs, spirituals to Hawaiian — even Taylor Swift,” and, with RAMP funding, have put together a special Mirabella songbook. Suspended from a hot air balloon, they graced the back cover of a recent 3550.

Want to hear a spirited version of “You Are My Sunshine”? Come to the Ukulele Orchestra’s practice on 3 to 4 p.m. on Tuesday.

Photo: Anne Clark



Avery Hill

HELP WANTED	3550 seeks a volunteer experienced with or willing to learn Adobe InDesign software.
	If you are interested, please contact Nancy Moss - hawaimoss@msn.com Mirabella extension 6848 or Bert Van Gorder - bertvg@mac.com Mirabella extension 6630

Change Coming in Healthcare

By NANCY MOSS

Faced with recurring deficits, Executive Director Sharon Van Eaton hopes to change the status of the Mirabella's skilled nursing area to expanded assisted living. There has been, Sharon says, "no significant loss of the deficit" even after training Mirabella's own certified nursing assistants (CNAs) and raising fees last year by 10%.

The loss of \$208,000 on Mirabella's healthcare floor over the past year, while a remarkable improvement over last year's \$987,000, continues the pattern of a negative financial outcome.

The change in licensing will not reduce the quality of care, Sharon explains. Expanded assisted living will include the two-person carry — moving a patient from bed to chair or back — as well as turning a resident to avoid pressure sores and giving injections. There will always be a registered nurse on the floor.

The license will give Mirabella more flexibility in hiring, for instance, using more aides rather than more expensive CNAs. The new license would involve fewer regulations. Residents can still have a medical tax deduction under expanded assisted living.

Independent living residents will be involved in the change, Sharon explains. She plans to work with RAMP leadership, the finance and health committees as well as residents with a health care background to explain the change and get resident input. She will "open the discussion up for concerns" also to talk to the families of present health care residents. After using discussion to address resident questions, Sharon mentioned going to the Mirabella board to approve the change.

"The writing is on the wall," she says of skilled nursing facilities, adding that the health care inflation index is going up about 8.5%.

One way PRS hoped to reduce healthcare costs was by training its own CNAs rather than using more expensive contract workers. Eight of the last class of PRS-trained CNAs remain at Mirabella, according to Joscelyn Cook, health services administrator. She says that they bring a "fresh



Photo: Richard Mounts

Steven Skolnik demonstrates percussion to residents on the healthcare floor.

perspective, a new way of seeing process" to patient care, adding that "It is always exciting when you get people who want to come into the field."

Asked the difference between a registered nurse (RN) and a licensed practical nurse (LPN), Joscelyn says that only an RN can assess or put together the minimum data set about a patient, which might cover the level of pain, skin issues, cognitive ability and need of equipment such as a walker, wheelchair, hearing aids or dentures. The minimum data set, which can contain 15 or 16 sections, is paperwork-heavy, a "regulation checkmark," Joscelyn says. Only a few people on the floor see the minimum data set; everyone sees their patients' care plan.

It is that care plan, which is separate from the minimum data plan, that "drives the care," according to Joscelyn. The LPN has the "knowledge and skills to observe change" in a patient's condition, she says. The LPN, who can evaluate, has the feel of a patient's condition, such as any change in vital signs.

Losing complex requirements like the minimum data plan Joscelyn describes may seem like a good idea to residents.

After Covid, new regulations hit nursing facilities, many of which went out of business. The shift in status of the healthcare floor from skilled nursing to expanded assisted living would eliminate certain regulations, but the area would still, Joscelyn points out, be surveyed, report abuses, and report to the Center for Disease Control every day. Some regulation would remain.

On the afternoon I interview Joscelyn, Tammy is leading an exercise class in the lounge, demonstrating motions to about 10 residents and a couple of aides while "Over the Rainbow" plays. Independent living residents reading this may struggle to understand the difference between assessing and evaluating, between a minimum data set and a care plan, but they know the value of moving our arms and legs, listening to music and being together with a group of our peers. ●

Sample Ranked-Choice Voting Ballot

- Rank the candidates in the order of your choice, up to 6.
- Fill in one oval per rank column.
- Fill in one rank per candidate.
- To write in a candidate, write the person's name on the line provided and fill in the oval for the rank of your choice.

City of Portland Contests						
City of Portland, Mayor Rank as many candidates as you wish, up to 6						
	Rank 1	Rank 2	Rank 3	Rank 4	Rank 5	Rank 6
Candidate A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate B	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate C	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate E	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate F	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate G	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write in on the above line	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Learn to Like Ranked-Choice Voting

By ED PARKER

Like it or not, all future City of Portland elections will use ranked-choice voting, so we should learn how it works. The November elections for Portland mayor, auditor and council members will be the first opportunity for Portland voters to use the new ranked-choice voting procedure. An election using that new procedure is sometimes called an instant run-off election.

Previously, voters chose city officials in a low-turnout primary election. If no candidate for a particular office won outright, then the top two candidates would compete again in a run-off in the general election. In the new procedure, general election voters select the winners and candidates are spared the expense of competing in two elections.

In the one-winner citywide mayor and auditor elections, voters will give their preferred candidate a first-choice vote. They will have the option of marking another candidate as their second choice, in case their first choice doesn't win. If they wish, voters may rank as many as six choices in order of preference.

When the first-choice votes are counted, if any candidate wins more than 50% of the votes, that candidate is elected. If no candidate wins a majority of the votes, the candidate with the fewest votes is eliminated from the race and their voters' second-choice votes are added to the number of votes for those candidates. That process may be repeated multiple times, if necessary, until one candidate receives more than

50% of the votes. In each repetition, the candidate with the fewest votes is eliminated, and the next-choice vote of each of their voters is added to the vote count of their next-choice candidate.

That instant run-off part of the election substitutes for having two elections.

In the city council elections, Mirabella voters will vote to select the three council members who will represent district four. As in the citywide election for mayor, voters may rank their top six candidates in order of preference. They should choose at least three, since three will be elected. Because there will be three winners, a more than 50% vote total is not required. Three candidates, each winning more than 25% of the vote, will be elected. Once the votes for the top three candidates add up to more than 75% of the total vote, there are not enough votes left for a fourth candidate to get up to the 25% level, so no one else can win.

Here is how the vote counting works in multi-winner elections: The first step in the instant run-off process is to distribute proportionally the excess votes of winning candidates (the votes beyond the minimum needed to be elected) to the second choices of voters for that winning candidate. The second step is to eliminate the candidate with the fewest votes and distribute the second-choice votes of their voters to those candidates. That process, the same as the one used in the single-winner citywide elections, is repeated until three

candidates are elected. Each time, excess votes for winning candidates will be proportionally distributed to the next choices of their voters before a candidate is eliminated and their voters' next-choice votes are distributed.

The counting process may be complicated, but it will be done by computer. For voters, the process is simple. Just choose your top choices, up to a maximum of six, and rank them in order of preference. Machines counting the votes will do the rest.

As in any election, the hard part will be choosing which candidates to vote for. In the case of district four city council elections, there will likely be more than 20 candidates to choose from, three of whom will be elected.

Advocates for ranked-choice voting argue that there are other advantages in addition to eliminating the need for two elections. They expect to see less negative campaigning. Rather than alienating voters who prefer another candidate, candidates may prefer to solicit their second-choice votes. Advocates also argue that the process is more democratic because the choices will be made in higher-turnout general elections and thus reflect the choices of more voters.

There may be a steep voter learning curve and some voter confusion in this first ranked-choice election, but once we learn how to do it, we may come to love it. Isn't learning something new supposed to be good for old brains? ●





Portland Art Museum

Rothko pavilion

Art Museum's Promised Face

By NANCY MOSS

Eight years in the planning, the Portland Art Museum's renovation will unite two historic buildings around a stylish new center, the Rothko Pavilion. Its balcony overlooking the South Park Blocks showcases the museum's goal of reviving downtown Portland.

The artist Mark Rothko came to Portland in 1913 as 10-year-old Marcus Rothkowitz from Dvinsk, then part of Russia and now Latvia. He attended Lincoln High School and had his first exhibition in Portland in 1933 before moving to New York, where he became part of an avant-garde group

later called abstract impressionists that defined art as an “adventure into an unknown world.”

D. K. Row’s description in *The Oregonian* of the 1933 exhibit praises Rothko’s “gorgeous, color-saturated painting” and says that his years at Yale gave Rothko, a left-wing Jew, the feeling of being an outsider that permeates his work.

The Portland Art Museum has two of Rothko’s early works, done before he developed his distinctive style. Through what the museum’s head of press and publications, Ian Gillingham, calls an “uncommon partnership,” Rothko’s children will loan two of their father’s works each year to the museum.

Because a major donor to the renovation wished to remain anonymous, the museum was able to name its new pavilion for the kid who sold newspapers on Portland’s streets. Not many artists have their names on buildings.

Gillingham says that the pavilion will showcase sculptures and “works that aren’t light-sensitive.”

After the isolation imposed by Covid, when protests in Portland turned violent and rampant homelessness began to affect city streets — with more than one business changing locations because employees or customers complained of feeling unsafe — the museum’s planned renovation began to

take on new meaning. It could provide the resilience the arts can offer a city.

“It evolved,” Gillingham says of the renovation. One focus became accessibility, going beyond Americans with Disabilities Act compliance: wider sidewalks, push-button doors and more ramps. “Everyone is disabled at some point in life,” Gillingham points out.

Another focus for the 95,000 square feet of new or upgraded public and gallery space to be added will be Black art and experience, traditionally under-recognized by museums.

On a sunny Saturday morning the crowd at the French Moderns exhibit is slow but steady: a knot of people in front of its brilliant blue Chagall while at the other end of the room a group of about 10 listen to a French-speaking tour guide.

The crowd at the Virtual Sneakers to Cutting-Edge Kicks exhibit is sparser, a few people looking respectfully at fantastic footwear while rap music fills the room with an insistent beat.

Portland Art Museum’s present is quiet but steady; its future promises to explode into a wealth of possibilities once its plans for renovation are complete. ●



Portland Art Museum

Rendering, Crumpacker pavilion. Ann Crumpacker has been a longtime resident of Mirabella.

Pizza and Beer: A Portland Duo

By DOROTHY DWORKIN



Naomi Matusow tucks into a piece of pizza.

Photo: Stanley Berman

Yudkin and Carol Edelman claim close connections to Hot Lips (son and daughter). With one of two Hot Lips stores in the greater Portland area, we can always get our pizza fix.

For the purist, pizza means mozzarella cheese and red sauce with a moderately thick crust. Folks willing to step out of their comfort zone can find toppings like pineapple, anchovies, veggies, jalapeños, artichokes, figs, corn, bacon and even a fried egg on either

James Beard, world-renowned gourmet chef de cuisine, grew up in Portland and put the city on the go-to foodie map. Born in 1903, he went on to become a food writer, cookbook author, restaurateur and founder of major cooking schools. In 1946, he hosted the first television network food program.

I dined in his Greenwich Village, New York, cooking school with a group of newspaper food writers. I don't recall what we ate but I remember it was creative, delicious and beautifully prepared. The New York Times called Beard the "Dean of American Cookery" and Julia Child is quoted saying, "In the beginning, there was Beard." He died in 1985.

Although Beard was not known for pizza-making prowess, we are sure that if it was in his wheelhouse, he would have excelled at it. Fortunately for Portlanders, other pizza aficionados have stepped up to the plate. Portlanders can count 26 or more pizzerias where we can get a slice (or whole pie) that would make Beard proud. Among them is Hot Lips Pizza whose family roots live in Mirabella. Elaine

a round or square pie. Restaurants also offer regional styles of pizza.

Former New Yorkers might find the latest crusts against their grain: too thick, too thin, too gluten-free, too crunchy or too caramelized. Unlike the round, blistered pizzas from Roman pizza "al taglio," a rectangular pie can be sliced to order and tends to have a crust that is crunchy at the edges and airy in the center, unlike the round-style pizzas from Naples.

Most Big Apple denizens cringe when we see slices eaten with a knife and fork. We pick up our slices and fold them lengthwise before partaking. On the travel site "Big 7 Travel," Ken's artisan pizzas, wood-fired, fermented-dough pizzas are noted among the top three best pizzerias in the world. Chicago gets the top spot according to "Yelp 2024."

Portlanders can get personal-sized pies called "pixxas" from some of the pizza ex-pats from other parts of the world who tend to create a hodgepodge of styles. Portlander Sarah Minnick is one of six chefs to appear on Netflix's "Chef

Table" pizza season. Her toppings are almost exclusively made with produce from Pacific Northwestern farmers, and her grain crusts come from Oregon-grown grains.

The many pubs located in every neighborhood and on the

are produced and new flavors and varied techniques are used. They are usually created with traditional ingredients like malted barley although they sometimes use non-traditional grains. These craft breweries are mostly independently

owned, not part of large corporate producers.

Started in 2011, Portland Beer Week became a staple celebration at breweries, tap rooms, bottle shops and pubs. In 2014, Breakside Brewery's IPA won the gold medal at the Great American Beer Festival. For beer imbibers, this beer-focused week is an opportunity to learn about Portland's beer culture. This year, events were scheduled to take place in June. This July Portland brought the Craft Beer Festival, featuring beers primarily brewed within Portland city limits, to the South Waterfront.

Pizza doesn't take

a backseat to the brews during the festival week. It provides opportunities to match your suds with a favorite pizza and do a Q&A with brewers in residence. In some cases, guests vote for their favorite pizza and beer pairing. Winners are awarded a prize.

Although there is some controversy about the origin of modern pizza, it can be traced back to the 17th century in Naples before arriving in the United States in the late 19th century. Then again, Marco Polo in 13th century China is another possible originator who brought it to Italy before Italian immigrants to our shores brought the recipes with them. Beer, too, has mixed origins going back to ancient Mesopotamia whereas modern day beer styles developed in Europe, especially Germany.

No matter where the pairs originated, Americans tend to think of the duo, pizza and beer, as an All-American meal, its popularity reflected in the number of pizza-beer parlors around this town. For Portlanders, it's a favorite "ethnic meal." ●



Photo: Stanley Berman

A glass of beer in its classic beauty.

Brewery Blocks, former site of the Blitz-Weinhard Brewery, are popular spots for pizza eating. In upscale ones, the server might suggest a red wine to go with the pie but Oregon's more than 83 craft breweries with their designer brews seem more in keeping with the pies.

Beer brewing in the state began five years before Oregon's statehood. In 1854, Henry Saxer opened the Portland Liberty Brewery. It closed in 1862. Oregonians voted to ban alcohol in 1914, five years before the 18th amendment brought a federal prohibition. Probably as a result, alcohol consumption dropped. In 1978, President Carter signed H.R. 1337, creating an exemption from taxes for beer brewed at home for family use. In 1985, Oregon's brewpub law passed allowing for the brewing and dispensing of beer on the same premises. It was Henry Weinhard who took beer brewing in Oregon to a new level.

Portland is sometimes called "Beervana," the brew capital of the world. As of this writing only Chicago has more breweries. Craft beer is made at breweries where smaller amounts

How does Mirabella compare to the new Portland Ritz Carlton Hotel? Very well, according to Mirabella's new lead housekeeper, Angelica Martinez.

After a career in housekeeping with Marriott Hotels, Angelica was hired by the Portland Ritz Carlton to join its 30-day Countdown to Opening team to help prepare for the hotel's grand opening.

"We learned to follow their seven steps to service manual," she says. "I liked the service culture: learn the names

Staff Profile:

Angelica Martinez — "We're here to help."

By **PRISCILLA COWELL**

of all the guests so you can greet them by name, talk to guests as you would like to be talked to and always, go above and beyond."

"The countdown team was given a tour of the hotel, the lobby and 18 guest room floors and the 20th floor spa, fitness

hours. She found an opening for lead housekeeper at Mirabella Portland.

"From the moment I walked in I found the same great staff, culture of warmth and high level of interior design and materials as in the Ritz Carlton," she says. "I felt I belonged."

Angelica arrives at work in the morning by 6:30, before the first housekeeper arrives at 7. She checks the public spaces, the second floor health and memory care areas and the restrooms. "The second floor is cleaned every day, and we do their laundry. The third floor assisted living is cleaned every day by the housekeeper who looks after them."

As lead housekeeper, Angelica schedules the housekeepers so that every apartment gets at least one hour of cleaning time every two weeks, sends out cleaning schedule notices and answers e-mails and phone calls from residents. When a housekeeper is ill or on vacation, she gladly fills in to clean apartments herself. "We are here to help," she says.

Angelica was born and grew up in Portland, with her "second mother" aunt introducing her to the outdoors with camping, hiking and trips to the coast. Now she and her husband Brandon, a diesel engineer, and her middle-schooler daughter Sophia all enjoy fishing, paddle-boarding, and kayaking together. She is intrigued by the idea of paddle-boarders dressed as witches floating down the Willamette River near Halloween, and thinks she may try it.

"I love to play disk golf. I'm very big into nature and the outdoors. Anything outdoors has my name on it."

Angelica and Sophia enjoy doing arts and crafts together, and Angelica knits sweaters, hats, blankets and scarves and is teaching her daughter to sew. The animal-loving family

"From the moment I walked in I found the same great staff, culture of warmth and high level of interior design and materials as in the Ritz Carlton," she says. "I felt I belonged."

center, and pool. We were asked to taste test all the food offered in the 20th floor restaurant, and we marveled at the unparalleled view out over Portland."

Angelica found herself working up to 15 hours a day and realized she was exhausted and should look for a job with a culture similar to the Ritz Carlton but with regular

manages a menagerie of three dogs, a cat and two geckos. All of Angelica's five siblings live within a 30-minute drive, and she speaks with her aunt every day.

"I am an early riser and I keep busy," Angelica admits. I love it here at Mirabella: the staff, the good environment. I always want to come to work and always feel welcome." ●



Photo: Robert French

Angelica Martinez

Did you ever dream that your employer would give you the summer use of a four-wheel drive vehicle and tell you to tool around Jeep roads in the Rocky Mountains? John Briggs lived the dream when he worked for the United States Geological Survey (USGS) in Colorado.

Born in Colorado, John grew up on a dairy farm near Platteville, a town of 500 (3,000 today). Everyone knew everyone else. John says, "If you were riding your bicycle to

Resident Profile:

John Briggs: What's in that Water?

By PAMELA LINDHOLM-LEVY

the library and fell off, somebody's mother would patch you up, determine if you were able to carry on, and your mother would know about it before you got home."

Both John and his father were only children. The grandparents lived on the same farm on land John's grandfather and great-grandfather purchased from the Union Pacific Railroad. The land came with water rights to a South Platte River irrigation ditch. Today those rights are more valuable than the land the water irrigates.

In junior high John helped with the evening milking. Morning milking began at 5 a.m. He loves cows and is fond of animals, especially cats. He taught his current cat, Bea, to retrieve treats from a toilet paper tube, and she's always eager to show visitors how it's done.

When John came home from the last day of first grade, he told his mother he had 11 more years of school. No, she corrected, you have at least 15 because you will go to college. And so he did, to Colorado School of Mines, a state school and the most difficult to gain admission to.

With his engineering degree in chemistry from Mines, John had three job offers, and though the one as a hydrologist with USGS paid the least, it sounded the most interesting. After a six month training program, he was headed for Helena, Montana, but Uncle Sam wanted him first.

John is a buff, tall guy, perhaps one reason he was sent to military police school, and then to correctional specialist school after which he became a prison guard. Furthermore, as John points out, the military then ran on typists. He made sure the right people knew he could type 60 words per

minute. He became desk clerk for the stockade, which allowed him to know everything that was going on. Next, he was the property and funds clerk for the prisoners. "It was an interesting two years," he says.

Back at the USGS he was assigned to field work out of the Colorado headquarters, thus the four-wheel drive vehicle into the remote and rugged terrain of southwestern Colorado. John tested the acid water drainage (air exposure to sulfur-containing rock, where the gold and silver were bound up, created sulfuric acid) from abandoned mines for oxygen level, temperature, pH and specific conductance. This required John to scramble up or down steep slopes or into roadside ditches to collect samples. Eventually he transferred to headquarters in Reston, Virginia, where he was promoted to the National Stream Quality Accounting Network. For the first time, under this program, water quality was assessed on a national basis.

John calls himself lucky in many ways but admits being gay was the biggest challenge he's had in life. Lucky timing meant that for being gay you could no longer be fired from your job with the federal government. When he moved to Washington, D.C. with the USGS in 1976, he began volunteering with the gay hotline, taking calls from men who were looking for reassurance and support for simply being who they were. Here John met another volunteer, Jeff Feiffer, who would become his partner of 43 years, the person who would have moved into Mirabella with him. John's parents liked Jeff.

John finds his days full at Mirabella; he became so fully involved in the community that he will be the next RAMP president.

In October of 1979 the hotline participated in the first national march in Washington for gay and lesbian rights. John says it was exciting to see the nation take notice of over 100,000 people marching for this cause.

When Jeff and John got together, they knew right away they would be a permanent couple, notwithstanding that John had just committed to moving to the USGS office in Boston, while Jeff was teaching chemistry at a private high school in Georgetown. For eight years they had a commuter relationship.

(Continued on page 18)

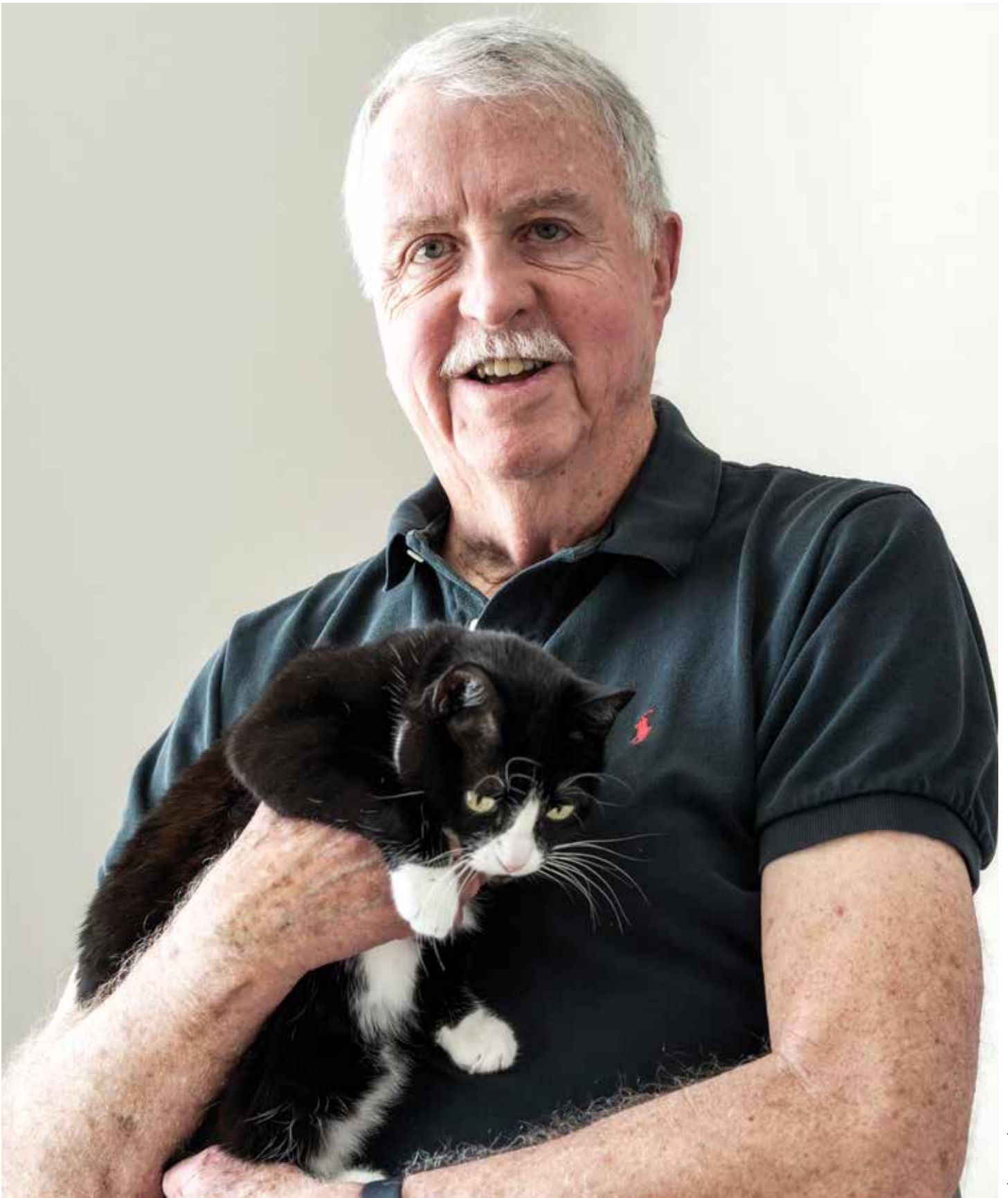


Photo: Johanna King

John Briggs



Photo: Patara Elephant Farm

John and Jeff at the Patara Elephant Farm in Thailand, where they were each assigned an elephant for the day. The elephant was trained to spray them on command.

(Continued from page 16)

Besides the back and forth to Boston, John and Jeff traveled to Europe, and collected enough frequent flyer miles on United to go to Singapore and Bangkok, Bali and Cambodia. In that slice of the world they also visited Australia and New Zealand.

John was a water quality specialist in the Boston office, responsible for the New England states. Major projects in the office were salt pollution in ground water caused by winter road salting, seepage of de-greaser solvent used by an Air Force base in Massachusetts and run-off of acid rain created by coal-burning power plants. John and computer programmers wrote programs for facilitate data collection, storage, and retrieval.

Computers were coming, but no colleges offered computer majors. You had to learn them on your own, which John did, and found he was a natural. Later he worked in information technology. John says that his phone is much more powerful than the mainframe computers of the 1980s that took up whole rooms. In 1982 when the USGS acquired its first minicomputers there was fear that the budget couldn't cover the two necessary 300 megabyte disc drives at \$10,000 each. At that rate, John says, the storage space in his iPhone would have cost \$8.5 million then, and \$27 million today. As both Jeff's and John's careers moved into information technology, this synergy between the two of them benefited the work of both.

In 1988 John moved back to Washington, D.C., as head of the water quality group for the National Water Information System, which collected and stored all of their data. After development, testing and installation of this software in their offices, he worked with many users to streamline the system. He traveled to all lower 48 states to train users.

John and Jeff enjoyed collecting art. One of their first acquisitions is a stark, eye-catching painting in the dining area in John's apartment. An object of decor-despair in some Mirabella units is the pillar in the living room corner. John has hung a large painted and bearded figure there that makes a visitor smile.

Another smile-worthy object in John's apartment is Bea, the black and white cat mentioned above. Jeff picked her out at a cat cafe in Portland when John had passed her by, but they agreed together to bring her home where she has been a loved companion.

The couple moved to Portland because they had visited and liked it. By chance it won out over San Francisco because when they attended an open house on Southwest Corbett they learned that the builder was planning a smaller house next door. John and Jeff weren't ready to move yet, and this fit their plans perfectly.

Years before, John had met someone on a trip to Machu Picchu who had a connection to Rogue Vally Manor, and Jeff knew about PRS because when he was in graduate school at UC Berkeley, there was a Peet's coffee next to his laundromat. Jeff was a coffee enthusiast, and got to know Alfred Peet. Jeff learned that when Peet died in 2007 he lived at Rogue Valley Manor. This was a man who could have lived anywhere, and his choice piqued Jeff and John's investigating PRS properties. Mirabella checked all the boxes on their list. Once they were on the waiting list, the apartment John is in now opened up, but tragically Jeff's fatal illness occurred before they could move in together.

In the names of John C. Briggs and Jeffrey S. Feiffer, John's assets will someday provide the following endowed funds to the Colorado School of Mines: a chair in chemistry, a chemistry fund and a chemistry scholarship.

John finds his days full at Mirabella; he became so fully involved in the community that he will be the next RAMP president. He says he loves the work and looks forward to urging more residents to engage in activities. John excels at pool volleyball, being one of the tallest players. He says the only other sport he was expert at was skiing, as expected of a Colorado native. ●



Seeing Color

By RICHARD MOUNTS

“When photographers get beyond copying the achievements of others, or just repeating their own accidental first successes, they learn that they do not know where in the world they will find pictures. Nobody does. Each photograph that works is a revelation to its supposed creator.”

— Robert Adams, “Why People Photograph” (1994)

Last summer, in fairly close succession, I saw two retrospective exhibits featuring photographers recognized as early proponents of color. One featured Saul Leiter (1923–2013), a painter and photographer who lived most of his life in New York’s East Village. The other featured Harry Gruyaert (b. 1941), a widely traveled Belgian photographer.

When serious color photography first appeared in galleries and museums, a number of influential photographers and critics dismissed the images as vulgar and poor imitations of painting. Clearly those days are past. Photography exhibits featuring color are now common. Still, something about the combination of these two exhibits, seen close together, affected me in a new way. Leiter’s and Gruyaert’s work showed me how color itself might be a subject rather than simply a general feature of an image.

I remember distinctly leaving the Gruyaert exhibit and sensing that I was looking at things differently. I was less interested in the subject matter of a scene per se — a landscape, a street scene, individual people, buildings — but started noticing, as I hadn’t before, colors, especially combinations of colors — blues and yellows, reds and blues, reds and blacks, bits of white, etc.

The photographs here are examples of my reorientation. They are things noticed when I was out walking in the late afternoon; a couple of them come from a walk in the rain. They all come from close by in the South Waterfront, some from within a block or two of Mirabella. They remind me of just how much there is to see in this neighborhood.













Photo: Stanley Berman

Wellness coordinator Alec Rivara works with Bill Young

Alec Rivara: From Jousting to Training

By MARY FINNERAN

Alec Rivara, Mirabella’s wellness coordinator, has found working with older clients to be most satisfying. Alec worked as a personal trainer at a gym in Southern California and later at Starting Strength in Beaverton. He wants seniors to experience the improvement that progressive overload, the strength training technique that gradually increases the difficulty of workouts, can bring.

Alec encourages recording the incremental changes that result from persistent hard work. “The incredible things that Mirabella residents have done in the past did not come easily,” Alec says. The effort they’ve put into raising a family, achieving academic success and building lucrative careers

can now be channeled into keeping themselves fit.

Alec, who had childhood asthma and claims to be “not good at sports,” participated in high school athletics mostly by training his brother for the football team in Fullerton, California. After school, he found himself in a very athletic job — as a knight at Medieval Times dinner theater. He had to build his strength to hold his own in jousting and sword fighting.

Like many other Californians, Alec and his wife, Sarah, moved to Portland because the cost of living here is lower than in the sunshine state. They now live in Beaverton and hope to buy their first house. They have two cats, Norma Jean and Dean. ●

A Story of Sisters

By JUDY SEUBERT

After my grandparents lost their butcher shop and dry goods store in the Depression — and began finding their 52-acre farm too much of a challenge — Grandma began selling homemade bread from a window in their cement block milkhouse. My sister Marge and I loved helping — especially when Grandma made fried bread for breakfast and let us put as much sugar on it as we wanted.

On summer weekends, Aunts Helen and Millie came by to help her with baking. Grandma expanded her offerings to include pies, cookies, cupcakes, poppyseed or nut rolls and kolaches with cottage cheese or apricot jam.

Customers from as far away as Cleveland drove past the



Art: Hebe Greizerstein

Hebe Greizerstein

farm to nearby Atwood Lake and dam. The fragrance of baking bread wafting in the summer air was all the advertising she needed.

As more tourists came, Aunt Julie, her son and his wife opened a competing bakery on their farm closer to the lake.

When baking was done for the day, Grandma “paid” Aunts Helen and Millie with baked goods. On Sunday evenings when the shop closed, as if by magic, Aunt Annie and Uncle Lou would drive

up, hoping for leftovers. Grandad would get angry with Grandma if he found out she gave them baked goods without pay.

He could not forget 1929. ●

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Photo: Stanley Berman

A ship in full sail, Homeward Bound.

Tattoos and Other Body Modifications

By RITA BRICKMAN EFFROS

In 1991, Ötzi the Iceman, a 5,300-year-old frozen mummy with an ink-adorned body, was excavated from a glacier near the Austrian-Italian border. His body had 61 tattoos covering his lower legs, lower spine, knee and ankle joints. This distribution of dots and small crosses in body areas associated with strain and degeneration suggested a therapeutic role for tattoos.

Until that time, misconceptions regarding the origin and significance of tattooing prevailed. This is despite evidence

that humans around the world and across cultures had been decorating their skin for thousands of years.

The word tattoo has its origins in the Tahitian word tatau, "to mark something." Therefore, the art of tattooing has been incorrectly associated in modern times with Polynesia. However, tattooing was actually practiced in Egypt at least as early as 6000 BCE.

(Continued on next page)



Photo: Art Moss

The three airports are San Francisco, Maui and Portland.



Photo: Stanley Berman

Tattoo of tiger.

(Continued from previous page)

Scholars studying Egyptian mummies originally believed that tattoos marked women of dubious status. However, many current experts believe that the tattooing of ancient Egyptian women had a therapeutic role, possibly functioning as a permanent amulet, a safeguard against the dangers of pregnancy and childbirth. This alternative view of tattoos is supported by the bodily pattern of tattoos on the abdomen, breasts and top of thighs.

Based on 19th century records, it has been hypothesized that in ancient Egypt, the older women of a community would create tattoos for other females, who could be as young as age 5 or 6. The early instruments were like later tattooing implements that used seven linked needles to prick the skin in a desired pattern. Smoke-black from wood or oil mixed with breast milk was then rubbed in.

Numerous other ancient cultures used tattooing as a permanent form of body adornment. Siberian nomads, native South Americans and Greeks all used tattoos for a variety of reasons, such as protection from evil, declaration of love, adornment, cultic symbols, mark of servitude and even forms of punishment.

Mummified remains of Nubian women had blue tattoos

in body areas suggesting a similarity to the ones used to safeguard pregnancy and childbirth. Among the Greeks and Romans, tattoos were used both as a sign of nobility or as a mark ("stigmata") of either religious cult membership or even being a criminal.

The Pharaoh Ptolemy IV (221–225 BCE) was tattooed with ivy leaves symbolizing his devotion to Dionysus, the god of wine. This practice became popular throughout the Roman Empire until the emergence of Christianity, when tattoos, which "disfigure that made in God's image," were banned by the Emperor Constantine.

Evidence of facial tattooing has been documented among Native Americans. Infrared examination of six Greenland Inuit women has revealed tattoos in a line extending over the eyebrows, along the cheeks and the chin.

Among the New Zealand Maori, the head and face, as the most important parts of the body, were adorned with extremely elaborate tattoos ("moko"), which were regarded as marks of high status. Each design was unique to that individual, akin to an ID or an aesthetic bar code for the face. For warriors, the tattoos given at various stages in their lives supposedly made them more attractive to the opposite sex.



Photo: Art Moss

Lauren's tattoo features Oregon wildflowers and a tribute to her brother, who died in 2018.



Photo: Art Moss

A tattoo of a last name.

Japan has an unusual history with tattoos, specifically within the yakuza, a Mafia-like group. Although these men are primarily known for criminal activity, they also do good things. For example, after a tsunami they are often the first people arriving on the scene to help out.

Although tattoos are crucial to yakuza members, they are not used in the same way as those in Central and North America, i.e., to signify membership in a gang. Instead, they depict a certain attribute that the person is known for. One person who had a difficult youth had a tattoo of koi swimming upstream, symbolizing how he had overcome adversity.

Yakuza tattoos cover nearly the entire body but are often cut off above the forearms and shins. This pattern is due to the stigma that tattoos hold in Japanese society. For this reason, the yakuza keep their tattoos covered in public.

The process of tattooing in Japan can cost as much as \$12,000 and often takes a year of weekly sessions. The cost and duration are due to the fact that Japanese tattoos are still done without electrical equipment. Tattoo artists use a fine wooden stick with four needles at the top that are pushed manually at about two stabs per second.

During the Holocaust, all prisoners received tattoos at the

Auschwitz concentration camp complex. Originally a metal stamp to punch an entire serial number on the prisoner's upper chest was used. This method was later replaced by a single needle, and the site of the tattoo was changed to the outer side of the left forearm.

In the spring of 1942, the SS began systematically tattooing all incoming Jewish prisoners.

We would be wrong to suppose that tattooing is peculiar to indigenous people; we see it practiced by technologically advanced Europeans. From time immemorial, sailors of the Mediterranean, Catalans, French, Italians and Maltese have had indelible crucifixes drawn on their skin, adorned with their own name or that of their mistress.

European sailors have practiced tattooing since at least the 16th century. English and American sailors circa 1700–1750 used ink or gunpowder to create tattoos by pricking the skin and rubbing the powder into the wound.

In the 1720s–1730s in Virginia and Maryland, newspaper articles mentioned sailors who had blue markings on their arms, including initials and crucifixes made with gunpowder. By 1740, seamen were recognizable at a glance by their distinctive dress and tattoos.

Tattooing is not necessarily confined to decoration, punishment or popular culture. Medical applications for tattoos include medical-alert jewelry to indicate conditions such as Type 1 diabetes.

The field of radiation oncology makes use of small black tattoos to ensure accurate targeting of the X-ray therapy. Tattoos are often essential in forensic medicine when fingerprints or dental records are unavailable, as in the 2004 tsunami in Southeast Asia and the 1999 London Paddington train crash.

Tattooing is usually safe, when done by reputable practitioners. However, skin reactions can occur.

Improper sterilization of tattooing needles can cause a wide range of infections. Transmissible infections of Hepatitis C, rubella, tetanus, syphilis, leprosy and possibly HIV have been reported. Finally, certain pigments used in tattoos have been associated with skin burning during MRI exams.

The tattoo was accurately described musically by the late Jimmy Buffet: "It's a permanent reminder of a temporary feeling." Indeed, there has been an exponential increase in tattoo removal requests for various psychosocial reasons, such as change of heart related to the tattooed name, alteration of beliefs in faith-related religious symbols and overall dissatisfaction.

Body modification seems to be inherently fascinating to humans. Although tattooing is the most popular type of decoration, piercing, branding, burning and cutting are also used. In contrast to negative terms such as mutilation and

(Continued on next page)



Photo: Art Moss

Cherry blossoms are so short-lived that we must enjoy them in the moment.

(Continued from previous page)

disfigurement, some proponents of body modification refer to it as “artistic transformation.”

Motivation testimonies by those enduring some of the more painful body modifications include sadomasochistic urges, desire to look/feel sexy, group affiliation, rebellion against the mainstream and rite of passage. Religious statements, such as, “my body is a sacred vessel and I love to adorn it” are also common.

The American poet/essayist David Levi-Strauss wrote, “The unmarked body is a raw, inarticulate, mute body. It is only when the body acquires ‘marks of civilization’ that it begins to communicate and become an active part of the society.”

A recent study by the Pew Research Center showed that 32% of people in the United States have tattoos, which are most common among those aged 30-49. Not surprisingly, Portland has the fifth highest number of tattoo shops in the U.S. per capita.

Women are more likely than men to have tattoos. The Pew data also show that tattoos are more popular among Black Americans than among people of Asian or Hispanic descent.

The Pew study found that nearly two-thirds of tattooed



Photo: Robert French

Adornment of their bodies with tattoos is a widespread cultural practice among Bagia tribal women of central India.

respondents to their survey cited a desire to remember or honor someone or something as their motivation. Nearly 50% said that their tattoo makes a statement about their beliefs, and 32% thought it made them look better.

Acceptance of tattoos has become more commonplace over the past two decades. According to Fortune Business Insights, the global tattoo market is expected to grow from \$2 billion this year to \$3.92 billion by 2030.

Glamour magazine describes several tattoo trends. Portraits are out and fine-line tattoos of animals are in. This technique is particularly amenable to depiction of animals or flowers.

There seems to be a growing club of pet owners who memorialize their deceased animal with a tattoo. “By keeping my cat on my body forever, perhaps the grief weighing down my chest could evolve into something equally meaningful and beautiful,” writes one saddened pet owner on the loss of her furry best friend.

With technical advances in the art of tattooing and the increasing acceptance of tattoos, it appears that humans will continue to be captivated with the ancient art of body modification. ●

Meet Our Resident Health Advisory Committee

By JOSEPH KANE

The Mirabella Resident Health Advisory Committee (RHAC) advocates for all residents, educates residents and provides a link between residents and Mirabella administrators on health issues.

Our committee meets monthly on the fourth Wednesday, 3–4 p.m. in the Park View Room.

An assisted living resident attends and shares information on assisted living topics. Health Services Administrator Joscelyn Cook attends and regularly discusses topics in our Mirabella Healthcare areas. All Mirabella residents are welcome to attend, make suggestions and send questions to us. Our meeting minutes, guidelines and educational resources are available for reading and downloading from our RHAC Miranet website.

Some of our current RHAC activities and topics include:

1. COVID-19 and other contagious respiratory infections: weekly updates of Mirabella COVID-19 infections and prevention guidelines.
2. Health emergency guidelines for residents: calling 911, using emergency alert buttons and portable alarm pendants.
3. Fall prevention and response for residents.
4. Advance care planning: Advance Directive, POLST (Portable Orders for Life Sustaining Treatment). RHAC sponsored a presentation in April by Dr. Susan Tolle and colleagues from the OHSU Center for Ethics in Health Care, “Why the Conversation Matters: Moving Beyond Paper Documents to Honor Wishes in Later Years”.
5. Hospice and palliative care resources: Follow-up of RHAC-sponsored June presentation by representatives from Hopewell House hospice.
6. Reducing adverse health effects of smoke from Oregon wildfires.

Please send questions and suggestions to RHAC chairperson Joe Kane: josephakane@gmail.com. ●

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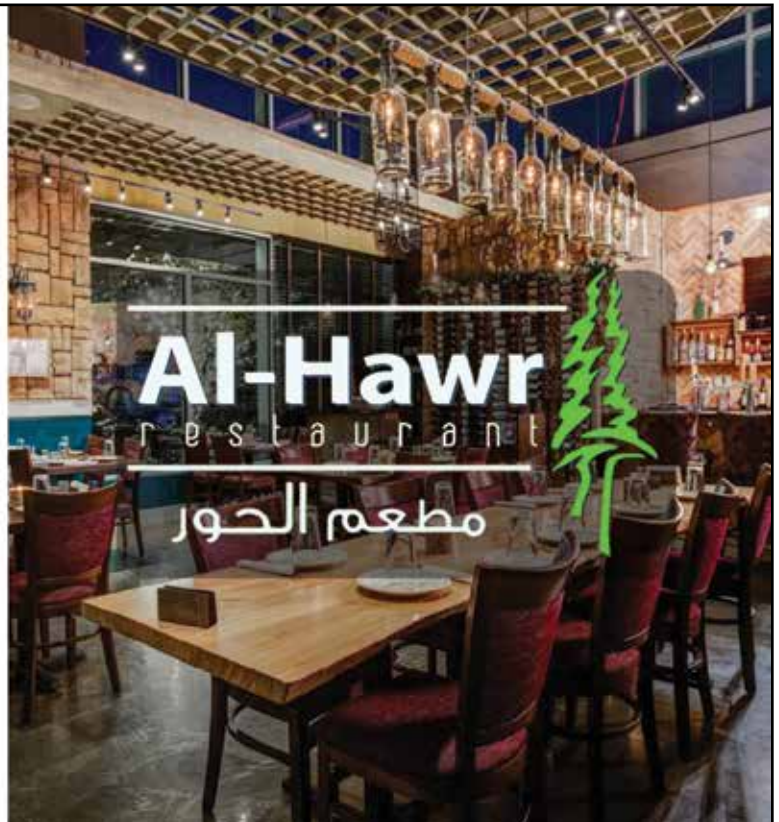
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Coast

By EILEEN S. KANE

The day is bright
The waves playful
Joining hands
at the shore
In long bright white
unbroken lines
While renegade waves
burst up, isolated
In deeper waters

Gulls
gather on the shore
Still,
in that
silvery transition
between
sand and sea

A single trawler
white with distance
Sits amidst
Lines of indigo ultramarine
Phthalo violet turquoise
Making ocean

A nearly perfect
horizontal
meets
The clearness of sky

Canopies of sea spray
emerge
above
sudden waves

Following
the crash and flow
Of their progenitors.

Burningly bright waves
Lacy and sprightly
Such pleasing
Luminescence.

Portland Diary

I

Walking in a nearby park today, I saw a gentleman in a motorized wheelchair. He had rolled his chair out onto a grassy area so his very small dog could explore a bit and do his business. After a while the man turned his chair to get back on the pavement, but it would not go over the edge of the walk-way. He was stuck in the small plot of grass. Within moments he was surrounded by passers-by trying to help lift his heavy chair back onto the paved sidewalk. After several minutes, another person came along, turned the wheelchair around so its rear wheels were nearest the walk, and, with the help of several young men and women, the chair was finally pulled and pushed onto the solid walkway.

The people resumed their walk, smiling. After thanking them, the man in the chair moved smoothly away, his dog sitting safely in his lap.

— *Barbara Short*

II

Walking along the Greenway, across the green lawn fronting a low-rise office complex, I see — and hear — a man sitting at a picnic table playing the drum to the lively beat of music from his radio. I walk to the statue of the beaver, pat its head and return. No drumbeat; The man is sitting back, relaxing; a faint scent of marijuana fills the air.

A jazz musician practicing for his gig? A busker taking a breather? I'm guessing busker.

III

Walking the Greenway, I pass a woman with an apricot-colored poodle, which has four little black boots on its paws. My first thought is, how practical with this hot pavement, my second, how fitting it is that the first dog I see making this fashion statement is a poodle.

— *Nancy Moss*

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Sensibility

By JULIE YOUNG

You might think that movie theaters just smell like popcorn and nasty, recycled air conditioning, but at least one scientific study tells us they also smell like the audience's emotions. Chemicals leave our bodies all the time through our breath and skin, and these chemicals' scents are matched to specific emotions. A theater showing "Silence of the Lambs" apparently has a different odor than the one screening "Barbie." Or "Oppenheimer."

I'm thinking about this — about emotions and scents — as my partner and I buy tickets for a new release at Portland's Living Room Theaters. The film is billed as "romantic and thrilling." Are romantic scents and thrilling scents complementary, I wonder? Will the scents collide? Will they comeingle? I imagine smoky scents washing over me during sultry love scenes, and pungent, earthy scents bouncing off the walls as tension rises. Intrigued by the possibilities, I ask my partner to remind me to sniff during dramatic moments. He gives me an odd look but says sure.

At the far end of the theater's lobby restaurant, a jazz duo is setting up for a 6–8 p.m. show. A buzz lifts from patrons already sipping cocktails. I expect they're emoting happiness and take a few steps toward them to sniff before my partner gestures me back to help place our dinner order. The choices are a nice step-up from pub food but styled for dining in the dark. They're creatively named; we order the Secret Garden salad and a Home Alone pizza, though the Mission Impossible burger has the best moniker. We take an IPA and a nice chardonnay with us. Servers will bring the food items



Art: Eileen Kane

to our reserved seats in Theater 4.

Each of the six theaters at Living Room is compact. Maximum seating is 35–50 and business is brisk, leaving few vacant spaces to dilute the ghostly chemicals slipping from our bodies. It's collective emoting. Not unlike riding the streetcar, the ultra-economic way to get to Living Room. Which starts me wondering: Are there different streetcar scents during morning rides to a PSU lecture class, and night trips we take back from a concert at the Schnitzer? This could be a graduate level research project for someone. I make a mental note to suggest this to a grandchild.

As an indie, Living Room can cater to community whims and demographics. Before the lights go down, I peruse Theater 4's audience and see that this film's demographic is gray hair and sensible sneakers. Outside it's 88 degrees but here women clutch sweaters across their shoulders. I tug mine similarly.

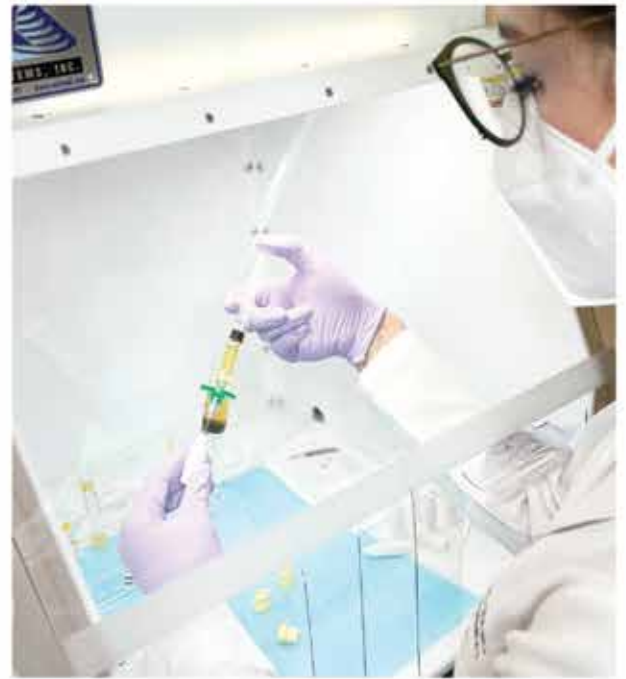
I use the final minutes before the film starts to get a baseline reading of scents. I sniff without making a sound. My sense of smell is quite good but I'm not getting anything. I turn left and right but pick up nothing. Next to me a woman dines on a salad and there's the faint sound of fork against ceramic, but the food is odorless. Likewise, a hamburger being delivered to a man in front of us. The theater's atmosphere is neutral of any smell, which I decide is good.

The lights go down. Opening credits roll and the faint sound of a sweet soundtrack rises. My heart quickens and I lean close to my partner. The scent of his aftershave is perfect. Romantic and thrilling. ●

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USING YOUR BLOOD TO TREAT DRY EYE DISEASE

By Dr. Mila Ioussifova, OD, FAAO



If you have been experiencing dry, irritated, and red eyes—especially since the pandemic—you are not alone! Although **dry eye disease (DED)** is already one of the most common eye disorders that eye doctors treat, a 2021 study published in the *International Journal of Occupational Safety and Ergonomics* found that in people who switched to working remotely during the pandemic, a large number had an increase in eye strain symptoms, with over 28 percent experiencing severe DED. Researchers attributed this to their increased digital screen usage. Besides eye dryness and redness, DED can cause other symptoms like a gritty and sandy feeling, itchy or painful eyes, and even blurry vision. This condition can be simply annoying for some people and downright debilitating for others.

Patients suffering from DED are often frustrated with traditional treatments, which include artificial tears and prescription eye drops.

While these can be effective for people with occasional or mild dry eyes, they are usually insufficient for those with moderate or severe DED. That's because while these options help to lubricate your eyes, they do not replace what is found in natural tears: critical substances like proteins, lipids, enzymes, vitamins, and growth factors. These biochemical molecules, especially growth factors, are important in corneal (front part of the eye) cell division and wound healing.

Here is the good news: you can get these healing molecules from your blood plasma—the clear liquid of your blood.

At South Waterfront Eye Care, we have been making autologous (from the patient) serum eye drops to treat dry eye disease for years. This service is not offered by many clinics, so most patients have never heard of it, and accessibility is often limited. We have a convenient and straightforward process of drawing blood and making the drops within one hour.

Platelet Rich Plasma (PRP) is a regenerative therapy used in all areas of medicine and aesthetics. And now we are using it for the eyes! PRP eye drops provide more concentrated growth factors and therefore healing properties. We see incredible results in corneal healing, pain reduction, and vision improvement in patients who have tried and failed with many other therapies for dry eye.

Our doctors treat DED as the multifactorial disease it is, approaching it with holistic and functional medicine solutions and assessing nutrition, gut health, and overall wellness. We address the underlying causes of dry eye, such as ocular rosacea, meibomian gland (eyelid glands) dysfunction, and blepharitis (eyelid inflammation and bacterial overgrowth) with highly effective treatments such as Intense Pulsed Light (IPL), Lipiflow Thermal Pulsation, Radiofrequency, Miboflow, and BlephEx.

Although DED is common, it is still an underdiagnosed and undertreated condition. Addressing the root cause and utilizing the regenerative powers of our biologics can be critical factors in treating this disease. I love that we now have so many options to offer our patients struggling with DED, and I never get tired of hearing patients say, "I am not using lubricating drops all day long anymore; I feel like I have my life back!"



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