



Leading Change Leadership at Willamette View

by Craig Van Valkenburg, CEO

As a stand-alone nonprofit senior living business and community of nearly 800 residents and employees, we are an ever-changing and evolving organization. As such, it is imperative that we plan for our future and maintain our market position, brand identity, culture, and pursuit of our objective to be an employer of choice for those who desire to work in our industry of serving seniors. To encourage and support our staff and to provide opportunities for leadership growth are embodied in these goals. Since 2018, Willamette View has sponsored the Emerging Leader Leadership

Development Program for more than 20 employees working in cross-functional departments. Our partner and facilitator of the program is **Bill Zipp**, from **Leadership Link**.

During 2020, in our third year of the Emerging Leader Program, along with the advent of the pandemic, we discovered new challenges about how we operate, make decisions, and communicate across the organization. They helped us identify some vulnerabilities and gaps in our workflow systems. We learned that it was far easier to suspend or shut down a service than it was to re-open or reimplement a service. These factors impacted how we communicated and made decisions.

Continued on page 4



LEADING CHANGE



JOHN P. KOTTER

HARVARD BUSINESS REVIEW PRESS

March Table of Contents

	Page
Leading Change Leadership	1
Resident Council – Individuals with Purpose	2
Spring lecture series	2
Book review – <i>Vulture</i> — <i>The Private Life of an Unloved Bird</i>	3
March Movies	3
The Way We Were – <i>artworks</i>	5
MusicWorks – The Tony Pacini Trio	5
Check it out	6
Vision Support News	6
Pet a Pooch News	6
The Interesting, Confusing Land of Hollywood	7
Try This Title – <i>Leadership in Turbulent Times</i>	7
Apartment Moves	7
New residents	8
A French Table	10
Good thing we're retired!	10
Welcome to the Heaths	10
Massage Updates for 2022	11
Around the Campus	11
How to improve our recycling efforts	11
Dale Harris honored	12
LaJean's floral arrangements	12
Technology Updates – Help Us Help You	13
In Memoriam	13
WV Chorus	13
Armchair Travel – European Road Trip	13
Brain Hearing and Technology	13
A Beautiful Soul – Bea Gilmore, Part 2	14
Rear Window – Lichen	15
Ongoing Campus Activities	16

MusicWorks to present the Tony Pacini Jazz Trio on March 2



See page 5 for details about this performance.

From the Resident Council

by Ann Phelps, Council Vice Chair

Individuals with Purpose

Last month, I used the metaphor of a basket to describe how I envisioned our “connected community” – one of the four pillars of the Willamette View culture. Another pillar is “purposeful individuals.” This can mean many things. When **Ginny Seabrook** was council chair in 2020, she described this as the satisfaction of “knowing that, at the end of the day, I have accomplished something.” Our past Chair, **Jim Marsh**, said, “Resident leadership and volunteerism mean that we identify community needs and organize activities to help each other live fuller, more engaged lives.”

The Council is continually looking for ways to improve our resident experience. During the past month, I have had the opportunity to meet with leaders from a variety of resident activities to learn more about what we offer for fun, intellectual challenge, and social togetherness. It struck me how we have an incredible diversity of interests – all here within our community, and it’s all available for casual sampling or deep involvement. There is a lot of volunteering, both in service to our fellow residents and to the outside community. People are engaged for the betterment of the whole.

Several months ago, after new residents **Nancy Bouwsma** and her husband **John** moved into their Plaza apartment, Hospitality Coordinator **Wendy Fish** asked Nancy about what she would enjoy doing at Willamette View. Nancy responded: “I am exploring things I could volunteer in – what is it that Willamette View needs?” Instead of focusing solely on what would be fun and interesting for her, Nancy’s first priority was service focused. She soon joined the Library Committee and reports that “I now feel that I am a part of an intentional community in which we care for one another and try to make our lives as full as possible.” Another new resident recently asked our current council chair, **Glenna Kruger**, “How can I get involved?” Glenna suggested: “Attend Resident Council meetings, explore new interests, and try something new. Step forward and volunteer – don’t wait to be asked!” We have over 100 resident-led activities and groups coordinated by 10 councilors on the Resident Council. We have scores of volunteers and participants – in the libraries, the resident stores, performing arts, gardens, and on and on – purposeful and engaged individuals serving Willamette View and the wider community.



Spring lecture series

by Doug Morgan, Education Councilor

Environmental Resource Management in an Age of Global Warming, a three-part lecture series, is planned for the spring. Invited speakers will address issues that have impact both statewide and locally.

- How do we balance the values of preservation with other resource values in places like the Columbia Gorge?
- What is the future of Oregon forests?
- How is urban/rural interface in watershed management being addressed? Examples are Kellogg and Johnson Creeks.

These questions and others will be addressed. Watch for more details soon.

Willamette Views

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Submit articles to
mhsoco@gmail.com
by the 17th of the month
or to 204BH.
Articles may be edited.

Reviewer to help us understand the value of a most unloved bird

by Carla Harris

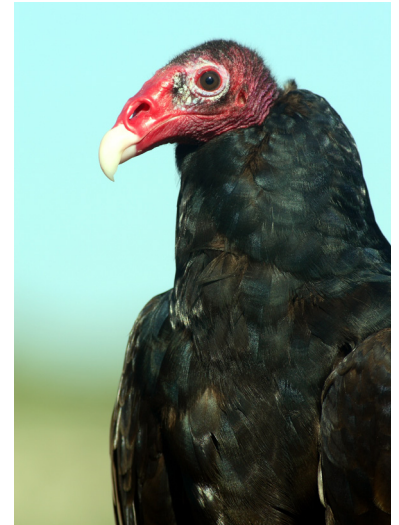
When **Jerry Hull** chooses a book to review, we can anticipate something out of the ordinary. Last year we heard about fungi. His review on **March 16** at 10:30 a.m. in the Blue Heron Auditorium will be on *Vulture – The Private Life of an Unloved Bird*, by Katie Fallon.

Jerry has been fascinated by turkey vultures since he was young. They seemed interesting and beautiful, and yet nobody else seemed to feel that way. The book reassured him that he is not the only vulture lover around.

The author offers the latest up-to-date scientific details about vultures and paints an intimate portrait of them. She chronicles the life and times of one of these overlooked birds. Part ecological memoir, part travel narrative, part scientific exploration, and part love story, Fallon examines the roles all vultures play in healthy ecosystems.

After attending Jerry's review, many of us may never look at vultures in the same way again.

Jerry and **Joy Jensen** moved to WV in 2014 from Corvallis. Jerry was born and raised on the Oregon Coast and always loved the outdoors. He worked in the pulp and paper industry, and then in pulp processing research at OSU. He taught spreadsheets and database classes at Linn-Benton Community College. He has six children, including those he shares with Joy.



March Movies

All movies will be shown in the Blue Heron Auditorium beginning at 6:30 p.m.

Donations gratefully accepted

Documentary film

Thursday, **March 3**: *The Winding Stream* (2014). The story of the Carter family and American Roots music. The Carters began with homemade music in the mountains of Tennessee in the 1920s and have profoundly influenced later country, western, folk, and gospel music. Johnny Cash joined the family when he married June Carter. Other famous musicians are also featured.

International film

Tuesday, **March 8**: *Love in the Time of Cholera* (American movie, filmed in Colombia, 2007). Stars Javier Bardem, Giovanna Mezzogiorn. A man loses the woman he loves to a wealthier suitor and waits 50 years to win her back. Based on a novel by Gabriel Garcia Marquez. **Romance/Drama. Sexual content, nudity**

Saturday night films

Optional discussions will follow

March 5: *Black Panther* (2018).

In the mythical African nation of Wakanda, a prince returns to his rightful place as king. Faced with treachery and danger, the young king must release the full power of the Black Panther. Fresh, unusual. Awards for Best Music, Costume, and Villain. **Fantasy, Action/Adventure. Violence – PG-13**

March 12: *tick, tick ... BOOM!* (2021).

Director Lin-Manuel Miranda creates musical magic in this semi-biographical story of composer Jonathan Larson, who wrote the Broadway hit, *Rent*. Star Andrew Garfield leads us through the creative process in this captivating personal drama. **Musical/Drama/Biography. PG-13**

March 19: *Fighting With My Family* (2019). Born into a tight-knit, lovable wrestling family, Paige (Florence Pugh) and brother Zax (Jack Lowden) try out for the World Wrestling Entertainment training program. Only Paige muscles her way in. This is an inspiring movie and an uplifting romp, despite the crude language and wrestling moves. **Comedy/Drama/Biography. Crude language/sexual material – PG-13**

March 26: *Best of Enemies* (2019).

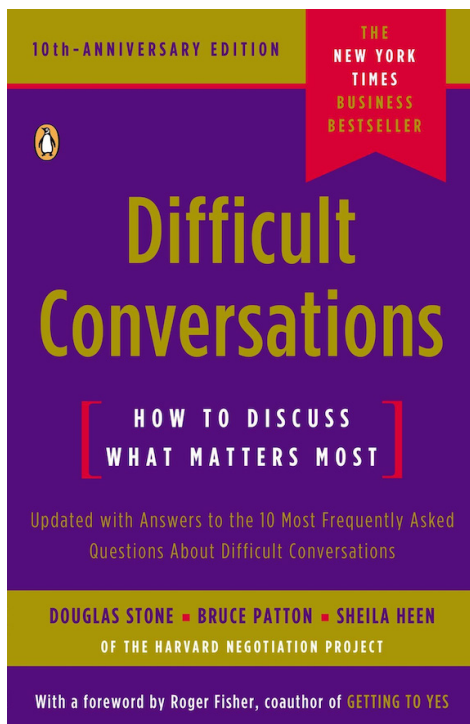
True story of a Ku Klux Klan leader and an outspoken Civil Rights activist who co-chair an experimental brainstorming session about desegregation in schools in Durham, NC, in 1971. The ripple effect of this drama is felt across the country today. Taraji Henson, Sam Rockwell star. **Drama/History. PG-13**

Leading Change Leadership at Willamette View

Continued from page 1

I felt a change in leadership development strategy was warranted, given the challenges we were facing with the pandemic. We needed to address “organizational change” tools to help navigate future challenges. Bill and I brainstormed a new learning track for a small group of staff in management positions and created the **Leading Change Leadership Program** for 2021. We needed a fresh approach to develop future leaders of the organization, providing them with new tools to approach issues differently, and to work with and teach others, all while deepening the bench strength of internal leadership, to help navigate the future for Willamette View.

The course took place during 2021, utilizing the books *Leading Change* by John P. Kotter and *Difficult Conversations – How to Discuss What Matters Most* from the Harvard Negotiation Project. Additionally, the individuals in the program utilized the DiSC Leadership Personality Profile tool to provide insight and reflection of one’s style, and how to work with others and communicate more effectively. The group



conducted a critical thinking study of a Continuing Care Retirement Community in Michigan, which was emerging from bankruptcy, learning from others’ decisions, problems, and mistakes. For a final project, three teams were created and tasked with applying the eight-stage process for creating and managing organizational change. The three teams reported during the annual

strategic planning retreat in October 2021.

This is a key component of our commitment to building future leaders within Willamette View – to provide for career expansion and advancement opportunities, and to help lead the organization for years to come.

Members of the Leading Change Leadership Program represent cross-functional disciplines in the organization and include

Susan Di Piazza, Executive Assistant
David Kohnstamm,

Wellness Director
Julie Dimick,
Director of Property Development and Asset Management

Nicole Glimpse,
Healthcare Services Manager
Keith Bodnar, Corporate Controller
Landon Leadford, Executive Chef
Matt Hartley,
Healthcare Services Administrator
Loraine Collacchi,
Philanthropy Director

I am incredibly proud of the work these individuals engaged in and how they grew personally from the experience.



Nicole Glimpse
Healthcare Services Manager



Susan Di Piazza
Executive Assistant



Landon Leadford
Executive Chef

The Way We Were – Reclaiming the Culture of Willamette View
by Carol Borjesson

Artworks: Creativity and Compassion

My heart beat a little faster the first time I spotted the **artworks** studio. Shelves stacked with supplies for all kinds of arts and crafts lined the walls. A tempting playground. But would someone with little real artistic talent (like me) fit in?

Art therapist **Sally Giles** says, “We don’t offer the kind of art classes where there’s a right and a wrong. It’s not always about art as people see it on the outside. Residents and staff get to decide what they want to do. And how they want to do it.” The goal in **artworks** isn’t to outdo everyone else. It’s to have fun.

On any given day, **artworks** may offer a workshop that encourages residents to enjoy themselves doing something new – or old. Creative sessions with Sally Giles or **Kristen Larsen** and their interns help residents translate their artistic ideas into physical form. Residents skilled in a particular art form are often hard at play, chatting comfortably with other residents. Competition has no place at any of the tables. Kristen says one of **artworks**’ fundamental purposes has been to provide a space where residents could build long-term relationships. “What’s important here,” she says, “is connection

and support. **Artworks** provides a place where people can share their experiences. At its heart, **artworks** is all about wellness.”

Sally and Kristen are trained not only in the arts, but also in counseling. Part of a clinical team on staff, they work together to help residents find supportive people or services as needs arise. Their help includes counseling and art therapy, which they offer privately outside the **artworks** studio, to address needs such as loneliness, adjustment to moving, facing a new diagnosis, changes in abilities, grief and loss, and more.

Clearly, **artworks** is about more than art. It plays a vital role in our caring, creative, connected culture.



MusicWorks to present the Tony Pacini Jazz Trio

by Harvey Leff, MusicWorks

The superb **Tony Pacini Trio** will perform in the Blue Heron Auditorium on Wednesday, **March 2**, at 7 p.m. The jazz piano artistry of Tony Pacini has been enthusiastically enjoyed by night club and festival audiences throughout the West Coast, and especially in his home town of Portland.

Tony was born in Tokyo while his musician father was on the road, and he has lived in Portland since infancy. His exposure to music began at an early age, growing up in a musical family that included three uncles, two aunts, and a

father who were all experienced professional musicians. A piano student since age five, Tony formed his first jazz trio as a teenager, holding down weekends at a popular jazz spot. His piano expertise made higher education possible, with study at Boston’s prestigious Berklee College of Music, courtesy of an all-tuition-paid scholarship from world-renowned jazz author and critic, Leonard Feather. When Tony returned to Portland, he immersed himself in the jazz scene.

The other trio musicians are Timo-

thy Rapp on drums and Ed Bennett on bass. Rapp is an accomplished drummer who follows the minimalist style, playing what the music calls for – no more and no less. Bennett is a master of his instrument who spent years touring with jazz icon Carmen McRae. The trio has pleased audiences with its delightfully smooth, sweet, and rhythmic sounds in Portland and on tour since 1999. Don’t miss this opportunity to see and hear them. Donations are appreciated to ensure future similarly high quality MusicWorks programs.

✓ Check it out

by Linda Panaretos Thomas, Library Committee Chair

What Are Willamette View Readers Reading?

Last month I reported some highlights from the 2021 Library Annual Report. If you have not yet read the report, it's available in every library and on the resident website; go to *Resident Activities/Standing Committees/Library Standing Committee*. One statistic reported is that you, our readers, checked out books 6,000 times! This number increased from 5,221 in 2019, and was about equal with 2020 (6,300). This is an encouraging indication that we are meeting our objective to provide current and appealing titles in our collection.

So, what are you reading? The majority of the books checked out are fiction, at 41 percent. The next most popular genre was mystery, at 34 percent. Nonfiction accounted for 21 percent and biography was 4 percent.

Not surprisingly, Kent Nerburn's *Neither Wolf Nor Dog* was the most checked out book. It circulated 91 times! By genre, these were the top three checked out books in 2021:

Fiction

Daylight by David Baldacci

How to Raise an Elephant by Alexander McCall Smith

Time for Mercy by John Grisham

Mystery

All the Devils Are Here by Louise Penny

Missing and Endangered by Judith Jance

The Sentinel by Lee Child

Nonfiction, after Nerburn's book

How to Avoid a Climate Disaster by Bill Gates

Code Breaker by Walter Isaacson

Caste by Isabel Wilkerson

Biography

Joe Biden: The Life, the Run, and What Matters by Evan Osnos

101 Reasons Why We Love the Queen by Evie Dunn

A Promised Land by Barack Obama

Whatever genre you might prefer, there are lots of choices in our libraries. Please remember to complete the checkout card and leave it in the box on the library desk. We use the card to track what is circulating, and where the books are, so we can continue to offer books that interest you.

Vision Support News

by Sandra Gerling

Low Vision Mutual Self-Help Peer Support Group to meet

The group will share concerns, struggles, and insights about vision loss on Wednesday, **March 9**, in the Court Family Room, from 1:30 to 2:30 p.m. This is not a therapy group; it is a peer mutual help group, facilitated by Counselor Linda Tofflemire. All discussions are confidential.

Talking Books and Audio Described Videos program

Join us on Tuesday, **March 22**, from 1:30 to 2:30 p.m. in the Terrace Auditorium, for a program on **Talking Books**. Part of the US National Library Service, it is available to anyone unable to read printed material due to visual or physical impairment. If you cannot hold a book or turn the page, this information will be transformative to you. Talking Books is now digital, so no more tapes to manage, and an excellent device is provided for your listening enjoyment. All elements of the program are cost free. Program Manager Elke Bruton will describe how to get started and answer questions.

Sponsored by Vision Resources

Pet a Pooch News

Bonnie Belle, a beautiful black poodle, has joined our team. She and owner **Judith Webber** will be in the North Pointe lounge, on Wednesday, **March 9** and **23**, from 3 to 3:45 p.m. **Emma**, a goldendoodle, and owner **Marie Gilliam** will be in the Terrace lobby on Monday, **March 14** and **28**, from 10:30 to 11:30 a.m. Standard poodle **Rossa** and owner **Barbara Limandri** will be the Plaza lounge on Monday, **March 1** and **15**, from 2:30 to 3:30 p.m.

Public Affairs presents
**The Interesting, Confusing
 Land of Hollywood**

by Richard Toll, Public Affairs Committee

On Thursday, **March 17**, Hollywood film insider **Pete Sepenuk** will tell the story of the film industry he has been a part of for over 30 years. The program will be in the Blue Heron Auditorium at 7 p.m. Pete is a voice actor, director, writer, producer, and editor, and he has been making films and doing voices since he was seven years old. He has worked with directors Steven Spielberg, James Cameron, George Lucas, Clint Eastwood, Robert Zemeckis, Oliver Stone, Richard Donner, and Brian DePalma, and has worked with actors Tom Hanks, Dustin Hoffman, Quincy Jones, Robin Williams, and Tom Cruise.

Pete co-wrote, produced, and edited the hit fashion documentary feature, *Chasing Beauty*, which was voted one of the best fashion documentaries of all time by *Harper's Bazaar*, *Buzzfeed*, and *Image Magazine*. He recently produced and directed spots for *DC Comics*, *The Walking Dead*, *Ghostbusters*, and Warner Bros..

Pete is one of the entertainment industry's leading voice-over artists, heard everywhere and every day from features to television shows, commercials to animation, trailers to infomer-

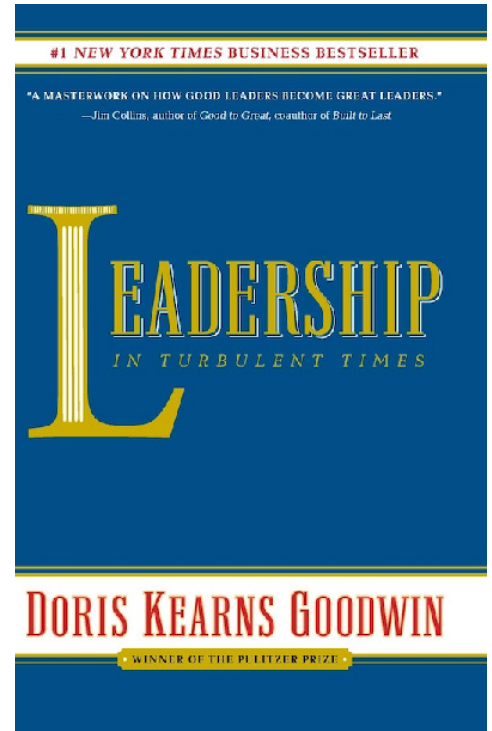


cials, and video games to live announcing. He has been the voice behind some of the biggest entertainment brands like Disney, Mattel, Star Wars, and Jurassic World. He currently has several shows and movies on Netflix, Amazon, and iTunes.

Pete is the son-in-law of residents **Richard** and **Elaine Toll**. The program is sponsored by the Public Affairs Committee.

Try This Title

by Penny Fiske



"Business students invariably ask me: 'With what historical figure would you like to have lunch?' Doris Kearns Goodwin has prepared a marvelous banquet with four leaders whose lives provide lessons for all of us. Pull up a chair."
 —**Warren Buffett**

"Published at a turbulent time, her book is a rich source of information and inspiration."
Minneapolis Star Tribune

Publication date: 2018
 Manor Library 973 GOO

Apartment Moves

January 22 – February 21

	From	To	Phone
Karen Gerber	252HC	329T	6307
Bonnie Keller		306BH	6713
		303S (art studio)	7061
Sylvia Riveness	207C	304B	6331

A New Path for Jamey Espinoza

Remember the talk Jamey gave about the book *Neither Wolf nor Dog* in October? Jamey is leaving Willamette View for an exciting new adventure – in teaching. Read the details next month in the April issue of the *Willamette Views*.

Carol Kline Borjesson

New residents spent careers in banking, library science, education,



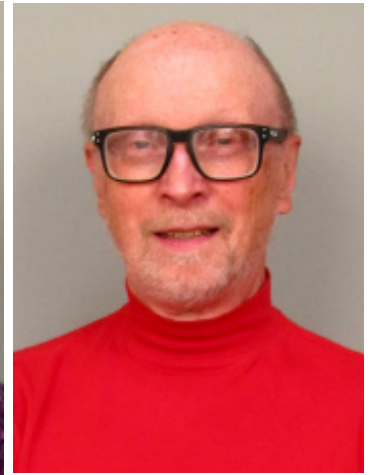
Susan Radke



Richard Radke



Flora Lippert



Gary Lippert

Susan and Richard Radke began moving into 606A in late October. They came from Mountain Park in Lake Oswego.

Susan grew up in Grants Pass and spent summers in Brookings, Oregon, and later lived in San Francisco. Richard had lived in Portland, and in Fontanas, Riverside, and Atascadero, CA. They both lived in Palo Alto.

Susan earned a BA at Stanford University and an MBA at the University of Oregon. She also attended the Italian government's University for Foreigners in Perugia. She later joined the administrative staff of the Dean of Stanford Medical School. She worked in Trust Administration at the headquarters of Crocker Bank in San Francisco. In Portland, she worked for Key Bank, Wells Fargo, and the Oregon Bank. She is involved with programs that promote

physical fitness and enjoys Tai Chi, meditation, and strength workouts.

Richard earned a BA and an MBA at Stanford University. He has been in the banking business, from commercial banking trainee to senior lending officer. He held career positions at Security Pacific Bank in California and the Oregon Bank in Portland. He has been a high yield bond portfolio manager and a consultant on bank acquisitions. He belongs to the University Club, and he enjoys travel, bridge, and gardening.

Susan and Richard are both supporters of the Portland Symphony and Portland Youth Symphony. They have a son, three daughters, and seven grandchildren.

They moved to WV because of its long, successful history, a wide range of health care, a welcoming staff, and the diversity and friendliness of residents.

Flora and Gary Lippert moved from Portland's Mt. Tabor neighborhood to 608E on January 6. Flora was born in Tillamook, lived briefly in Texas and Eugene, but mostly in Portland. Gary was born in Portland and has lived here exclusively except for 22 months in the army.

Flora earned a BA in German from Portland State University and a master's degree in library science from the University of Oregon. She served as the Humanities Librarian at Portland State University. She was the Energy Center Librarian at OMSI, and a Reference and Instruction Librarian at Portland Community College. She developed the first website for the PCC college library.

She has enjoyed a variety of activities and interests that have changed through the years, and her current favorite is family history.

Gary earned a BS in

economics at Portland State University. He joined the army after college and served in Vietnam. He worked briefly for Freightliner. He then took accounting classes at PSU, which turned into a 33-year career as a staff accountant at TriMet.

Gary's special interests are amateur radio and bicycling. He has been a licensed radio operator since 1962. He is a member of the Portland Bicycling Club and has completed the Seattle to Portland Bicycle Ride about 14 times – a 200-mile journey in one or two days.

Flora and Gary have traveled extensively in Europe, Australia, New Zealand, the Caribbean, Canada, and Alaska. They have taken cruises and numerous Road Scholar tours. They have a son, daughter, and three grandchildren. They chose WV because it is a congenial community and great location.

now pursue interests in art, travel, reading, fitness

Photos by Mike Lincicum



Evelyn Hicks

Evelyn Hicks came to 212S from NE Portland's Alameda neighborhood on January 12. A native Oregonian, she grew up in Salem.

She earned a BA in art from the University of Puget Sound, and an associate's degree in health information management from Portland Community College. She worked at the Oregon Historical Society in membership and development. She then became a freelance illustrator, and worked in coding and quality improvement at Providence, retiring in 2020.

Evelyn loves drawing, especially from observation. She belongs to the Portland Urban Sketchers group. She enjoys nature, family, and friends. Her mother, Muriel Hicks, was a Terrace resident for six years. She received excellent and compassionate care, Evelyn reports, and that was a factor in her decision to choose WV.



Victoria Ailes

Victoria Ailes moved into 402S on January 25, coming from her home in Tualatin. She was born in Cambridge, MA, and grew up in Salem. She attended St. Stephens College in Rome, Lawrence University, the University of Denver, the University of Indiana, and Portland State University. Following graduate school studying library science, she worked in a graduate school library and a public library before starting her predominant career teaching Head Start through sixth grade in three elementary schools.

Victoria lists her interests as people of all ages, reading her personal library of books, and Sudoku. She is planning soon to resume a hobby of cookie and bread making. She has a son, a daughter, and four grandchildren. She claims to be a WV "legacy," as she watched her parents age gracefully here at Willamette View.



Warren Ford

Warren and Sharon Ford are new residents of 205B, having moved from their home of 11 years in NE Portland's Alameda neighborhood on January 4. Their previous home was in Stillwater, OK, for 32 years. Warren grew up in Kalamazoo, MI, and Sharon grew up in Los Angeles.

Warren earned a BA at Wabash College and a PhD from UCLA. He was a chemistry professor and researcher for over 40 years. He retired from Oklahoma State University after teaching there for 32 years.

Sharon earned a BS from UCLA, an MA from Harvard University, and a PhD from the University of Illinois in biochemistry. She taught biochemistry and laboratory to undergraduates and beginning graduate students at Oklahoma State University for 32 years. She served undergraduate biochemistry majors as aca-



Sharon Ford

demic and pre-med advisor for 10 years.

Warren is a volunteer for the American Chemical Society, and he volunteers in the chemistry lab at OMSI. He was a regular runner and ran road races for 50 years. Currently, he bicycles or walks every day. In Stillwater, Sharon served on the board of an elementary school PTA and was a board member of Friends of the Library. She is a volunteer in chemistry and biology at OMSI. She was a volunteer for Meals on Wheels and has volunteered at Multnomah County's The Title Wave bookstore. She loves to read historical fiction, walk, and swim. Experienced travelers, their most recent trips were with Vermont Bicycle Tours, National Geographic, and Road Scholar groups. They have two daughters and a granddaughter. They chose WV for its atmosphere and lovely campus.

Welcome to the Heaths



Margo Heath

Margo and **David Heath** are new residents of 412E. They arrived on January 19 from their home in Clackamas, where they had lived since 2008. Previously they lived in Fremont, CA.

Margo attended St. Mary's Academy in Windsor, Ontario, and Canada's Hotel Dieu School of Nursing. She took additional nursing classes at Fairmont Hospital in San Leandro, CA. Her nursing career was in a doctor's office and medical clinic in Palo Alto, and at Fairmont Hospital, where she worked in the neuro respiratory ward as a Clinical Nurse II, and later was appointed Admitting Nurse Coordinator.

Margo's special interest is quilting.

David was born in Salt Lake City. By the time he was 20, he had lived in three different countries with over 19 different home addresses, from Alaska to New Mexico and points in between. His high school years were



David Heath

an adventure – he attended five different high schools in several countries. Besides France and Germany, he lived in Paris and attended boarding school. He completed his last few months of high school in Texas and entered the University of Texas, planning to study aeronautical engineering, but then was drafted into the army.

After his service, David completed a BS in finance from California State University, East Bay. He spent his career in Silicon Valley in sales and marketing, promoting all types of technologies that we use today.

David's interests are in languages – especially Spanish – as well as woodworking, international affairs, and mentoring adult foreign college students.

They have a son and two granddaughters. They chose Willamette View because of its fine reputation, location near family, and the friendliness of staff and residents.

Good thing we're retired!

by Sherry Johnston, Services Councilor

Looking for something to do or to move your personal interest into a group activity? Our bulletin boards, elevator sleeves, website, Friday Notice, and electronic board display provide multiple modes for publicizing special offerings on and off campus such as group activities, movies, events, invited speakers, and concerts.

Anyone with years of experience under their belt (and no, not meaning those torso expansions) knows that the richer the selection, the greater the chance of tangled brains. The trick lies in knowing how to use our multiple systems to one's advantage. Though we don't have an app for that, we do have our new **Quick Tips Sheet**, created by Johanna Niemitz, to guide those interested in promoting offerings through our multiple modes of communication.

Find this new aid on the resident website, in the Friday Notice, and in the clear plastic holders by resident mail boxes on the first floor of the Manor. Sherry Johnston, our Services Councilor (6410), will gladly respond to your questions and even hopefully know the answer.

A French Table

For residents interested in speaking French over lunch once a week, join the French Table on Tuesdays at 12 noon in the Riverview Dining Room. Let Gail Durham know so she will send a Monday reminder and arrange table space. Email Gail at gdurham@easystreet.net or call her cell phone (503.481.0503).



*Super Bowl party in the Blue Heron Auditorium
Photo by Candace Bradley*

Massage Updates for 2022

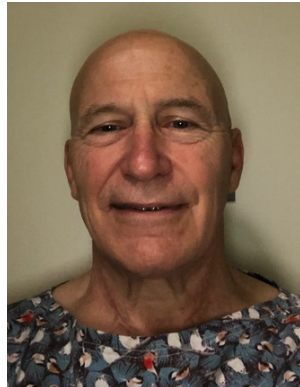
by Liz Howell, Reflexologist, Wellness Team

This new year of 2022 has brought some new offerings to Willamette View's Wellness Program. New faces in the massage room include Nick d'Alonzo, who recently joined the program, and Kimberly Nistad, who has expanded her acupuncture practice to include massage and aromapoint therapy sessions. Liz Howell is now back on campus offering in-home reflexology to all residents across the campus. Each therapist can be contacted directly for any questions and scheduling.



Kimberly Nistad, LAc, graduated from the Oregon College of Oriental Medicine in 1997. Spanning public health to hospice care, her therapeutic healing treatments incorporate acupuncture and focused massage. With extensive training in Oriental massage modalities, including Thai and Ayurveda, Kimberly skillfully blends her wide-ranging expertise to boost wellness and vitality. Call 503-309-7267 to schedule.

Nick d'Alonzo, LMT, BCSI is now offering massage to residents, guiding clients to a more balanced and functional state so they can move more easily, with less pain, and play with more energy and capacity. He graduated from East West College of Healing Arts in Portland Oregon in 2007, and since then has developed a body of work that addresses various health needs, with tools including Structural Integration, deep tissue, neurovascular and myofascial release and injury recovery. Call 503-729-0747 to schedule.



Liz Howell, LMT, Reflexologist has worked with hands-on healing for more than 25 years. She began her career as a licensed massage therapist in Honolulu. In addition to being a Certified Reiki Professional, she studied reflexology as a clinical and therapeutic specialization, and finds this modality to be convenient, comfortable and highly beneficial for seniors. Liz makes in-home calls to all WV residents. Call 503-888-5064 to schedule.



How to Improve Our Recycling Efforts

by Marilee Thompson, Green Team

These items are often found in mixed recycling bins, but they are not recyclable:

- cash register receipts
- return address stickers
- slick paper that holds stickers
- small paper cookie bags
- paperlike take-out box
- food

These items should go in garbage.

Incorrectly sorted items include

- plastic bags
- redeemable bottles, cans

These items should go in bins specifically marked for them. They will be delivered to recycle centers. Cardboard boxes should be flattened and put in bins labeled for them. Look for signs in the recycle areas that explain where recyclable items go. The Green Team is in need of a recycle sorting volunteer for the Manor building. It's an easy job; commitment and follow-through are essential. Marilee needs to know who has volunteered to take plastic bags for recycling from each building. Please contact her by phone (6622) or mjthompson10@frontier.com.

Around the Campus by Donna Kling

Winning captions for last month's photo of George Brooks and his tent:

Nirvana

*"and the buy-in fee for this unit is very reasonable,
Mr. Brooks."*

Waiting for the Big One

Sandra Felkenes

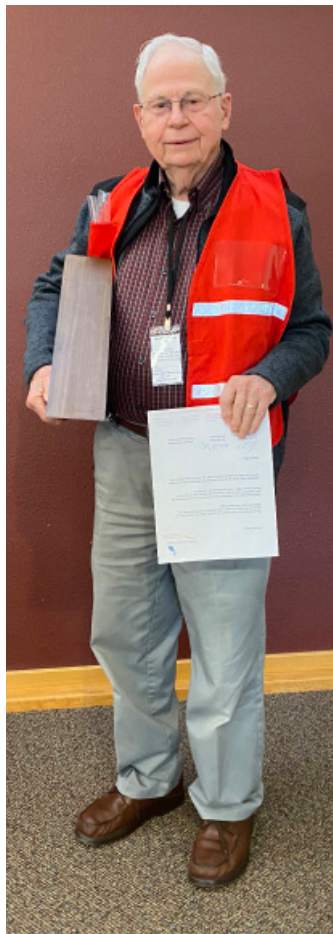
Celeste Vaughters

George Brooks



LaJean's floral arrangements bring year-round delight across the campus

by Jane Cadwallader



*Dale Harris
Retiring RERT Leader
accepting honors
Photo by MH Socolofsky*

Dale Harris was honored at the Resident Emergency Response Team (RERT) meeting on Jan. 18 with the presentation of a flag and Letter of Commendation from RCS Administrator **Kim Buchholz**. The flag flew in front of the Manor throughout 2021. Dale, along with fellow residents **Ron Gustafson, David Shearer, Jerry Hull, and Dan Merrell**, organized the first RERT group about five years ago. Dale has been the RERT Command Central leader since its inception. He recently handed leadership over to Donna Krasnow.

LaJean Humphries read something in the Friday Notice last summer about the Silk Flower Room closing for lack of workers, and she was worried. She had so much enjoyed the lovely flower arrangements all around Willamette View, and wanted to volunteer, but she didn't know a lot about flower arranging. She called **Ginna Jones**, the former Silk Flower Committee chair, and said she'd be happy to help. **Louise Wiprud** volunteered to be a floral arranger, and **Cathy Hall** occasionally helps. Ginna, a professional florist, taught LaJean and Louise the fundamentals of flower arranging. They used some materials from **Shirley Strutt** – another florist and former member of the Flower Committee – which included a chart illustrating a variety of flower designs. LaJean and Louise consulted YouTube videos, magazine articles, and voila! LaJean became a



Photo by Carla Harris

flower arranger! Since Louise has needed to step back briefly, LaJean creates the arrangements herself but shows them to Louise for her ideas and suggestions.

If you've noticed some beautiful arrangements in the Manor and Terrace lobbies, outside the Terrace Auditorium and the White Oak Grill, and in the Manor and Court libraries, as well as on the fourth and fifth floors of the Court, all are LaJean's handiwork. Anyone who has seen them is struck by

the beautiful color combinations and by the contemporary and natural look she achieves.

LaJean says Ginna, Louise, and Cathy are very helpful to her, but she does most of the arranging. And she loves it. She says that when she started, she never realized how much fun it would be, and she's so glad to be doing it! One thing she wants residents to know is that she also makes small arrangements and wreaths, with which residents can decorate their homes and doors. There are plenty of these available in the **Flower Room, 102S**, for any resident or staff to borrow, free of charge, or for a small donation. Please visit the Flower Room, enjoy LaJean's creations, and take one home – for 30 days – for yourself!

More details about this group are in the October 2021 issue of the *Willamette Views*. Photos below are by LaJean Humphries.



Technology Updates

Help Us Help You

by Barbara Limandri, Technology Training and Help Desk Workgroup

The **Technology Training and Help Desk Workgroup** invites all residents to attend a meeting on Friday, **March 11**, at 10:30 a.m. in the Terrace Auditorium, to brainstorm the kinds of training you want to help you use technology more efficiently. In other words, we want to know what you want to know! For example, would you like to learn how to search for information on the internet, or how to use video conferencing like Zoom or FaceTime? Do you want to use the resident website more effectively? Maybe you want to learn better ways to be in contact with your family through technology, or to

explore the world of YouTube. Would you like to learn how to use our WV library online catalog? Want more confidence using our website Dining Portal? All ideas are welcome. Once we know what you want to learn, we can design training sessions, find effective teachers, and explore the best ways to conduct training sessions. Our goal is to help you feel more comfortable with technology, so whether your experience is at a low-tech or mid-tech level, whether you are a longtime or new resident, we want to hear from you. Please join us on March 11.

Armchair Travel

presents

European Road Trip – Amsterdam to Toulouse

by David and Anita August, Armchair Travel Committee

Join **Bubbles** and **Mike Lincicum** on **Wednesday, March 23**, at 7 p.m. in the Blue Heron Auditorium. In the spring of 2019, Bubbles and Mike took a road trip across Europe, beginning in Amsterdam and ending in Toulouse, France. Along the way, they visited Luxembourg and several sites in France and Switzerland. The trip included a home exchange in the small village of Les Marches in the French Alps. While there, they made a number of day trips to interesting destinations in the Alps. They ended their trip with a visit with their home exchange friends in the village of Espagnac Sainte Eulalie, France. They will share their adventures, which include stops in a number of places not on the usual tourist itinerary. The program will be videotaped for later viewing on the resident website.



In Memoriam

January 21 – February 20

James Baker

Grace Dichtel

Julia Goelz

(former resident)

Carl Marshall

Roger LaRaus

Beverly Urbanc

The **WV Chorus** is open to all residents who enjoy singing with a group. Rehearsals are on Thursdays in the Blue Heron Auditorium from 1 to 3:15 p.m. The Chorus performs two concerts each year, in May and December. The annual fee is \$30. For more information, call Holly Henderson (6704).

Brain Hearing and Technology

*by Shandi Walter,
Wellness Team*

Learn about hearing and how to understand and utilize the latest hearing technology on Wednesday, **March 9**, in the Blue Heron Auditorium from 2:30 to 4 p.m. Taran Crocker, national board-certified hearing instrument specialist from Able Hearing will be the presenter.



A Beautiful Soul — Bea Gilmore, 1931 – 2021

by Ruth Friedel

Editor's note: Ruth Friedel was a close friend of Bea Gilmore, a beloved WV resident, and within the last year began writing Bea's life history. Bea's story is told in three parts, which began in the February issue and will conclude in the April issue of the *Willamette Views*. Some of Ruth's interview questions, along with Bea's revealing answers, are included in the text.



Part 2

Las Vegas

Bea's father had moved to Las Vegas to take a job at a magnesium plant, promising to send for the family he had left in Talullah when he was able. When he had earned enough, it was time for the family to join him.

The family gassed up the car, carried extra fuel to take them out of the segregated South, and traveled north to Providence. They followed the famous Route 66 for three days to reach Las Vegas. They lived in a tent city with people who had come from many other states.

Schools were integrated in 1942 Nevada. "There were real chairs and real desks!" The classes were divided by grade level but not by race. There

were language differences, and Bea learned about Whites, Blacks, and Mexicans, and was amazed to know that there were so many other kinds of people in the world. There were differences in foods, music, and culture. She found that she loved Mexican music. "How would I have known if I hadn't been exposed to it?"

When the war ended, the magnesium plant closed. Word spread that the Kaiser Shipyards business in Portland, Oregon was actively looking for workers – men and women. So the family moved to Vanport, and a new chapter opened in Bea's life.

Vanport

Vanport was a polyglot community with people from all over the US, representing many ethnicities. Sometimes referred to as Vanport City or Kaiserville, it was a city of wartime public housing in Multnomah County, Oregon – between the contemporary Portland city boundary and the Columbia River. Its name was derived from the names of the cities it bordered – Vancouver, Washington and Portland, Oregon. It was built in 110 days in 1942 and was meant to be a temporary housing project – a superficial solution to Portland's wartime housing shortage.

When Bea's family arrived in Vanport, they were told that housing was integrated, but that was not exactly the case. Newcomers were assigned apartments from the Vanport office, and according to Bea, that was not done with color blindness. "Whites got apart-

ments, Blacks if there were extras." The Housing Authority assigned people by race. Their home was on Broadacre Street, where the Housing Authority assigned African Americans to live. Indoor restaurant service was available only to White people, but there were signs on some restaurant doors that said "We serve Negroes. Food can be picked up at the back door."

Bea, age 16, and her friends were at a movie theater on Memorial Day, May 30, 1948. During the film, suddenly someone came into the theater, ran to the front, and shouted, "The dike broke!" Everyone ran out of the theater. Bea's home was within running distance. There was no time to gather any belongings, but the family jumped into the car and drove as fast as they could. Bea looked back and saw a wall of water that she thought would swallow them. The river roared downstream 15 feet above the flood plain. It had undermined a railroad embankment that served as the dike, starting a flood that would leave 18,000 people homeless and significantly alter race relations in Portland. For eight years, the embankment had kept the river out of the 648-acre complex public housing project – the largest in the US at that time. Bea didn't realize that they were homeless until later in her life when she looked back on the tragedy and realized that yes, they were absolutely homeless! But the Vanport residents helped each other like they were family.

To be continued in Part 3, April issue

Rear Window

by Frank Starr

Lichen

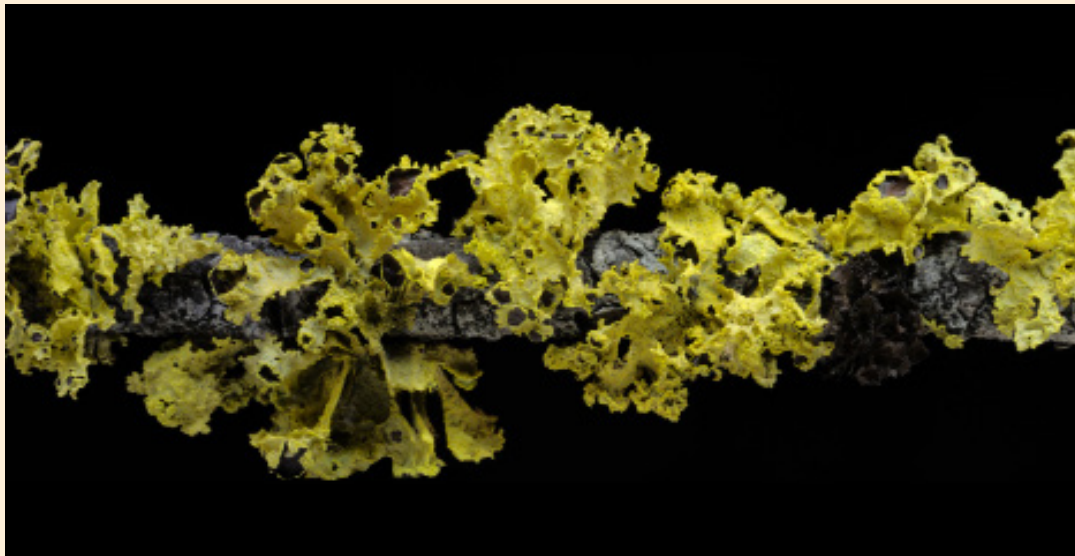
Our first grade daughter Lori came home and announced to her mother that she wanted to be a Camp Fire Girl. That set off reactions. Penny decided she should be a leader for the Camp Fire Girls. From first graders through high school, Penny led the girls on field trips to many places – fire stations, farmers' markets, university veterinary clinics. She led them on walks in the woods where she showed the girls plants, animals, and fungi. She explained the birds and bees, reproduction, and life cycles. She went on to show them lichen, explaining that "Freddie Fungus and Alice Algae lived in the forest. Freddie built a home that they both used. Alice gathered light, collected CO₂ and made food that fed them both. They took a 'lichen' to each other and lived together forever after." She then explained that lichen is a symbiotic relationship, that fungus and algae depend on each other, and neither could survive without the other. She wanted the girls to understand that life forms can, and do, cooperate and live together in peace by helping each other.

Looking out my rear window, I can see branches of a big oak, just a few yards away. The branches seem to be covered in a flat leaf-like something – it's a type of lichen, referred to as a *foliose* lichen. You have probably seen twigs covered by lichen lying on the sidewalk. Lichen are two entirely separate life forms. They can't procreate baby lichen, but that chunk on the sidewalk could create a new lichen colony.

Walking along River Road I noticed a bright orange something growing tightly on WV's iron fence. It was another lichen, known as *crustose* lichen. Where the concrete walk from North Pointe crosses the Manor driveway, there are several spots looking somewhat like drops of paint. Those are another type of *crustose* lichen. There are thousands of species of lichen. You probably have heard of "reindeer moss," and "British soldiers," both of which are leafless, branched examples of *fruticose* lichen.

Lichen don't have roots to absorb water and nutrients as plants do. They may look like a plant or moss but aren't related to either. Perhaps you have noticed in late summer the lichen are looking a bit gray, but as soon as they get some rain, the green chlorophyll becomes dominant as the algal partner photosynthesizes, brightens up, and produces nutrition that both she and Freddie use. They may look like parasites using the oak branch as a food source, but the fungi are simply utilizing the branch as a foundation to build their home.

Perhaps the most stressful test any life form has endured is living in space without Earth's atmosphere as protec-



tion. In 2005, the European Space Agency put two species of lichen into a capsule and launched it into space. Out there, the capsule was opened, exposing the lichen to extreme heat and cold, solar radiation of all sorts, and complete dehydration. After 15 days, the lichen were brought back to Earth. Following a chance to rehydrate, the lichen were just fine.

Activity	Day	Time	Location	Contact	Phone
Amateur Radio Club (ham radio)	TBA			Dale Harris	6482
Ham Radio Rag Chew	Saturday	9:30 a.m.	146.4 frequency	Dale Harris	6482
Biking	Anytime			Glenda French	2730
Book Review	Third Wednesday	10:30 a.m.	BH Auditorium	Carla Harris	6482
Briefings	Second & fourth Tues.	10 a.m.	Terrace Auditorium	Johanna Niemitz	7231
Caregiver's Support Group	First & third Thursday	11 a.m.	Court Family Room	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court 1st floor	Don Borjesson	6643
Chorus	Thursday	1 p.m.	BH Auditorium	Holly Henderson	6704
CPAP/BIPAP Users Support Group	Last Tuesday	2 p.m.	Heron Lounge	David Brockman	7218
Diabetes Support Group	Third Monday	3 p.m.	Heron Lounge	Stephen Ott	6771
Pre-Diabetes Support Group	Third Monday	2 p.m.	Heron Lounge	Stephen Ott	6771
Diversity and Inclusion Group	First Tuesday	10 a.m.	Zoom	Helen Spector	7034
Folk Dancing	Tuesday	3:45 p.m.	Multipurpose Room	Ellen Leff	6597
French Conversation	Tuesday	12 noon.	Riverview	Gail Durham	6815
Garden Committee	Second Tuesday	10 a.m.	Court Family Room	Susan Bolton	7277
Golf/putting	Anytime			Tom Henderson	6704
Green Team	Second Wednesday	9:30 a.m.	Court Family Room	Wayne Potter	6623
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Interfaith Questers	Monday	2 p.m.	Zoom	Bernard della Santina	6639
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Low Vision Support Group	2nd Wednesday	2:30 p.m.	Court Family Room	Sandra Gerling	6515
Mahjong	Monday	3 p.m.	Multipurpose Room	Pam Brown	6623
Manor Art Studio	Anytime			Gail Durham	6815
Manor and Court Workshops	Anytime			Robin Bolton	6430
Mindfulness Meditation	First Sunday	4 p.m.	Terrace Auditorium	Frankie Borison	7215
	Second – fourth Sunday	4 p.m.	Zoom	Frankie Borison	7215
Mix & Mingle Bridge	Wednesday	5:30 p.m.	Heron Lounge	Jan Campbell	6822
Movies – Documentary Film	First Thursday	6:30 p.m.	BH Auditorium	Kay Kuramoto	2727
International Film	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
Saturday Night Movie	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
Nonfiction Book Review	Fourth Wednesday	10 a.m.	Heron Lounge	Ann Phelps	7213
Pickleball	When sports court available			Gary Smith	6454
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pool Volleyball	Monday, Wed.	10 a.m.	Pool	Diane Powers	6640
	Friday	1 p.m.	Pool	Diane Powers	6640
Plant-based Nutrition Group	Second Saturday	3 p.m.	Zoom	Jerry Smith	6502
Public Affairs Committee	Second Friday	10:30 a.m.	Plaza Mt. Jefferson Rm.	Paul Bosshardt	6823
Public Affairs Program	Third Thursday	7 p.m.	BH Auditorium	Paul Bosshardt	6823
Q&A by Craig and Kim	Wednesday TBA	3 p.m.	Zoom	Susan Di Piazza	7351
Recorder Beginners	Tuesday	11:30 a.m.	Multipurpose Room	Cindy Mahlau	6348
Recorder Consort	Tuesday	12:30 p.m.	Multipurpose Room	Cindy Mahlau	6348
Resident Council meeting	First & third Friday	9:30 a.m.	BH Auditorium, Zoom	Sandie Helmick	6511
Resident Food and Dining Committee	First Tuesday	2 p.m.	BH Auditorium	Phil Mirkes	6609
Sewing Room	Anytime		Court 5th floor	Sandra Pagels	6549
Team Trivia	Second & fourth Tues.	6:30 p.m.	Terrace Auditorium	Sherman Bucher	7214
Technology Coordinating Committee	Second Tuesday	3 p.m.	Plaza Mt. Jefferson Rm.	Earl Westfall	7223
Tennis	When sports court available			Bob Ely	6604
UUs at WV	Third Thursday	4 p.m.	Court Family Room	Jane Cadwallader	6455
Voter Information	See Friday Notices			Ron Gustafson	2715
Wednesday Walk	Wednesday	1 p.m.	Meet in front of Manor	Gary Smith	6454
Willing Weeders	Anytime			Donna Kling	7229
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Chair Yoga	Thursday	9:15 a.m.	Multipurpose Room	Ann Rutz	6504