



WV welcomes Health and Wellness Coordinator Laela Echelberger

Story and photo by MH Socolofsky

Laela Echelberger stepped into her new role as Willamette View’s Health and Wellness Coordinator in June, after working in the Health Center for over two years. She earned her bachelor’s degree in political science from the University of Minnesota. She is a lifelong volunteer, teaching English as a Second Language, working with hospice, and delivering Meals on Wheels.

As part of the Wellness Team, Laela provides care coordination and planning and is an advocate for residents. She provides wellness checks, blood pressure readings, responds to apartment calls, and is a resource of information for physical health and safety.

Laela grew up in Fergus Falls, Minnesota. She and three friends moved to Oregon 11 years ago. She worked at a restaurant when she arrived, but during COVID, she applied and was hired at Willamette View as a caregiver in the Health Center. She was awarded a scholarship from the Blue Heron Foundation and earned her CNA certification.

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Lessons for Today from the Holocaust

by Helen Spector, Diversity and Inclusion Group

Artist and educator **Rosalyn Kliot** will speak at Willamette View on Tuesday, **October 3**, at 10:30 a.m. in the Blue Heron Auditorium, sponsored by the **Diversity and Inclusion Group**.

During much of her life, Rosalyn knew only that her parents had been sent to the Klooga concentration camp in Estonia because they were Jewish. Their future was not measured in years, but in hours or minutes. Knowing their fate, her parents were among 20 prisoners who escaped. The couple fled to give their unborn child a chance at a better life, and Rosalyn was born during the war in occupied Poland.



Rosalyn will share her parents’ harrowing experiences escaping from the camp and other memories from her father’s memoirs, so that we understand what can result from hate and bigotry. Speaking for her family members who never had a chance to speak, she tells their story, because it must never happen again.

For more information, contact **Helen Spector** (7034).

From the Resident Council

Resident Council Task Force on Resident Engagement Report Highlights

by Doug Morgan and John Holderness, Co-Chairs

The Council Task Force on Resident Engagement has completed its 14-month study and issued its final report. You can access the full report in the following ways:

- **Library:** Each of our three libraries has hard copies you can check out, read on-site, or copy.
- **Electronic Access:** Our resident website home page provides electronic access.
- **Personal Copy:** Contact the Chair, Douglas Morgan, at fly-fisher@live.com if alternatives #1 and #2 are not adequate. Following are the key highlights of our report.

What We Did

- We undertook nine focus groups and collected 111 accompanying surveys organized around six broad **satisfaction-centered** and **recommendations-for-improvement** questions.
- We undertook a census participation survey of all residents, using activity mailing lists. We correlated our census participation information with five demographic factors: age, gender, partner status, tenure, and campus location.

What We Found

- Residents express high levels of satisfaction with the **Strong Sense of Community, Friendly and Helpful Staff, Safety and Security**, and the **Active and Engaged Lifestyle**.
- Residents would like improvements in **Dining, Transportation, Community Building**, and fun-centered activities like parties, dances, celebrations, **Better Integration of Independent Living, Assisted Living, and Health Center Residents**, and more attention paid to the **Design and Use of Campus Internal and External Space and Furnishings to Strengthen Engagement**. Residents had 37 specific recommendations for improving these dimensions of campus life.
- Residents participate in more than 45,500 activity opportunities per year — an average of 106 per resident!
- Participation is highly correlated with age and tenure. Engagement starts to increase in the second year of tenure and declines in the 11th year. This correlates highly with an age window of 74 and 85. North Pointe stood out for its high level of engagement per resident and per building.

What's Next

The Task Force recommends the creation of a Council Workplan that addresses the following issues:

- Design and Use of Campus Grounds to Enhance Social Engagement
- Transportation
- Community-Building Fun Events
- Improving Campus Integration of Independent Living, Assisted Living, and Health Center Residents



Donna Kling was featured in the September 15 Resident Council meeting's Volunteer Spotlight for her leadership and service in the Willing Weeders group. When she moved to WV in 2019, she regularly weeded and groomed the campus gardens. Soon she was invited to form a resident volunteer group of Willing Weeders, which she has led for several years. They recently cleared the RiverWalk area of weeds.

Willamette Views

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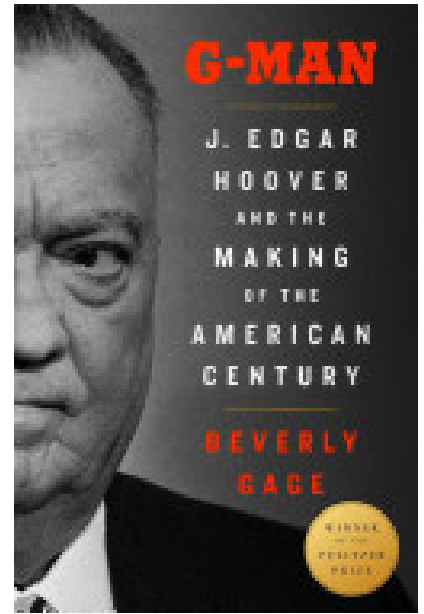
Articles may be edited.

October Book Review Showcases the Man Behind the FBI

by Sue Bosshardt

Mark Troseth will review **G-MAN — J. Edgar Hoover and the Making of the American Century**, by Beverly Gage, on Wednesday, **October 18**, at 10:30 a.m. in the Blue Heron Auditorium. This is the first biography of Hoover written in nearly three decades, since previously unavailable government documents became public. We can see more clearly how Hoover rose to power and how he led the bureau from a fledgling agency in the 1920s to a major institution with a stellar reputation by the late 1950s. Mark's early memories related to FBI importance were a school trip to the FBI Building in Washington, the day J. Edgar Hoover died, and a few TV episodes of *The FBI*.

Mark moved to Willamette View in 2019 from NE Portland. He practiced law for 35 years, served 25 years in the Coast Guard, and worked 20 years in Salem at Oregon's Department of Human Services. After retiring, he wanted to learn more history, especially through reading biographies, as they tend to reveal how events affected the individual and how the subject affected our history. One of his favorite biographies was the three-volume biography of Theodore Roosevelt by Edmund Morris. "It gave me more insight into the early 20th century than I had previously accumulated."



October Movies

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

Documentary film

Thursday, **Oct. 5:** **Six Million Steps: A Journey Inward** (2011). This film chronicles the lives of hikers during their adventure on the Pacific Crest Trail, which covers 2,650 miles, 165 days, and 6,000,000 steps – the length of the US Pacific coast from Mexico to Canada.

International film

Tuesday, **Oct. 10:** **Women on the Verge of a Nervous Breakdown** (Spanish language, 1988). An absurdly funny black comedy about a group of women who all suffer in their own ways. Coincidence and mishap tangle this favorite Spanish movie, starring Carmen Maura, Fernando Guillen, and Antonio Banderas. Directed by Pedro Almodovar. **Discussion following. Comedy/Drama. R**

Saturday night films

Optional discussions will follow

Oct. 7: **Auntie Mame** (1958). Young Patrick Dennis (Jan Handzlik/Roger Smith) is left in care of his progressive, free-spirited Auntie Mame (Rosalind Russell), much to the displeasure of his assigned executor (Fred Clark). This madcap adventure won Golden Globe awards for Best Movie of 1959 and Best Actress (Rosalind Russell). **Comedy. Not rated**

Oct. 14: **North by Northwest** (1959). **Residents' Choice Contest Winner** Master of suspense Alfred Hitchcock creates a gripping action thriller following Roger O. Thornhill as he is hunted by a ruthless spy. The beautiful and mysterious Eve provides the romance. This classic adventure stars Cary Grant, James Mason, and Eva Marie Saint.

Selected for the National Film Registry. **Mystery/Thriller. Not rated**

Oct. 21: **Bagdad Cafe** (1987). A charming fable about friendship between two vastly different women at a dusty highway cafe in the American Southwest. Marianne Sagebrecht plays the stranded German tourist with CCH Pounder as the owner of the Bagdad Cafe. Jack Palance prowls about. **Comedy/Drama. PG**

Oct. 28: **Ex Machina** (2014). Fascinating sci-fi study of early artificial intelligence (AI) with incredible performances. The plot follows a bright computer programmer (Domhnall Gleeson), who is invited to test one of the first intelligent humanoid robots. Oscar for Best Visual Effects. **Science Fiction/Mystery Thriller. Language/Graphic Nudity. R**

Artistic Director of Portland Baroque Orchestra to perform

by Ginny Seabrook, Music Committee

On Monday, **October 9**, residents of Willamette View will have the rare pleasure of hearing the internationally known harpsichordist **Julian Perkins** perform in the Blue Heron Auditorium at 7 p.m.

Julian Perkins, dubbed “the Indiana Jones of Early Music,” brings an adventurous spirit to all of his music making. He was recently appointed Artistic Director of the Portland Baroque Orchestra, where he looks forward to combining artistic excellence with meaningful scholarship to create historically inspired yet contemporary performances. He is also the Artistic Director of Cambridge Handel Opera and Sounds Baroque in the UK, and he enjoys a busy career as a chamber musician and solo keyboard player.

Julian was shortlisted for the 2021 Gramophone Classical Music Award for his recording of Eccles’s *Semele*

with the Academy of Ancient Music, and in August 2023 his latest solo disc, *Handel’s Attick*, was Instrumental Choice in *BBC Music Magazine*. He has been praised as both conductor and solo performer. *Opera Disc of the Month* says, “He conducts as if every bar means the world to him,” and *BBC Music Magazine* says that as a keyboard soloist, Julian is known for his “demonic intensity.”

As a keyboard player, Julian performs regularly at the Salzburg Festival and has given concerto performances with ensembles including the Royal Northern Sinfonia, Orchestra of the Age of Enlightenment, and Florilegium. He has appeared as solo harpsichordist or fortepianist for the Bayerische Staatsoper in Munich; Royal Opera House, Covent Garden; and Welsh National Opera. He performs with renowned instrumentalists and broadcasts on



BBC Radio 3. In addition to Baroque and Classical works, his discography includes world-premiere recordings of modern pieces by composers such as Stephen Dodgson, Iain Farrington, Rhian Samuel, and Heloise Werner.

AI Art from the Beginning, 1960 – 1990

by Wyma Rogers, Art in Public Areas Committee

Richard Helmick will present the development of AI (Artificial Intelligence) art in a two-part course on successive Wednesday afternoons, **October 11** and **18**, 2 – 3 p.m. in



the Blue Heron Auditorium. Early AI and algorithmic art include art created from rules delineated for this purpose with most written in computer code. Today as we marvel at and sometimes fear Artificial Intelligence, people are again interested in this early period of AI art.

Hearing Richard talk

about AI art is like going back in time with him as our companion. He was there and can tell us about it not only as a scholar of art history but as one who was doing and watching AI art as it developed. He says, “I associated with the historically acknowledged artists of this movement. The course is an insider’s view of this history.”

Richard was educated at Ohio University in Athens, Ohio. He taught art and design at the University of Missouri; Texas A&M University; Nanjing Art Institute, China; and Pusan National University, South Korea. He has worked in many media and exhibited his art in national and international juried shows over the decades of his life through today. His works are included in public, private, and university collections.

This course is presented under the auspices of the **Art in Public Areas Committee**. Contact **Wyma Rogers** (6282) with your questions.

Let's Dine Out!

by Phil Mirkes, LDO Committee

Are you interested in sampling some of the variety of Portland's restaurant cuisines and having transportation provided by a WV bus? If you are, then watch for upcoming opportunities to sign up for lunch or dinner trips to different restaurants in the Portland metro area. The WV



Outings Committee has recently established a new group, the **Let's Dine Out Committee**. The goal of this group is to select restaurants throughout the Portland metropolitan area that serve different cuisines of the world. Once a restaurant is vetted and a reservation is made, a sign-up sheet for interested residents will be posted in the Manor lower level. Our first planned outing will be at a Mexican restaurant, **Nuestra Cocina**, on Wednesday, **Oct. 25**. Be on the lookout for the sign-up sheet in early October. If you have questions, contact a member of the Let's Dine Out Committee – Dennis Gilliam (6372), Joel Meresman (6730), Phil Mirkes (6609), Elizabeth Olsen (6343), or Sandra Pagels (6549).

WV Welcomes Health and Wellness Coordinator Laela Echelberger

Continued from page 1

As a political science major in college, Laela accepted a college internship with the political campaign of Al Franken. She worked with fundraising and finance, and met many interesting people, including comedian and television producer Larry David. But she grew disillusioned with politics and realized she was more interested in community engagement. Minnesota has a large immigrant population, especially from Somalia and other East African countries, that comes to the US under the sponsorship of local church congregations. Laela began her career in community engagement with these immigrant groups.

Laela's interests include many outdoor activities, such as cross country skiing, hiking, and camping. This past summer, she and her friends hiked trails in the Tillamook State Forest, and she will hike and camp at Mount Rainier this fall. She is a reader and likes to read at least two books at the same time.

She enjoys working at Willamette View because of its atmosphere of wellness. People move here with the expectation of healthy living, and the organization is set up to help them succeed. In her job, she helps residents maintain their quality of life. Laela states her mission: *To provide information and tools for residents to live safe and healthy lives in their Independent Living apartments.* You may call her at 6727.

Employee Appreciation Fund Drive to begin

by Fred Olson

November is almost here, and that means the **WV Employee Appreciation Fund Drive** will begin soon. We are not allowed to tip staff, and while we can personally thank some of them, there are many others working behind the scenes to make our lives more comfortable, safe, and secure. The fund drive is one way we can offer a big thank you to all our staff.

The number of hours an employee has worked, and the amount of money raised through our generosity, will determine how much each qualified employee will receive. No distinction is made between hourly and salaried employees. Those eligible will be outlined later this month.

The drive will start **Nov. 1** and end **Nov. 30**. Money managers for the drive are **Elaine Toll** and **John Niemitz**. They will place collection boxes at the Manor, Terrace, and Health Center reception desks and keep a running total of donations. Checks should be made payable to **WV Employee Appreciation**. At the end of the drive, the money managers will calculate how much each employee will receive and write checks for each recipient. Residents can track the fundraising progress by checking the large poster boards that will be placed outside Riverview and White Oak Grill. Last year's drive raised \$254,755.30 – each employee received 73 cents for each hour

worked between Dec. 1, 2021, through Nov. 30, 2022. Ongoing information about the drive will be posted in the *Friday Notice* and on Resident Council bulletin boards.

On **Dec. 13** at 2 p.m., there will be an **Employee Appreciation party** for staff and residents in the Blue Heron Auditorium. Employee checks will be handed out then. Residents have said it is nice to see the faces behind staff names and thank those workers who work behind the scenes to make our lives better. The appreciation program is not just about money. As in previous years, a large blank paper mural will be placed on the wall outside Riverview so residents can write notes of thanks.

Resident Website Tips

by the Tech Training and Help Resources Workgroup

Have you explored all the directories?

The most used and best-known directory on the resident website is the **Resident Directory**, but did you know that it is just one of **10** directories that are available? If you click *Directories* on the main menu at the top of each page, you will be taken to a list of them with a short description of each.

The **Location Directory** is the newest. It provides an alphabetical list of more than **70** different locations on campus, showing the building and floor where they are located. The name of the location is a link to a page that gives many more details, such as amenities, technology available, capacity, and phone number, if appropriate.

You will need to be logged into the website to explore any of them except for the **Activities** and **Location Directories**. Please explore each of the directories. You'll find them extremely useful.

Note: If you notice that a location or entry is missing or incorrect, feel free to make a suggestion using the form available via the *Contact* link at the bottom of each page.

Bridging Divides, Granting Grace, Respecting Differences During Election Season

We are nearly one year from the national election, and many of us are worried about talking politics. We share our views with people we can already agree with and avoid talking with others, which can drive us more deeply into our respective red and blue corners. Keeping the peace by avoiding talking across party lines prevents us from understanding people who hold different opinions, can cause feelings of anger and contempt, and can create roadblocks for working on issues where we share goals.



Join us on Tuesday, **November 7**, at 10:30 a.m. in the Blue Heron Auditorium for a conversation offering insights from across the nation and in Oregon about how people are finding ways to listen better, understand one another, and work across political and other divides. This program will offer takeaways for how friends and neighbors can talk politics in constructive ways during and after election season.

Sponsored by the DIG and Public Affairs committees

Willamette View Plant of the Month

by Fred Rauch

The Dawn Redwood (*Metasequoia glyptostroboides*) is considered a living fossil. It was first discovered as a fossil in the John Day Fossil Beds and, with the aid of DNA, scientists were able to identify and name the plant. For a long time, the tree was thought to be extinct. For centuries, that area was a tropical rain forest supporting an extensive grove of these trees. In the 1940s, a small grove was found alive in Central China. At first, seeds were collected and distributed to botanical gardens, especially in the UK, and plants were established. The tree has since made its way into our landscapes.

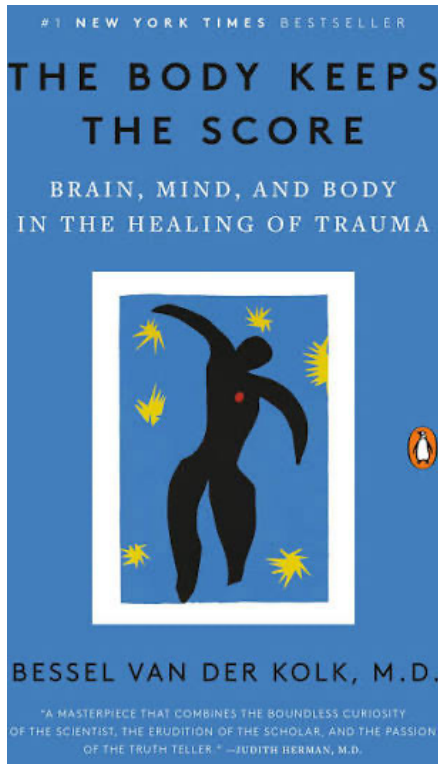


It forms a major tree up to 167 feet in height, but not as massive as its cousin, the Coast Redwood. It is one of our few deciduous conifers that lose their needles in the winter. We have two specimens on the WV campus – one in the garden north of the Plaza and one south of the Terrace near the staff parking lot shelter.



Try This Title

by Penny Fiske



THE BODY KEEPS THE SCORE: Brain, Mind, and Body in the Healing of Trauma

Author: Bessel van der Kolk, MD

Manor Library 616.85 VAN

Publisher: Viking 2014

Publisher: Penguin Books, reprint edition, 2015 paperback

“Psychological trauma can befall anyone, not just soldiers, refugees, or victims of rape. . . . This helpful book makes sense of suffering and offers opportunity for healing.”

–**Booklist**

“Without language or symbols infants use every one of their biological systems to make meaning of their self in relation to the world of things and people. Dr. van der Kolk shows that those very same systems continue to operate at every age.”

–**Ed Tronick, Distinguished Professor, University of Massachusetts, Boston**

“A fascinating exploration of a wide range of therapeutic treatments shows readers how to take charge of the healing process, gain a sense of safety, and find their way out of the morass of suffering.”

–**Francine Shapiro, PhD, originator of EMDR therapy**

“*The Body Keeps the Score* helps us understand how life experiences play out in the function and the malfunction of our bodies, years later.”

–**Vincent J. Felitti, MD, Chief of Preventative Medicine, Kaiser Permanente, San Diego**

“*The Body Keeps the Score* is masterful in bringing together science and humanism to clearly explain how trauma affects the whole person. Bessel van der Kolk brings deep understanding to the pain and chaos of the trauma experience. The treatment approaches he recommends heal the body and the mind, restoring hope and the possibility of joy. One reads this book with profound gratitude for its wisdom.”

–**Alicia Lieberman, PhD, Professor of Medical Psychology UCSF, Director, Child Trauma Research Project, SF General Hospital**

Bessel van der Kolk, MD, is the founder and medical director of the Trauma Center in Brookline, Massachusetts, a professor of psychiatry at Boston University School of Medicine, and director of the National Complex Trauma Treatment Network. When he is not teaching around the world, Dr. van der Kolk lives and works in Boston.

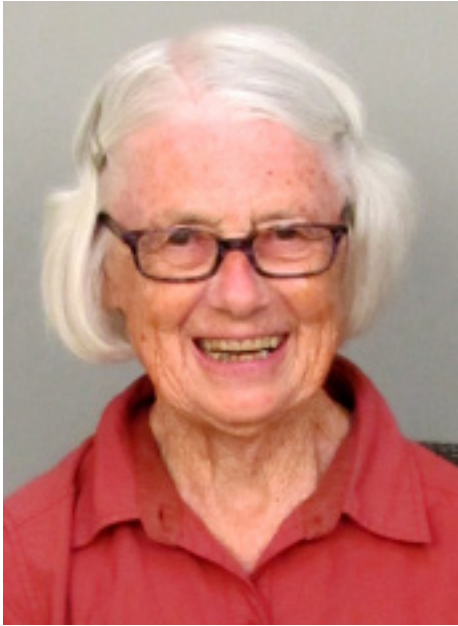
The editor at Viking was **Toni Burbank**, who moved to Willamette View in 2020.

ArtReach Gallery to show Native American art collection



The **ArtReach Gallery** will host a showing of **Stephen and Mary Jane Ott**'s multimedia collection of Pacific Northwest (PNW) Native American art, ranging from southern Alaska to the mid-Oregon coast. Stephen has been a student of PNW Native American art and cultures since high school days. He has written educational and explanatory materials for inclusion in the show's booklet. The writing describes the First Salmon Ceremony, the very significant annual intertribal trade gathering at Celilo Falls, basic spiritual beliefs shared by many of the PNW tribes, the importance of Raven and Salmon cultural mythology and stories, and the languages used by the mid- and lower-Columbia River and coastal Chinookan people. The intersection of tribal cultures at Celilo Falls happens to dovetail with much of the history of the present Confederated Tribes of Grand Ronde, including the Clackamas people on whose ancestral land Willamette View stands. The show opens on **October 1** and goes through the end of November. It is located at the historic Portland First Congregational Church, 1126 Park Avenue, near the Oregon Historical Society and the Portland Art Museum. The show is accessible by appointment through Gallery Curator **Dr. Sheldon Hurst** at 503-748-9419.

New residents bring extensive career and volunteer experiences



Jean Eilers

Jean Eilers and **Robert Byrne** are new residents of 307E. They moved from NE Portland on July 16. Jean was born in Portland and later lived in Philadelphia and Washington, DC. Jean and Bob lived several places in California,, including Pasadena, Delano, Coachella, and San Ysidro. They moved to Portland in 1986.

Jean attended Immaculate Heart College and Cal State, Los Angeles, earning a BA and MA in history. She became a teacher of first grade through high school classes. She worked as a union organizer with the United Farm Workers from 1976 through 1981. She worked with Cesar Chavez, Delores Huerta, and many farm workers and UFW volunteers during the time that the union was growing strong and gaining union contracts with growers. She became a union organizer for the American Federation of State, County, and Municipal Employees (AFSCME) and District 65, representing city and county employees.

As a volunteer, she continues her support of unions and Black Lives Mat-



Robert Byrne

ter actions, and finds ways to support and establish respect and dignity for those in need. She volunteers with Jobs with Justice – a national organization with local groups in various cities.

Robert attended Gonzaga University, earning a BA and MA; Jesuit School of Theology, Berkeley, earning a Masters of Divinity and Sacred Theology Masters (MDiv, STM). He attended California State University, Dominguez Hills, earning a Masters in Family and Child Therapy (MFCC). He taught at Jesuit High School and the Jesuit Novitiate in Portland.

His volunteer work includes tutoring for Portland Public Schools and the Community Transitional School.

They have a daughter, Michela, who lives in Portland with her family. They have two grandchildren.

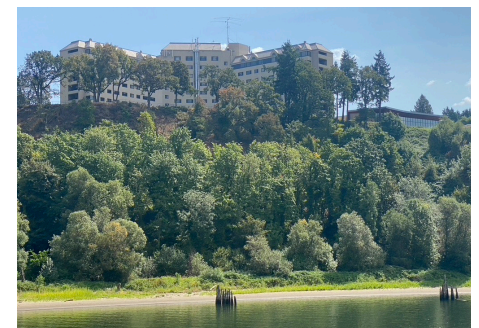
Jean and Robert were encouraged by their family to visit Willamette View. They were pleased to find a welcoming atmosphere, and they appreciate the full range of continuing care available, the friendly residents, the beautiful views, and the proximity to their family.



Danise Delzer

Danise Delzer moved to 508S, having come from Kailua-Kona, Hawaii, on July 15. Former homes have been in Minneapolis, San Diego, and for two years, a condo on Powell Boulevard in Portland.

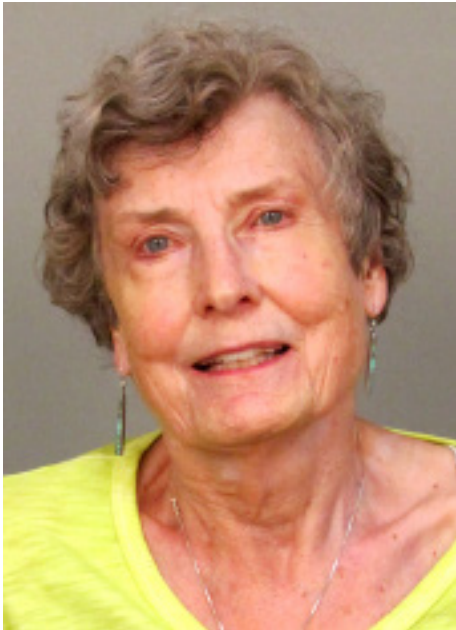
She worked as a library assistant at Kealakehe High School in Kailua-Kona. She has been a volunteer at Crystal Springs Rhododendron Garden. She enjoys sewing and arts and crafts projects. Her spouse is deceased. She has a son, Travis; daughter and son-in-law, Amanda and Craig; and a granddaughter, Eleanor. She has found the Willamette View residents to be happy and welcoming,



Willamette View, seen from the Portland Spirit ship on August 23

and come to Portland to be closer to families

Photos by Mike Lincicum



Harriet Wiser

Harriet Wiser is a new resident of 102D. She came to Willamette View from SW Portland on July 11. She has lived in Toronto, British Columbia, North Carolina, and Europe.

She attended schools in Lisbon, Portugal; Heidelberg and Bonn, Germany; the University of British Columbia; and Portland State University, earning a BA and MA.

She spent her 33-year teaching career at Portland's Catlin Gabel School.

Her husband is deceased. She has three sons and seven grandchildren.

Wendy and Peter Gibb moved to 216N on July 21. They came from Ashland, Oregon. They lived previously in San Francisco, Germany, Ireland, and Marin County, CA. Wendy also lived



Wendy Gibb

in Los Angeles; Peter lived in the UK, Scotland, and Washington, DC.

Wendy attended the University of Redlands, earning a BA; San Francisco State, for an MA; and St. Mary's College for an MFCC. She became a teacher for visually impaired students in the San Francisco school district and was a psychotherapist.

Peter attended Brown University. He had a long and varied career that included the US Foreign Service; teaching all levels from elementary through graduate school and adult education; home remodeling; directing a social service agency; organizational development consulting; and was a freelance writer and artist.

Wendy's interests are hiking, cho-

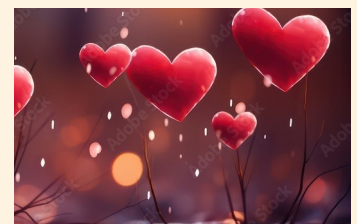


Peter Gibb

ral singing, and traveling. Peter enjoys writing fiction, nonfiction, and memoirs. He has written several award-winning books. Personal growth and mindfulness are important to him and are the topic of some of his books. He loves music and is a singer/songwriter. He plays acoustic guitar, speaks Spanish and German, and enjoys languages. His art interests include acrylic painting and cartoon drawing. You are invited to visit his website at www.petergibb.org. Wendy and Peter are parents of sons Doug and Gavin and daughter Caitlin. They have five grandchildren. They chose Willamette View to be near their children, who live in Portland and Hood River. They find WV a friendly and creative culture.

Language of the Heart

Come for an hour of reflection on Psalms and other prayers in the Bible and for connecting to God and each other as we share from the heart. This weekly interactive gathering begins Thursday, **October 5**, at 10 a.m. in the Manor Heron Lounge. Knowledge of the Bible is not required. Printed copies of the readings are provided. Emphasis is on community building. You are welcome to drop in and try it out. **Joe and Judy Johnson** are facilitators. Contact them at 714-756-0088 or abbafatherr@icloud.com.



New residents appreciate Willamette View amenities; plan to pursue



Irene Ferris

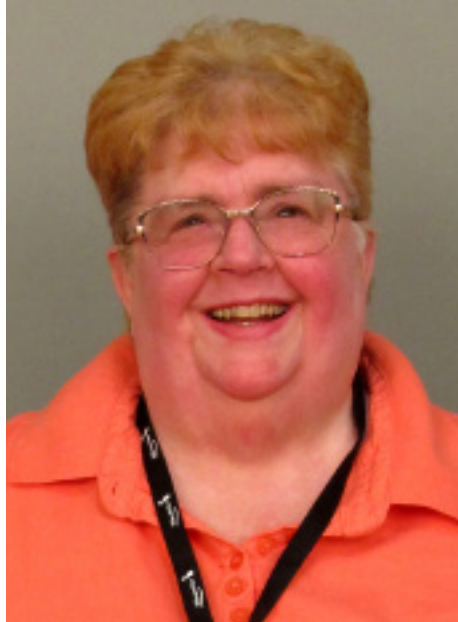
Irene Ferris is a new resident of 505D. She moved from Junction City, Oregon, on July 27. Earlier homes were in Lynnwood, WA; Kodiak, AK; and Newport, Forest Grove, Sheridan, and Gold Beach, Oregon.

She attended Western Business College in Portland. She has been a preschool assistant teacher and book-keeper as well as a teller for First Interstate Bank and Washington Credit Union.

Irene has three sons, five grandchildren, and five great-grandchildren. She chose Willamette View because of the friendly people, the location, and the clean and beautiful grounds.

Caroline and **Chris Barns** came to 101P from Tigard on August 8. They lived in several homes in Washington County for 33 years. They lived previously in Mountain View and Davis, CA.

Caroline earned a BS in accounting from San Francisco State University. After graduation, she worked at Intel Corporation's accounting department. She and Chris moved to Beaverton in 1990 as she continued



Caroline Barns

her career with Intel.

Chris earned a BS in mechanical engineering from UC Davis. He worked for the NASA Ames Research Center, Gaard Automation, Intel Components Research, and his current employer, DWFritz Automation. He has been awarded 100 patents in multiple fields.

Caroline left Intel in 1991 to become a full-time homemaker. Over the years, she resumed part-time work consulting and training on computers and accounting systems. She took a job with Timberline Software as a support representative and trainer. She was an office manager for several businesses.

Besides paid employment, Caroline found time to volunteer with several groups, including Cub Scouts and a church board.

Chris enjoys downhill skiing, kayaking, making model airplanes, and working with their dogs – Lexy, a Lhasa-poo is 11 years old, and Ginger, a golden retriever, is two.

Caroline's interests include genealogy, travel, planning and organizing events, reading historical fiction, and



Chris Barns

Caroline and Chris have two daughters-in-law and three grandchildren. Their two sons tragically lost their lives in their 30s. Caroline states that moving to Willamette View represents opening the door to a whole new chapter in their lives. They look forward to immersing themselves in "the Art of Living Well."

Lynnetta Wisler moved from Milwaukie into 209A on August 1. Previous homes have been in Northwest Portland and Tigard; Renton, WA; Oceano, CA; Ogden, UT; and San Luis Obispo, CA.

She attended Weber State College, earning an RN. She was a medical and bedside nurse for surgical patients at Meridian Park Hospital in Tualatin, OR; St. Francis Hospital in Federal Way, WA; and Arroyo Grande Hospital in California.

Lynnetta volunteers with the Catholic Worker Movement's Dandelion House – a hospitality house, urban farm, and spiritual community that opened in 2022 to serve those in need in the Portland metro area.

sports, musical interests

Photos by Mike Lincicum



Lynnetta Wisler

Lynnetta's interests include walking and other physical activities, visual and performing arts – especially ballet – and travel. She shares 209A with her brother, Ernie Crook.

She has a thoughtful and impressive list of reasons for her move to Willamette View:

- A beautiful location
- Nutritious, locally sourced food
- The people! A culture of wellness, independence, proactive goals
- CARF International accreditation
- A not-for-profit CCRC
- Walking distance to MAX station
- Fitness center

"When I encounter the inevitable challenges and crises associated with aging, I won't need to relocate and figure out my care; I will already be at home in familiar surroundings with people I know, love, and trust, and in a system I understand how to navigate."

Jan Ford became a resident of 210B in August, having come from Gig Harbor, WA. She has also lived in Portland and Kirkland, WA.



Jan Ford

She grew up in Portland and attended Grant High School. She earned a BS and teaching certification at Oregon College of Education (now Western Oregon University) and Oregon State University. She later attended Portland State University to earn an MS in special education. Caring for her special needs son provided her with valuable experience.

Jan taught fifth grade in the David Douglas, Beaverton, and Eugene school districts. She taught special education at several schools in Washington County. She has volunteered with The Arc's Special Olympics program.

Jan and her spouse, Bill (now deceased), are parents of a son and daughter, five grandchildren, and two great-grandchildren. Son Chris was born with Down Syndrome. Jan was his full-time caregiver for many years. He moved into a group home when he became an adult.

She has a variety of interests, including water aerobics. She has sung in many choral groups and looks forward to finding musical opportunities at WV.

Oregon Koto-Kai to perform

by Ginny Seabrook, Music Committee

On Friday, **Oct. 27**, at 7 p.m. in the Blue Heron Auditorium, residents will be treated to the beautiful music of Japanese Koto-Kai. The koto is a Japanese plucked half-tube zither instrument. It is the national instrument of Japan. Also known as a "Japanese harp," it has a rich and detailed history. Unlike western stringed instruments such as violins and guitars, the koto actually consists of 13 strings that are strung over 13 bridges. One type of koto has 20 strings and is made in the image of the dragon, embodying much of the creature's cultural importance.

Oregon Koto-Kai is a group of musicians passionate about playing the koto. Founded by Mitsuki Dazai in 2012 with only six members, the ensemble held its first concert that fall at Epworth United Methodist Church in Portland. The group has grown to 20 members, and they are featured artists at many festivals and venues throughout the Pacific Northwest each year.

The audience may be surprised that this versatile ensemble will play music from classical to contemporary and more. Join the Music Committee to welcome Oregon Koto-Kai as they share their talent and culture and tell us more about this unusual instrument.

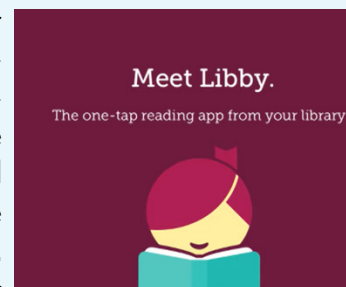


✓ Check it out

by LaJean Humphries, Library Committee Chair

Resources through your Library Card

The Willamette View Library has a wonderful collection of current popular reading for your enjoyment. Did you know, however, that with your library card (Clackamas or Multnomah), you can learn so much more? Watch the *Friday Notice* for upcoming library classes such as Magazines, Newspapers, and More – oh my! This is where you can read the news, browse the latest magazines, check restaurant reviews, get the information you need for your travels, and even find *Consumer Reports*. Downloadable *Books Class* is where you learn to get that e-book you've been wanting. If there are other topics you'd like to see, contact **Manor Library Manager Janet Black** (7058) or blanetjack@yahoo.com, or **Library Chair LaJean Humphries** (6702) or lajeanhumphries@gmail.com.



Your library card gives you free access to numerous online resources. You can learn about the new drug your doctor prescribed, research companies and track stocks, learn a new language, or increase your vocabulary. Watch movies at no charge. Access thousands of demographic, business, and marketing data variables such as consumer expenditure, real estate, and crime. Find recent information on brain research or a science article you can listen to. Learn and practice skills needed to perform tasks on computers and online using easy-to-understand tutorials. Use resources such as the **National Geographic Virtual Library** to find a map of Aztec sites or articles about the pyramids of ancient Egypt. The possibilities are endless. **Libby** is a free app where you can borrow e-books, digital audiobooks, and magazines from your public library. You can stream titles with WiFi or mobile data, or download them for offline use and read anytime, anywhere. All you need to get started is a library card. **Kanopy** is an on-demand streaming video platform for public and academic libraries that offers films, TV shows, and documentaries. The service is free for users, but content owners and content creators are paid on a pay-per-view model by the institution. The **Aging and Disability Resource Connection**, also known as the ADRC, is available 24 hours a day as a free resource to provide information, assistance, and referrals on issues affecting older people and people with disabilities, regardless of their income. The ADRC can be reached at 503-988-3646, and phone interpretation is always available if needed.

Libraries open the world to you. They allow access to different opinions and life experiences that can help you broaden your perspective. Our library volunteers want to help you take advantage of library resources beyond the walls of Willamette View. We've been offering classes, and more are in the wings. If there are classes you'd like to see, let us know!

Spooky Times Ahead!

Calling all Goblins and Ghosts! Get ready for WV's Halloween Extravaganza coming on **October 31!** The be-witching affair will kick off at 1 p.m. with a costume parade through the Health Center, followed by staff and resident costume judging, table decorating, photos, and beverages. Plan your ghoulish table decorations and round up a scary group of friends to join you at 5 p.m. for a frighteningly delicious dinner at Riverview. **Reservations are required.** After a final display of Halloween costumes, the party will shamle over to the Blue Heron Auditorium for well-deserved prizes and more freaky fun! Watch for more details in upcoming Friday Notices.



Blue Heron Players to perform scenes from three award-winning comedies

by BHP Director Carol Knowles

On Monday, **October 16**, at 6:30 p.m. and Tuesday, **October 17**, at 2 p.m., the Blue Heron Players, under the direction of Carol Knowles, will perform scenes from three award-winning comedy dramas.

From slapstick to sardonic to gently self-effacing, our exploration of humor in theater begins with Madeleine George's Obie Award-winning apocalyptic comedy, **Hurricane Diane**. The Greek god Dionysus returns to earth as Diane (**Wyma Rogers**), a gender-fluid landscape architect living in Eugene, Oregon. Alarmed by the effects of global warming, Diane attempts to convert Carol Fleischer (**Marcia Shaw**) into an acolyte willing to turn her suburban lawn into a primordial forest. Carol balks and engages Diane in a laugh-out-loud battle of wills revealing the hubris of humankind and the gods that threaten to destroy all life on earth.

The second presentation comes from Peter Shaffer's Tony Award-winning **Lettice and Lovage**. In spite of being an older woman and menially employed, Lettice Douffet (**Judy Kleinberg**) is determined to live life with the passion she experienced as a youngster who stage-managed her mother's Shakespearean theater troupe. Lettice is fired by Lotte Schoen (**Anita August**) for wildly exaggerating facts as a tour guide for the Fustian House, the dullest house in all of England. Lettice most values experiences that enliven. Lotte most values unadorned truth. By the end of the play, these two formidable women become friends who create their own tour guide company that advocates for the demolition of London's ugliest architecture. To further enrich their lives, in their spare time Lettice and Lotte reenact the Shakespeare



Back row from left: Marcia Shaw, Jim Anderson, Wyma Rogers
Front row: Carol Knowles, Judy Kleinberg

plays Lettice learned as a child.

To cap off the scenes from comedy, Mark Twain (**Jim Anderson**) will perform an excerpt from **The Adventures of Huckleberry Finn**, which has been turned into countless movies and stage adaptations. With his signature satirical insights into human nature, Twain takes on the roles of an abusive alcoholic father, Pap; a runaway slave, Jim; and Huck, a 13-year-old boy. In spite of the racial prejudice and sanctimoniousness of some of the townspeople of St. Petersburg, aka Hannibal, MO, Huck develops his own sense of right and wrong as he decides not to turn Jim over to the slave hunters in spite of being told that he will go to hell if he refuses to return Jim to slavery.

APA Spotlight

Each month, the **Art in Public Areas Committee** features an art piece that you can find somewhere on the campus.

Look for this intaglio print on Terrace 2

This unusual intaglio by Valerie Wilson, who is from the Lake Oswego area, is called *Celtic Legends*. It is located on Terrace 2 near the library. It evokes the landscape and people of northern Europe with color, embossing, symbols, and words. There is also a small Celtic poem included on the painting. Intaglio printing is the opposite of relief printing, in that the printing is done from ink that is below the surface of the plate, which may be made of copper, plastic, zinc, aluminum, or coated paper. The design is cut, scratched, or etched into the printing surface.

by Ginny Seabrook, APA Committee

APA is supported by grants from the Blue Heron Foundation At Willamette View.



**Back by popular demand!
The Tony Pacini Trio**



**Thursday, October 19 – 7 p.m.
Blue Heron Auditorium**

The Tony Pacini Trio has performed nonstop since 1999, producing several albums and giving countless nightclub and festival performances. The trio of Tony Pacini on piano, Ed Bennett on bass, and Timothy Rap on drums is a mainstay of jazz interpretation on the West Coast and has become popular with the Japanese jazz listening market.

Brought to you by MusicWorks

Announcements

Battery Recycling

Residents should bring old batteries to the **Green Team Recycling Day** at the Blue Heron Auditorium on Friday, **October 20**, from 10 a.m. to 2 p.m. Battery and pharmaceutical recycling is available twice a year, in April and October. Please do not leave old batteries in the recycling rooms.

Friends and families of residents sometimes take out the trash and recycling for residents. Because visitors do not know our recycling rules, often they leave food, to-go food containers, paper towels, paper napkins, and other trash in mixed recycling cans. Please ask your visitors to separate trash from recycled items or to put everything in the trash. When in doubt, throw it out!

by Warren Ford, Green Team

**Low Vision
Mutual Self-Help
Peer Support Group
will meet on
October 11
1 – 2 p.m.**

(Time change this month only)

**Court Family Room
2nd Floor**

Please join us for lively discussions and sharing of concerns and insights concerning vision loss. Counselor Linda Tofflemire facilitates. This is not a therapy group; all conversations are strictly confidential.

*by Sandra Gerling
Vision Resources Committee*

In Memoriam

August 22 – September 21

*Julia Ferreira
Sandra Hill
Rosemary Hoffer
Betty Terrey*

New Residents — Apartment Move-ins

August 22 – September 21

		To	Phone
Robert and Caroline Crumpacker	New residents	605C	7094
Thomas Prochaska	New resident	112E	6384

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Sunday	Oct. 1	Travel/food docuseries: Live to 100: Secrets of the Blue Zone , Episode 2 (2023), 2 p.m.
Monday	Oct. 2	TED Talks, 2:30 p.m.
Wednesday	Oct. 11	Kyle Lewis piano/vocal performance, 2:30 p.m.
Sunday	Oct. 15	Nature/ecology docuseries: Life in Color with David Attenborough , Episode 3 (2021), 2 p.m.
Tuesday	Oct. 17	Heidi Davis vocal performance, 10 a.m.
Wednesday	Oct. 18	Ellen Whyte vocal/guitar performance, 2:30 p.m.
Wednesday	Oct. 25	Graham James piano performance, 2:30 p.m.
Tuesday	Oct. 31	Halloween movie matinee: Beetlejuice (1988), 2 p.m.

Rear Window

by Frank Starr

Passenger Pigeons



The passenger pigeon is no more! Once there were three to five billion of them in North America, constituting 30 to 40 percent of the American bird population. They were a migratory species who were described by early explorers as “countless numbers” or “infinite multitudes.” A flight of passenger pigeons a mile wide would take several hours to pass. They darkened the sky; their droppings fell like snow, leaving a whitened landscape in their wake.

Male passenger pigeons were the size of crows, 16 inches long; females were an inch shorter. Their flight was speedy, estimated at 60 miles per hour, graceful, and very maneuverable as they moved through a forest in search of mast – acorns, beechnuts, chestnuts, maple seeds, berries, and any other nut or seed. Caterpillars were a favorite, but most anything that would fit down their gullets was food. They had small heads and necks, long wedge-shaped

tails, and long pointed wings, and were powered by large breast muscles that gave them the ability of prolonged flight. The head and neck of the male was a clear bluish gray, with patches of pinkish iridescence on the throat, which changed color to shiny bronze, green, and purple towards the back of his neck. His breast was a pale rose-cinnamon, fading to whitish on the lower abdomen; his back was brownish-gray. Eyes were bright red; the bill was small, black, and slender; legs and feet were red. The female was colored similarly, but in muted tones.

A breeding colony would occupy 200 square miles of deciduous forests in the eastern half of North America. Breeding was frenzied in flocks of billions. I doubt if there was a mating ritual. A single squab (young) hatched after two weeks and was fed for another two weeks, but then was left on its own. Millions of squab scrambled to the ground. Indians gathered and would eat nothing but passenger pigeon for months. Indians were joined by wolves, bobcats, hawks, and other carnivores. Enough squab survived to keep the population growing until white men entered the scene.

A family would enter the woods, Dad carrying his muzzle-loader, Mom with a long pole, and each kid holding a club-like stick. Dad would fire his muzzle-loader of bird shot, killing as many as 10 birds in the dense flock. Mom would knock squab off low limbs and the kids would club the downed birds to death. Dead birds were gathered in baskets, taken home, and cleaned. The breasts were put up in jars like canned fruit and vegetables for next winter’s dinners. When the family headed home, the hogs were let in to clean up. In 1870, the breech-loading shotgun was invented. With that weapon, a man could kill 50 birds in the time the man beside him with a muzzle-loader could get off a second shot. That made harvesting passenger pigeons a big business. Millions of them were harvested, packed in ice, and shipped by rail to New York and other eastern cities.

During the 1880s, the population decline was precipitous; they had been harvested in the billions. The last confirmed-wild passenger pigeon was shot in Sargents, Ohio, on March 24, 1900. The last passenger pigeon, Martha, lived in the Cincinnati Zoo until she died in 1914. Many ornithologists consider the extinction of the passenger pigeon as “... a truly stupendous human achievement, unparalleled in recorded history.” Thanks to our penchant for relentless killing, combined with large-scale habitat destruction, this iconic bird population crashed from billions to zero in just 50 years.



Activity	Day	Time	Location	Contact	Phone
Bike Riding	Mon., Wed., Fri.	TBA		Warren Ford	6325
Book Review	Third Wednesday	10:30 a.m.	BH Auditorium	Sue Bosshardt	6823
Briefings	Fourth Tuesday	10 a.m.	Terrace Aud..	Bibi Momsen	6627
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Laverne Flaherty	6420
Caregivers' Support Group	First & third Thursday	10:30 a.m.	Court Family Rm.	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court 1st Floor	Don Borjesson	6643
Chorus	Thursday	1 p.m.	BH Auditorium	Bob Thomas	2712
Diversity and Inclusion Group	First Tuesday	10 a.m.	Zoom	Helen Spector	7034
Duplicate Bridge	Monday	6:15 p.m.	Plaza Sunroom	Ron Gustafson	2715
Fiction Writers Group	Second Wednesday	2 p.m.	Heron Lounge	Joel Meresman	6730
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	7277
Gentle Yoga with Charlie	Monday, Wed., Friday	10:45 a.m.	Plaza Sunroom	David Kohnstamm	6727
Green Team	Second Wednesday	9:30 a.m.	Court Family Rm.	Gary Smith	925-872-0969
Ham Radio Club	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Improv Games	Wednesday	10:30 a.m.	Court Family Rm.	Sally Giles	6634
Interfaith Questers	Monday	2 p.m.	Zoom	Bernard della Santina	6639
Language — French Conversation	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	Friday	1:30 p.m.	Heron Lounge	David Heath	7240
Legacy Writers	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Karen Gerdes	6435
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Living with Diabetes Group	Third Monday	3 p.m.	Heron Lounge	Stephen Ott	6771
Living with Pre-Diabetes Group	Third Monday	2 p.m.	Heron Lounge	Stephen Ott	6771
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
Mahjong	Monday	2 p.m.	Multipurpose Rm.	Pam Brown	6623
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	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	Marilyn Feldhaus	7238
Pickleball	Sun., Tues., Thurs.	8:30 a.m.	Sport Court	Gary Smith	925-872-0960
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pool Volleyball	Monday, Wed. Friday	10 a.m. 1 p.m.	Pool Pool	Candace Bradley Candace Bradley	7201 7201
Plant-based Support Group	Second Saturday	3 p.m.	Terrace Aud..	Jerry Smith	6502
Public Affairs Program	Third Thursday	7 p.m.	BH Auditorium	Wayne Potter	6623
Q&A by Craig and Kim	Last Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Intermediate Class	Tuesday	11:30 a.m.	Multipurpose Rm.	Cindy Mahlau	6348
Recorder Consort	Tuesday	12:35 p.m.	Multipurpose Rm.	Cindy Mahlau	6348
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Ann Glaze	6559
Sew Be It	Fourth Friday	1:30 p.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarian-Universalists and friends	Third Tuesday	4 p.m.	Plaza Sunroom	Jane Cadwallader	6455
Wednesday Walk	Wednesday	1 p.m.	Meet in front of Manor	Gary Smith	925-872-0969
Wine Tasting	Second & fourth Tuesday	4 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Chair Yoga	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

Keep information current; send changes to mhsoco@gmail.com.