

## Helen Ying to speak on Asians Rising Above Hate

by Joyce Liljeholm, Diversity and Inclusion Group

Community activist and educator **Helen Ying** will speak at Willamette View on Tuesday, **Sept. 5**, at 10:30 a.m. in the Blue Heron Auditorium. Her program will include news of a project that honors untold stories from **Lone Fir Cemetery** and the **Oregon Rise Above Hate Coalition**, which works to raise awareness and bring change. She will explain the **2017 Ethnic Studies Bill** relating to public school curriculum. Ying's professional career spans more than 30 years as a mathematics teacher, high school counselor, administrator, and hearings officer. She is serving her second term on the Multnomah Education Service District Board and her first term on the Oregon Teacher Standards and Practices Commission. She serves on myriad boards and in leadership positions involved in health care, civil rights, and social justice issues, including the Chinese American Citizens Alliance (C.A.C.A.) – Portland Lodge, Portland State University Foundation, Lan Su Chinese Garden, and the We Can Do Better health collaboration. She is serving in her second term as the National Executive Vice President of the C.A.C.A. National Board. This program is sponsored by the Diversity and Inclusion Group.

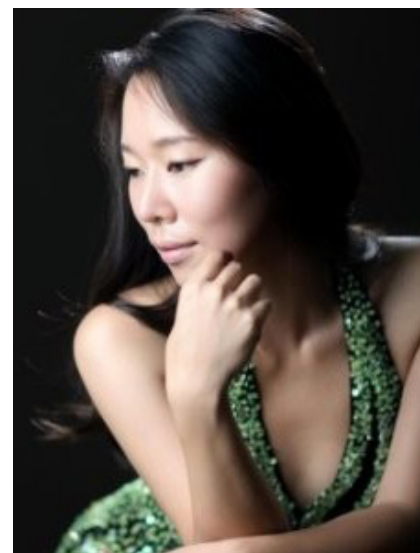
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## Concert pianist returns to Willamette View

by Ginny Seabrook, Music Committee

When **Soo Lee Biancalana** last came to WV, she received a standing ovation, and was much loved for her warm personality, brilliant piano technique, and the charming narrative with which she entertained the audience. On Friday, **Sept. 22**, she will return to the Blue Heron Auditorium at 7 p.m. Born in Seoul, South Korea, Soo Lee came to America in her teens. She studied with many prestigious instructors while attending Coburn Conservatory at USC Thornton School of Music, where she received her doctorate in piano performance. She has earned many awards. Soo Lee has performed in Los Angeles with Ronald Leonard, London Soloists Chamber Orchestra at St. Martin in the Fields, the Pan Pacific Music Festival in Sydney, Australia, and the Klaviersommer in Bad Bertrich, Germany. She is a



faculty member and judge for *Eumak Journal's* Summer Festival and International Competition. Join the Music Committee in welcoming this extraordinary pianist for her second visit to our community.

## From the Resident Council

by Doug Morgan, Council Vice Chair

### Preserving Community Through Time: Thinking and Acting Institutionally

What does it take to preserve a shared sense of community through time? This is the central question that emerges from our **Task Force on Resident Engagement**. Last month, **John Holderness** and I reported the broad findings: While we have room for improvement, we are happy with the efforts of the Resident Council and administration in sustaining a strong sense of community, even in the face of the 2020-2021 COVID pandemic shutdown and the influx of nearly 70 new residents with the opening of North Pointe in 2019. There is something remarkable about this fact, especially since 10 percent of the makeup of our community changes every year – with a nearly complete change every 10 years. Since the founding of Willamette View in 1955, the composition of our community has changed seven times – yet many of us talk as if nothing major has changed. Our culture of engagement, caring, and belonging has remained intact. It is worth pondering how this happens. Probably not by accident. My personal observations from being a part of this community since January 2020, serving in various volunteer roles, and listening to the information generated from the Task Force on Resident Engagement, is that the glue that binds us is a product of four very intentional community-building efforts.

**Resident Orientation** – Our orientation program for new residents includes orientation to the culture, not just organizational information and social integration of residents into the community. The task force has made several suggestions for improvement, including the incorporation of more information on the role of the Resident Council, Assisted Living, the Health Center, and the Blue Heron Foundation. Recognizing that becoming a member of the cultural community is about “lived experience” – not just being exposed to information – residents have suggested extending the orientation over a period of time to avoid information fatigue and to capture the readiness of new residents to listen.

**Resident Council Focus on Community Building** – The structure of resident governance emphasizes the management of activity portfolios as the main responsibility of a resident councilor. Recent council chairs have made herculean efforts to supplement this focus by using Resident Council meetings as a community-building forum: getting to know administrators, employees, and volunteers; understanding what and how different kinds of services are provided; administrative updates on services that have an important impact on the quality of resident engagement (facilities planning, transportation, food services, etc.). Task force findings support the importance of continuing to expand this community-building role of the Resident Council.

**Preserving and Retelling Our History** – Storytelling is a key element of preserving and maintaining a shared sense of community. We do a good job with this, but we also have an opportunity to use technology to capture and disseminate this history intergenerationally, which is especially important to a community whose membership changes nearly 100 percent every 10 years.

**Administration and Resident Council Co-production of the Common Good** – The co-production model of community-building that currently exists at Willamette View between the administration, the Governing Board, and Resident Council fuels the **Better Together** mindset that is at the heart of the Willamette View culture.

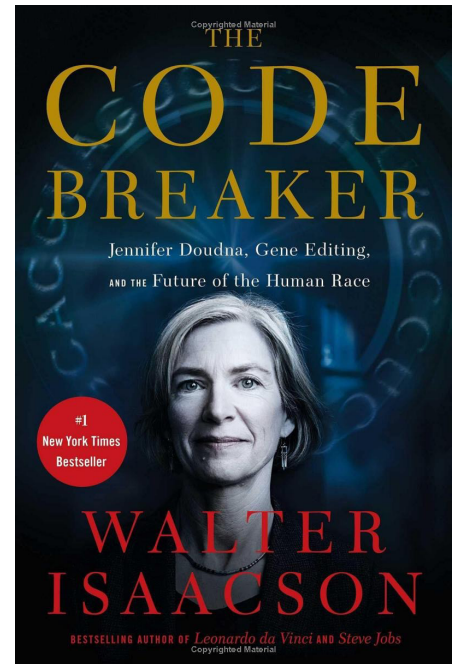
Taken together, the above four intentional efforts enable us to think and act institutionally – not just as transitory individuals who come and go – but as institutional agents who can leave their mark on the culture *writ large*.

## Book review explores moral and ethical concerns around gene editing

by Sue Bosshardt, Book Review Chair

**Philip Mirkes** will review *The Code Breaker: Jennifer Doudna, Gene Editing, and The Future of the Human Race*, by Walter Isaacson, on Wednesday, **September 20**, at 10:30 a.m. in the Blue Heron Auditorium. *The Code Breaker* provides a holistic picture of the development and evolution of the CRISPR (Clustered Regularly Interspaced Short Palindromic Repeats) system, the biomedical potential of this system, the cast of scientists involved, and the moral and ethical concerns of this system. It delves deeply into the life of Jennifer Doudna, who played the leading role and would go on to win the Nobel Prize in Chemistry in 2020.

Phil did gene and gene expression research at the University of Washington over a period of 30 years, and he followed with great interest the development of the CRISPR gene editing platform, which led him to present an eight-lecture course on gene editing here at Willamette View. Videos are accessible on the WV resident website by going to the News tab and choosing *Willamette View Videos* in the drop-down box. Type *CRISPR* in the search box and click *apply*.



## September Movies

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

### Documentary film

Thursday, **Sept. 7: *The Pez Outlaw*** (2022). The story of Steve Glew, a Midwestern machinist who smuggles rare Pez dispensers into the US from Eastern Europe. He rocks collectors and upsets the Pez Corporation.

### International film

Tuesday, **Sept. 12: *Parallel Mothers*** (Spanish language, 2021). An intimate story of two women making their way as single moms. Penelope Cruz and Milena Smit beautifully unfold the plot twists and surprises. Directed by Pedro Almodovar. **Drama. Some sexuality. Discussion following. R**

### Saturday night films

Optional discussions will follow

**Sept. 2: *The Good Liar*** (2019).

Career con artist Roy Courtney can hardly believe his luck when he meets

well-to-do widow Betty McLeish online. As Betty opens her life and home to him, Roy is surprised to find himself caring about her, and gets into the most treacherous tightrope walk of his life. Stars Sir Ian McKellen and Dame Helen Mirren. **Mystery/Thriller/Crime. Language/Violence. R**

**Sept. 9: *The Sting*** (1973).

**Residents' Choice Contest Winner**

In this crime caper, Robert Redford and Paul Newman play a pair of grifters looking to get even with a mob boss. Joyful, with snappy lines, the cons are elaborate and logically played out. This film won seven Oscars. **Comedy/Drama. Language/Brief sexuality. PG**

**Sept. 16: *Enola Holmes*** (2020).

Millie Bobby Brown plays Enola, the teenage sister of Sherlock Holmes. Enola travels alone to London to find

her missing mother but ends up on a thrilling adventure as she tries to solve a mystery. **Mystery/Action/Adventure. Some violence. PG-13**

**Sept. 23: *Singin' in the Rain*** (1952).

A Hollywood classic masterpiece that has earned a place in the National Film Registry with its extraordinary music and dancing. Gene Kelly, Debbie Reynolds, and Donald O'Connor add spice to the memorable numbers. **Musical/Comedy. G**

**Sept. 30: *Thelma & Louise*** (1991).

An Arkansas waitress with an attitude (Susan Sarandon) and a cloistered ingenue housewife (Geena Davis) yearn to breathe free. As bold and relevant as ever. Oscar for Best Original Screenplay. **Comedy/Drama/Adventure. Sexual abuse/Violence. Discussion following. R**

## Greening our laundry

Clothes drying has more immediate rewards than watching paint dry and can be a better use of time than waiting at the DMV. And now there are efforts to make it more Earth-friendly.

A May 14 *Washington Post* article on alternatives to using automatic clothes dryers spurred a lively discussion by Green Team members at their June meeting.

The *Post* article said the primary benefit of not using a dryer is saving energy. Electric dryers can use as much as five kilowatt hours of electricity per cycle. And an individual's financial savings, though not large, can add up to \$5 – \$8 per month.

Line drying is not an option here at Willamette View, and NW Oregon's rainy winter climate is not conducive to outdoor drying. Here are some clothes drying methods that Green Team members are using:

- Many people use dryers to partially dry their clothes, then finish by air drying.
- Several members use racks to hang their clothes. Many models of drying racks are very economical and fold small enough to store under a bed or in a narrow alcove.
- Others use hangers, especially those with clips, over a shower rod.
- Wall-mounted clothes lines over the bathtub that retract when not in use were suggested.
- Still others have good luck laying wet or damp clothes on a flat surface, such as a bed or counter, to finish drying.

Other recommendations that came out of the Green Team discussion were the use of cool or cold water and shorter cycles to launder clothes. Doing laundry during off-peak energy times, such as weekends or after 8 p.m., uses

*by the Green Team*



cheaper electricity. These techniques can save Willamette View money and extend the life of our clothes.

Although we do not see a charge for our individual electricity use on our monthly bills, the overall cost of electricity to WV is reflected in our rental rates. And electricity generation has a significant impact on the environment, so minimizing energy usage is important.

The Green Team would love to hear how **you** are saving energy on laundry day. Share your experience by emailing **Green Team Chair Gary Smith** at [garyrichardsmith@gmail.com](mailto:garyrichardsmith@gmail.com).

## WV residents participate in OHSU Clinical Research Study *by Sandra Helmick*

Have you heard about the study conducted by **Oregon Health Sciences University** that seeks to identify factors that predict future onset of Alzheimer's disease? Some of your neighbors at Willamette View are participants in this research.

The **DETECT-AD** study (Digital Evaluations and Technologies Enabling Clinical Translation for Alzheimer's Disease) hopes to determine if changes in mobility, cognition, sleep, and socialization can predict Alzheimer's disease at an early stage. Clinical trials of treatments for Alzheimer's indicate that early detection is a key to success.

The participants agree to engage for up to 36 months. Initial measures include blood tests, brain scan, and cognitive assessments. The study team installs a variety of sensors and devices in the home, including a wireless pillbox, wall sensors, digital scale, computer and phone software, a fitness watch, and a driving sensor. These will transmit data that can be analyzed for changes in activity patterns and other indicators of mental and physical health. The subjects simply go about their daily routines while data are collected in the

background by these devices. A modest monthly stipend is sent to each participant.

The study managers hope to enroll up to 100 subjects; currently they have 55 enrolled. Two-thirds of these are female and the average age is 78. Residents at Willamette View who are participants in the study have forwarded these statements about their decision to enroll.

*"I have great empathy for those who have Alzheimer's. It's worth my time and energy to become a tiny part of the solution. It's what I can do to be helpful for future generations of sufferers."*

*"In the beginning, it was the noble impetus to help detect Alzheimer's symptoms and someday prevent it from happening. I was also curious about the processes for this three-year study. Now, I appreciate the monthly cognitive test which reassures me in those instances when I've forgotten the title of the book I'm reading."*

For more information, contact Willamette View Wellness Director David Kohnstamm (6727).



**Don** and **Carol Anne Brown** were featured in the July 14 Resident Council meeting's Volunteer Spotlight for their work leading the Marketing Hospitality activities. They described the process they have put in place to offer a full and welcoming experience for prospective residents who visit WV for overnight stays. Don and Carol Anne encourage residents to call them (2706) if they have a special interest in hosting prospective residents for a meal.

**MusicWorks presents**  
**An Evening of Karen Carpenter's Greatest Hits**  
 Wednesday, Sept. 20  
 Blue Heron Auditorium — 7 p.m.

**MusicWorks** kicks off the year with a program of internationally famous artists performing **Karen Carpenter's** most famous songs. **Bo Ayers** has appeared in concert halls in Europe and across the USA. He has been music director and arranger for numerous television productions. **Barbara Ayers** is a soloist and background vocalist. She has performed in Las Vegas and on many television shows, including the *Merv Griffin Show* and the *Dinah Shore Show*.

**A Great Opportunity**  
**Siren Songs Autumn Concert**  
 with **Jenn Grinels** and **Merideth Kaye Clark**  
 The Old Church Concert Hall  
 Saturday, Sept. 30  
 7 – 9 p.m.

A friend of the WV community is offering 40 **free tickets** for residents and employees to attend this program of **Americana folk music** from award-winning vocalists and songwriters. Special guests will include local musicians, including jazz visual artists. Sign-up sheet is in the Manor lower level. Learn more about the artists at [Jenngrinels.com](http://Jenngrinels.com) and [Meridethkayeclark.com](http://Meridethkayeclark.com).  
 Sponsor: David Heath, 7240 or 510-825.9217.

**The OBON Society creates peace and reconciliation between families and nations**

by *Wayne Potter, Public Affairs Committee*

Our daily news is filled with stories about war, death, and destruction. So, it is refreshing to find individuals who organized the **OBON Society** who are demonstrating peace, friendship, and reconciliation between families and nations by returning **Yosegaki hinomaru** (good luck flags) to Japanese families. The society's founders and supporters are from the Northwest. The society returns non-biological human remains to the Japanese families whose family members or friends died in WW II. One of the artifacts is the good luck flag. Other items, including diaries, photos, letters, cards, rifles,



*Yosegaki hinomaru*

clothing, shoes, gloves, goggles, medals, badges, and helmets, are also returned. Representatives of the society will tell their story on Thursday, **Sept. 21**, in the Blue Heron Auditorium at 7 p.m. Find out what motivates them,

how they return these items, and how it affects the lives of those receiving these precious items. The Public Affairs Committee is sponsoring this program.



*OBON Society presenters from left: Rex Ziak, Bethany Glenn, Keiko Ziak*

## ✓ Check it out

by LaJean Humphries, Library Committee Chair

### Libraries in the Neighborhoods

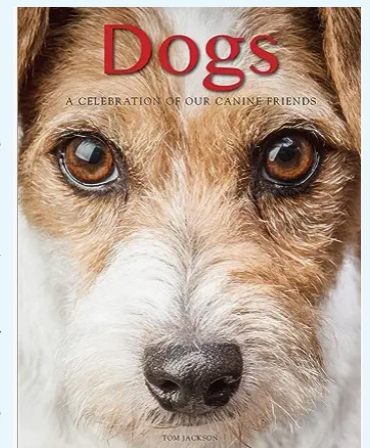
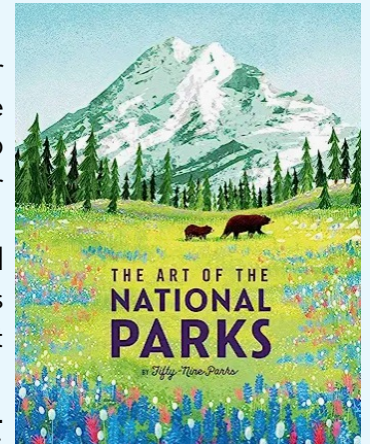
The mission of the WV Library is to “provide popular books for recreational reading for residents and staff.” As part of that charge, we provide mini-libraries in the licensed care neighborhoods. After working with Life Enrichment staff, we are thrilled to report that 56 new books have been added for residents in Heritage Rose, Trillium, Wisteria, and Glacier Lily, as well as the Meditation Room. Books will rotate on a regular basis.

Research shows that as we start to decline, reading becomes more of a challenge, and many of us no longer enjoy reading fiction. Books can be an extremely useful aid for us as we age, however. We look for books that feature vivid photographs and appealing content written in clear, concise, easy-to-read sentences with large print.

Picture books help us reminisce, as images are a very powerful way to access memories. They can help increase communication, whether it's with relatives, caregivers, or friends. If used in a group setting, they can bring individuals with cognitive impairment together and can be used as an entertaining activity that helps combat boredom, and even depression. Pop-up, photicular (also known as lenticular or integrated photography), and books with sound can be used to encourage stimulating activities. YouTube has a short video of one photicular book we purchased at [www.youtube.com/watch?v=W4Qiq27mmOc](http://www.youtube.com/watch?v=W4Qiq27mmOc).

Money raised from Book Boulevard sales was used to purchase this special collection for our friends and neighbors in licensed care. Your donations to Book Boulevard not only help support the branch libraries in the Court, Manor, and Terrace, but also the mini-libraries in the neighborhoods. See Book Boulevard Manager **Anne Tracy** or Library Chair **LaJean Humphries** to learn more.

The books can be enjoyed with your friend or loved one in licensed care the next time you visit. Please do not remove books from the Health Center.



*Funding for the WV libraries is provided by a grant from the Blue Heron Foundation At Willamette View through the generosity of donors.*



**Shirley Leung** was featured in the August 11 Resident Council meeting's Volunteer Spotlight for her many years of service with the Green Team and in recognition of her new notepad project. Shirley uses recycled paper for each 30-sheet notepad. A heavy backing is made from cardboard acquired through “dumpster dives.” She has made 750 notepads to date. Manor Reception has a supply of the notepads to provide to interested residents. Call her (3742) if you would like to help with the project.

### Willamette Views

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**Council Chair: Ann Phelps**

**Vice Chair: Doug Morgan**

**Editor: Mary Helen Socolofsky**

Submit articles to

[mhsoco@gmail.com](mailto:mhsoco@gmail.com)

by the 17th of the month

or to 204BH. Articles may be edited.

## Would you like to engage with the larger community outside WV to learn how it affects our pocketbooks?

Willamette View residents have skills and experience in arranging films, singing, fitness, setting up better recycling programs, assuring safety on our campus grounds, playing card games, and enjoying outside theater and music events. We all keep our eyes and ears open so we can learn what's new. Residents haven't been as focused on the activities of Clackamas County and Oak Grove/Oak Lodge, however.

This issue was discussed at the June 9 Resident Council meeting. The council made a commitment to establish a closer, more formal relationship with our local community organizations so that we can form partnerships, affect community programs, and clarify policies that will impact our community. **Wayne Potter** agreed to help organize a task force of interested residents to help monitor these organizations, collect information about issues, and organize responses to decisions that affect our WV community's wellbeing.

You are invited to a **Meet and Greet** event on **Sept. 5** at 1 p.m. in the Manor second floor Heron Lounge. This group will be called the **Community Affairs Task Force**. If you are interested in attending, contact Wayne Potter at 503-858-8231 or 6623, or email him at [keepmekurrent@gmail.com](mailto:keepmekurrent@gmail.com). The Public Affairs task force members will talk about several community organizations and how we might engage with them and determine how individuals can support ongoing involvement. Some of the potential issues that may impact us include:

- How local organizations make an impact on the taxes we pay.
- How they organize the use of our closest waterfront parks (Riverville, Concord, and Bunnell parks) for dog parks, picnic areas, river access for fishing and boating, and for music events. How does our park system compare to others?

*by Wayne Potter, Public Affairs Committee*

- How our local libraries, Ledding and Oak Lodge, are organized or funded.
- How much we pay for our local water and sewer system and how it works.
- How important it is to control ground water, its effect on our local infrastructure, and the cost of improving this infrastructure.
- How we can enjoy and participate in local community events like the Oak Grove Festival.
- How our local public schools can serve families with children who live close to the schools.
- How we can safely walk and bike on our community streets.

Coffee and treats will be served.

## A special outing to Timberline Lodge

The Outings Committee has scheduled an eight-hour bus trip on Wednesday, **September 6**, to Timberline Lodge. WV Wellness Director **David Kohnstamm** will accompany the group and give narration on the bus on the way up about growing up at Timberline, his family home. He didn't really live there all that time, but he was there a lot!

The chartered bus, equipped with a restroom, will depart from the Manor at 8:15 a.m. and arrive at Timberline in time for a 10 a.m. tour provided by the Forest Service.

Lunch will be at the Timberline Buf-

fet. We will depart Timberline to return to Willamette View about 4 p.m. The cost per person:

- Bus: approx. \$30
- Forest Service tour: \$5
- Lunch \$32

The cost of \$67.00 per person will be charged to residents' accounts on their monthly bill. Note that anyone who registered by August 23 will pay the bus cost even if they must drop from the tour. David Kohnstamm and the Outings Committee are working together to make this an exciting and memorable trip.

*by Bubbles Lincicum, Outings Committee*



## New residents retired from careers in medicine, law, education, and



*Kay Koelemay Dicharry*

**Kay** and **Doug Dicharry** are new residents of 503D. They moved on May 31 from Medina, Washington, on a part-time basis, until their home is sold.

Kay was born in Dallas, TX, and also lived in Baton Rouge, LA. They both lived in New Orleans, Sacramento, and Medina before coming to Portland.

Kay attended Centenary College, Louisiana State University Medical School in New Orleans for an MD, and the University of Washington for a Master of Public Health degree. She was a pediatrician at Kaiser Permanente in Sacramento. She worked in private pediatric practice and college student health in Baton Rouge. In Medina, she was a pediatrician at Pediatric Associates in Bellevue. After earning her MPH degree, she was an epidemiologist at the Seattle/King County Public Health Department.

She served as the Emergency Preparedness Chair for the City of Medina from 2010 to 2020.

Kay's interests include needlework, gardening, music, hiking, and travel.

Doug earned a BS in zoology from



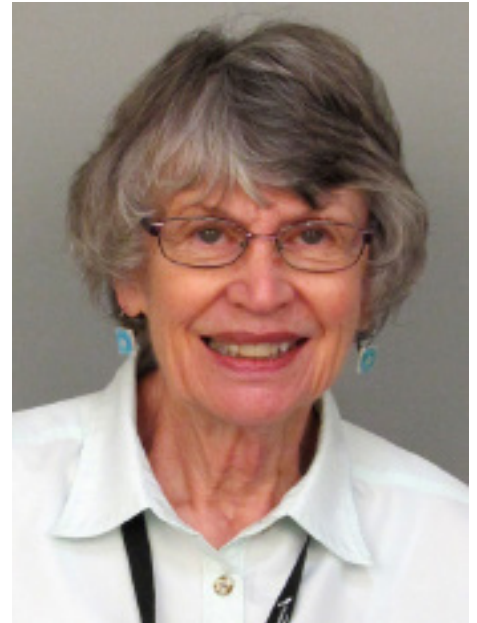
*Doug Dicharry*

LSU and an MD from LSU Medical School. He worked in private practice in child and adolescent psychiatry for seven years in Baton Rouge. After moving to Medina, he practiced at Group Health Bellevue Medical Center. He was later in private practice for 18 years.

Doug was in the Medical Reserve Corps for Seattle/King County. He was a Medina City Council member from 2010 to 2014. He was a ham radio operator for emergency communications.

Other interests include piano, wood working, photography, Spanish language, and hiking.

They have a son, three daughters, and six grandchildren. They chose Willamette View because it is a warm, welcoming community with abundant activities, a beautiful setting, a friendly and interesting community, and is close to their Portland family. They also enjoy WV's good food!



*Diny Gumper*

**Diny** and **Lew Gumper** came to 108D on May 23. They had moved from the Waverly Green Apartments in Milwaukie.

Diny grew up and attended high school in a suburb of St. Louis. Lew was born and raised in rural Missouri. They met in Colorado, and later lived in Indiana, Michigan, and Billings and Red Lodge, Montana.

Diny earned a BA in education from Colorado College, with a minor in Spanish. After college, she worked in Denver as a secretary and a teacher. She taught Spanish in a girls' school. In Billings, she volunteered at the schools that their two daughters attended. She worked as a school secretary at two schools for 12 years.

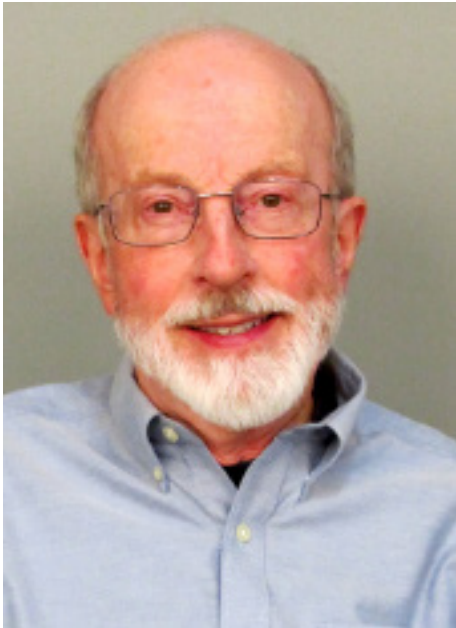
Lew earned a BA at Westminster College in Missouri and a JD from Yale Law School. He attended Purdue University, earning an MS and PhD. He practiced law for several years, and then became a clinical psychologist in private practice and with a medical center for most of his career.

Diny's interests include singing. She



## now have more time for music, outdoor sports

Photos by Mike Lincicum



*Lew Gumper*

has sung in church choirs and other groups as a soprano. She has volunteered at a local food bank and looks forward to taking some art classes.

Lew sings, plays trombone, and enjoys listening to music. His interests include hiking, fly fishing, and snowshoeing. He likes to read and would like to join a book club. He describes himself as a “news junkie.”

They both like cross-country skiing and look forward to getting involved in this activity again. They enjoy other forms of exercise, including step aerobics, Zumba, and yoga. They like RV camping and getting involved in church activities. They would like to explore the greater Portland area and all of Oregon.

They chose Willamette View to be near children and grandchildren, and appreciate the beautiful grounds, flowers, birds, and the proximity to the Willamette River. They find that WV has a “home” feel, despite the large buildings, enjoy the friendly, positive, lively atmosphere, and the variety of activities and options.



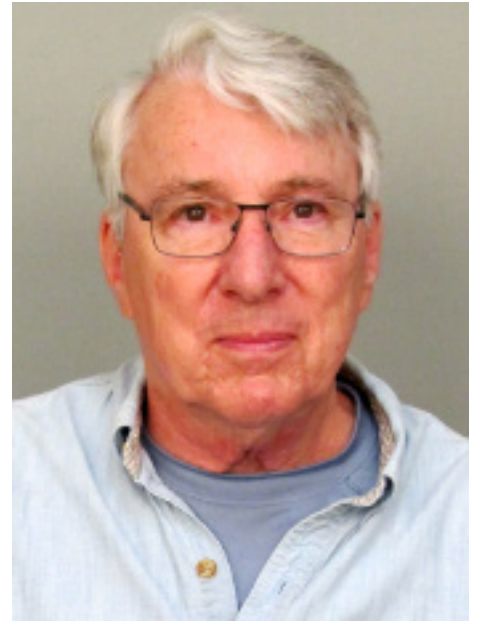
*Louanne Smith*

**Louanne and Wes Smith** came from Bend to their new home in 414S on July 5. Previous homes have been in Austin, TX; Silverthorn, CO; Dundee, OR; McClain, VA; Boulder, CO; and DeKalb and Carbondale, IL.

Louanne attended Southern Illinois University and the University of Texas Forum. In her career, she was a middle school secretary and assistant to the dean at Colorado Mountain College.

She served as a volunteer at elementary, middle, and high schools. She lobbied the Oregon legislature for equal education. She enjoys working with arts and crafts.

Wes attended the University of Oregon, the University of Colorado, and Southern Illinois University. He served as Forum Chair at the University of Texas. He was a history teacher and assistant principal at a junior high in Boulder. He was a high school principal in Falcon, Colorado, and an Ashland, Colorado, junior high principal. He was a school superintendent in Newberg, Oregon and Summit County, Colorado. He was a superintendent in residence with the



*Wes Smith*

US Department of Education.

Wes has volunteered with the United Way and Rotary Club. He enjoys sailing, kayaking, and fishing. He has lobbied the Oregon and Colorado legislatures for equal education.

Louanne and Wes have two sons and two daughters, five grandchildren, and two great-grandchildren. They chose Willamette View because of the friendly staff and residents they met on their initial WV tour. They appreciate the historical background of WV, the opportunities for resident participation, the attractive campus and walking paths, the restaurants, and myriad amenities available to residents.



*Enjoying Shirley and Jurn Leung's garden*  
Photo by Patti Justice

## New residents appreciate WV's campus, sense of community

Photos by Mike Lincicum



*Susan Jessie*

**Susan and Larry Jessie** came to their new home in 508D from Northeast Portland on July 13. They had lived in Sunnyvale, CA, for 40 years.

Susan attended the University of Redlands, earning a BA in English. Her career included public affairs work for Ampex Data Systems Corporation in Redwood City. She worked for Kaiser Permanente as a member services representative and a project manager in regulatory services.

Her interests include reading mysteries, watching television programs on PBS, Britbox, and Acorn TV, visiting



*Larry Jessie*

their Mount Hood cabin, and spending time with family and friends.

Larry attended UC Berkeley and the University of Santa Clara. He worked for two years at Aerojet General in Sacramento, two years at Lockheed Aircraft in Burbank, and 42 years at Lockheed Missiles and Space Company.

Larry's special interests include time with his family and reading history.

They have two daughters, both living in Portland, and three grandchildren.

They appreciate WV's beautiful campus, views of the river, residents



*Kathleen Hurley*

and staff, and WV's excellent financial reports.

**Kathleen Hurley** moved into 804C on June 4, having come from St. Augustine, Florida. She attended Ohio University.

She worked as an educator for four years, was in the retail industry for 32 years, and became a B&B innkeeper for 14 years.

She chose Willamette View because she can pursue her special interests of film and music, and she also appreciates the sense of community.

## Willamette View Plant of the Month

The Purple Pineapple Lily (*Eucomis como* 'Sparkling Burgundy'), also known as Sparkling Burgundy Pineapple Lily, is native to South Africa and is in the asparagus family. It is a deciduous perennial that sends up a cluster of purple linear leaves in the spring. In late summer it sends up a straight flower stalk topped with a cluster of green leaf-like bracts that resemble the top of a pineapple fruit. Clusters of star-shaped pink flowers open on the flower stalk from the bottom to the top. It produces underground bulbs and is an easy plant to grow with little maintenance and is quite striking in bloom. It can be found on the WV campus in plantings south of the Court and Terrace buildings and on the River Walk.

*by Fred Rauch*



## Continuing Care at Willamette View *by Ellie Albert*

*This is the fifth of a series of articles about Willamette View staff teams and their contributions to WV's quality of life.*

Independent Living (IL) residents can access short- or long-term assistance through continuing care options at Willamette View. The choices and requirements can be confusing, but Health and Wellness Coordinator **Laela Echelberger** (6727) can help residents make decisions and arrangements.

### Home Care at Willamette View

For IL residents, the first step in receiving additional care is to contact Home Care. Home Care fills the gap between IL and Assisted Living (AL). It allows residents to stay in their homes longer by providing needed services at home when residents feel that staying there is the best option. IL residents have their own insurance and arrange for their own care through their doctors. Residents can arrange assistance for a fee through Home Care, however. These services can be for a limited time or ongoing. Signing up for Home Care services requires an intake appointment when information will be gathered, and the Home Care RN will reach out to the resident's doctor for orders as needed. Wellness Director **David Kohnstamm** is also the Home Care administrator; **Sylvia Ortega** is the program manager.

### Residents can access the following services

- Companion care
- Rides to doctors or other appointments (residents may schedule rides without going through the intake process)
- Caregivers to help with light housekeeping and personal laundry

- Caregivers to assist with daily living activities such as bathing, grooming, dressing, organizing
- Medication management
- Complex care such as wound care, oxygen use, glucose testing

### Skilled Nursing Facility

The Skilled Nursing Facility (SNF) at WV is for short-term rehab, typically following a hospital stay for surgery or acute illness. A doctor's order is required for admission to the SNF, and insurance will dictate the length of stay based on need. The SNF is a licensed Medicare facility and falls under the WV Healthcare Services Division. **Matt Hartley** is the Healthcare Service Division administrator for all licensed areas. WV offers residents an additional two free days covered by insurance, if needed. The six-bed SNF was put on hold during COVID, and there is not currently a date for reopening. As an alternative, WV tries to offer residents short-stay beds in the Neighborhoods if room and care needs allow. If no rooms are available or if care needs dictate a skilled nursing level of care, WV can help the resident work with the discharge planner at the hospital to find an outside facility and to coordinate return to WV when appropriate.

### Home Health Care through Medicare (outside service)

For residents who continue to require care beyond the insurance-approved days in a SNF, or who have needs that do not qualify for a SNF stay, Medicare may cover services in the home for a limited period, if ordered by

a doctor. These services are provided by an outside home health agency – not by WV – through your Medicare insurance. Residents will need to contact their insurance company to determine the coverage provided by their plan.

- Part-time/intermittent skilled nursing care
- Physical therapy
- Speech therapy
- Occupational therapy
- Medical equipment/supplies
- Part-time health aide if skilled nursing is also required

### Assisted Living in the Terrace and the Health Center

A resident may choose to initiate moving through the WV continuum of care by relocating to a Licensed Care building when their needs increase. It is recommended that residents reach out to start a conversation about transition early, as it can take time to coordinate. A doctor's order is required for admission to the licensed areas of care, as well as an internal RN assessment to ensure an appropriate level of care can be provided. Medicare does not cover the cost of living in licensed care, but long-term care insurance may apply. Residents will need to contact the LTC insurance company to initiate a claim and determine the extent of coverage provided by their plan. The Terrace, south wing is appropriate for residents needing mostly predictable care. The Neighborhoods, located in the Health Center, are appropriate for residents needing a higher level of care that is less predictable.

## Pen Pal Project and Lunch Buddy Program ready to start the new school year

Story by Patsy Steimer – Photo by Eva Laevastu

About six (or was it seven) years ago, the Pen Pal Project came into being through a series of happy accidents. I became the person at Willamette View who handled things, and after the first year with Rachel Wong, Carissa Albin took over and has directed the program at Oak Grove Elementary School. As we worked together, we became more and more dedicated to the importance of the program in students' lives. We understand the importance to third and fourth graders, specifically, to have caring and interested adults paying attention to them through letters.

The other important thing that has happened is a friendship that has grown between me (Patsy) and Carissa. We both went into teaching for the same reasons, and we love talking about it with each other. I admire how hard Carissa works to get her students to understand, especially math – which I never understood – and she listens to my war stories about the students I taught and cared about in my English classes. We are a pair, and having her as a friend is very special.

So here we are, asking once again if you would like to have an Oak Grove



Oak Grove teacher Carissa Albin meets with Patsy Steimer.

pen pal. You would write to your student about once a month, back and forth. Your letters wouldn't have to be terribly long; you would just need to be interested and caring. If you have already been a part of the program, and would like to continue, just email me at [patsysteimer@gmail.com](mailto:patsysteimer@gmail.com).

If you are signing up for the first time, do the same. You are welcome to ask questions if you're not sure if you understand it.

Now we're trying to get another program off the ground – the Lunch Buddy Program. This program will appeal to people who want to have a close,

boots-on-the-ground relationship with their child. The Willamette View lunch buddy will go to the school once a week to have lunch with the child. The way it works is a little more detailed than the Pen Pal Program, and I am not going to go into a detailed description of it now. In order for it to work, we need a person in charge, here at Willamette View, to organize and keep track of the schedule for the person in charge at Oak Grove School. If you are interested in getting involved as Lunch Buddy In Charge, please contact me at the same email address or give me a call at 6826.

## Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Monday	Sept. 4	Comedy/drama movie matinee: <b>The Best Exotic Marigold Hotel</b> (2011), 2 p.m.
Tuesday	Sept. 5	TED Talks, 2:30 p.m.
Wednesday	Sept. 13	Stan Lasley piano performance, 2:30 p.m.
Sunday	Sept. 17	Nature/ecology documentary: <b>Life in Color with David Attenborough</b> (2021), 2 p.m.
Monday	Sept. 18	Oregon Historical Society presentation, <b>Oregon History: A Step Back in Time</b> , 2 p.m.
Wednesday	Sept. 20	John Nilsen piano performance, 2:30 p.m.
Sunday	Sept. 24	Ali Boyce vocal/guitar performance, 2 pm.
Wednesday	Sept. 27	Musical movie matinee: <b>An American in Paris</b> (1951), 2 p.m.

## New tree labels on campus

by Ron Ture, Outdoor Campus Committee

Have you noticed any of the new green tree labels on our campus? They are being installed in front of trees to help residents and visitors learn more about the beautiful trees we see all around us. This project is being funded by the **Blue Heron Foundation** and carried out by the **Outdoor Campus Committee**.

Each 4" x 8" engraved label is attached to a sturdy green garden stake. The common name of the tree is written in a large font, the scientific name below, and with a QR code in one corner. To learn more about the tree, simply point the camera on your smart phone at the QR code. You don't even need to take a picture. The camera will recognize the QR code and instantly, a yellow icon will appear. Touch the icon and you will be transported to the Willamette View website page that describes the tree. The descriptions have been written by members of the OCC and are specific to the tree you see. Try it out on one of the tree labels. This fall, the OCC will start leading tours of labeled trees. Two tours are being designed near the Manor and one around the duck pond. Look for announcements soon.



## APA Spotlight

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

### Have you seen this batik print in Plaza 1?

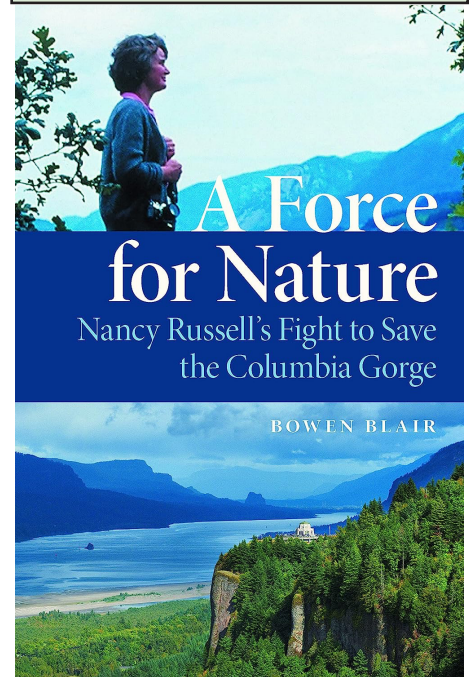
*At Play* is by a Ugandan artist now living in the United States. Paul Nzalamba was raised in Uganda, where he was exposed to art as a young child, watching his mother design and construct baskets, floor mats, and room dividers. He began drawing when he was nine, and by the time he was in high school, he was selling his paintings. With an exotic and rhythmic use of vibrant color and form, this image expresses both his cultural heritage and his personal experiences. While his paintings depict scenes from his native Africa, the themes that dominate his work are universally human – family, relationships, celebration. To make a batik, selected areas of the design are blocked out by applying hot wax over them, a dye is applied on top, and the parts covered in wax resist the dye and remain the original color.



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

## Try This Title

by Penny Fiske



## A Force for Nature – Nancy Russell's Fight to Save the Columbia Gorge

Publication date: 2022

Court Library 979.5 BLA

"Author Bowen Blair had a front-row seat at one of the late 20th century's most protracted, unlikely, and ultimately successful conservation stories, and his telling of it reads like a whodunnit."

–Bonnie Henderson, author

"In a time when the world feels tilting towards despair, read this book. Learn from the example of one courageous woman who overcame seemingly insurmountable odds to give us the Columbia River Gorge."

–Marcy Houle, author

"... and readers can draw insights into protecting their own treasured landscapes – even if those landscapes don't span 85 miles, two states, a major river, and a mountain range."

–Barbara Roberts, former Governor, State of Oregon

## Armchair Travel goes to Myanmar

by David and Anita August, Education Committee

*This is Burma, and it will be quite unlike any land you know about. – Rudyard Kipling*

Join **Janet Black's** Armchair Travel program for some wonderful pictures and stories of Burma, presently called Myanmar, on Wednesday, **Sept. 13**, in the Blue Heron Auditorium at 7 p.m. Janet says, "This trip was with Wilderness Travel in 2014 – and I am eternally grateful that I got to go there before the military junta took over in 2021. Yes, we visited the popular sites, but we also did walks in the country that provided a close-up view of some of the people and their lives – beyond special. We'll visit the Schwedagon Pagoda in Yangon along with other pagodas and temples, see school children on their way home, travel on the Ayeyarwady River, and see monks on the U Bein bridge near Mandalay."



**Richard Helmick** will show and discuss examples of early Artificial Intelligence (AI) art in a series of two lectures on **October 11** and **18** in the Blue Heron Auditorium from 2 to 3 p.m. Mark your calendars and watch the October issue of the *Views* for more information.

### Low Vision Mutual Self Help Peer Support Group Wednesday, Sept. 13, 1:30 – 2:30 p.m. Court Family Room – 2nd Floor

Newcomers are welcome. We share insights, support, and helpful suggestions concerning vision loss. Linda Tofflemire facilitates. Conversations are strictly confidential. Questions? Call Sandra Gerling (6515).

### In Memoriam July 10 – August 22

*Ruth Friedel*

*Ron Philips*

*Ray Torgerson*

### New Residents — Apartment Move-Ins

July 10 – August 22

	From	To	Phone
Chris and Caroline Barns	New residents	101P	6761
Robert Byrne and Jean Eilers	New residents	307E	7095
Irene Ferris	New resident	505D	6439
Janet Ford	New resident	210B	
Peter and Wendy Gibb	New residents	216N	6591
Greg and Dale Silver	501B	301NP	6355
Harriet Wiser	New resident	102D	7048
Lynnetta Wisler	New resident	209A	6724



Left: Wayne Potter, Pam Brown, Elaine French, and Jerry Smith walked the five-mile Providence Bridge Stride on August 13. The route they walked took them over the Fremont Bridge and back on the Steel Bridge. Entertainers and fans cheered them on along the route.

## Rear Window

by Frank Starr

### Spiders

For many years, I thought of spiders as insects, just part of the bug family. I learned that spiders aren't insects, but the two families are related. Both are air-breathing members of the Arthropod phylum, all of whom have an exoskeleton, so to grow larger they must climb out of their skin – their exoskeleton – and grow a new one, leaving them quite vulnerable until the new exoskeleton hardens. There are nearly 50,000 species of spiders and several million species of insects. The difference between spiders and insects is that insects have a pair of antennae, six legs, two compound eyes – made up of thousands of tiny light detectors – and three body parts: head, thorax, and abdomen. Spiders have eight legs, no antennae, six or eight eyes that don't see very well, and two body parts: combined head and thorax, or cephalothorax, and an abdomen. They have spinnerets that exude silk to form webs. Spiders have jaws with fangs that inject venom to paralyze their prey. Female spiders are considerably larger than males and have different color markings, and yes, female spiders of many species devour their mates after mating.

All spiders are predators, feeding on other bugs – not on humans. Spiders have poor eyesight. They have tiny bristles all over their bodies, which act as sensitive receptors that notice web vibrations, touch, and airflow over their body. Spiders don't eat their prey like most animals do. After capturing a victim, spiders cover it with digestive enzymes from their intestinal tract, which breaks down the body to a semi-liquid condition. The spider then sucks up the already digested animal.

There are two general types of spider: web-building, and hunting or jumping spiders. Web-building spiders have long legs, very poor eyesight, and depend on vibrations of their web to let them know they have a guest for dinner. They live in or near their webs of silk threads, either indoors or outdoors, and wait for a meal of a bug to get stuck in their web. All spiders have the ability to make silk, but for web-builders, the silk is essential and expensive to create. Silk is as tough as nylon and is made of protein, so a complete web represents a significant investment. They secrete a special sticky silk that is deposited in small drops all across the web to entrap victims. Web spiders have an oily substance on their legs that prevents them from getting stuck in their own trap. Jumping spiders have short legs and four pairs of eyes; the central pair is especially large, giving them the best vision of any arthropod. They usually live outdoors and don't build webs. They simply locate a victim, jump on it, inject it with venom to paralyze it, cover it with enzymes, and wait for its body to dissolve before they enjoy their meal. The vast majority of spiders are good guys because of the large number of irritating and disease-carrying insects they eat. Farmers love 'em! Bites are uncommon, but don't sit on one or roll onto one in bed – they may defend themselves when they think they are being attacked. They are rarely dangerous to us. Only brown recluse, black widows, and a few others have fangs and venom that can penetrate human skin. The rare instances of suffering a bite from a brown recluse can be serious. Symptoms may include anemia, headache, weakness, fever, and pain. In extreme instances there can be ulceration and even skin sloughing, requiring weeks to heal.



*Jumping spider*



*Grass spider*



*Brown recluse spider*

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.	Manor Heron Lounge	Laverne Flaherty	6420
Caregivers' Support Group	First & third Thursday	11 a.m.	Court Family Rm.	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court 1st Floor	Mark Troseth	7220
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
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 Rag Chew	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
Interfaith Questers	Monday	2 p.m.	Zoom	Bernard della Santina	6639
Language — French Conversation	Tuesday	12 noon	Riverview	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 Group	Fourth Wednesday	10 a.m.	Heron Lounge	Marilyn Feldhaus	7238
Pickleball	Sun., Tues., Thurs.	9 a.m.	Sport Court	Gary Smith	925-872-0969
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pool Volleyball	Monday, Wed. Friday	10 a.m. 11 a.m.	Pool Pool	Candace Bradley Candace Bradley	7201 7201
Plant-based Support Group	Second Saturday	3 p.m.	Court Family Rm.	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 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](mailto:mhsoco@gmail.com).