



Finding Joy in the Garden



Carol Cherin is weeding the edges of a lawn square near Manor/North Pointe rose garden. Photo by Yoshiko Ture



David Mecklem regularly cares for the gardens on the north end of the campus. Photo by MH Socolofsky



Judy Halesky is weeding in the Triangle Garden, which she designed last year. Photo by Gail Durham

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Willamette View's gardens are prized for their beauty. The 27 acre campus holds many gardens and natural areas, and campus beauty is listed by residents as one of the top reasons they chose Willamette View as their home. Pictured above are just a few of the volunteer gardeners that other residents have noticed and photographed, with the hope that these volunteers will be recognized for their efforts. The WV community deeply appreciates their service.

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Residents Association Meeting

The Willamette View Residents Association will hold its semiannual business meeting on Monday, **June 12**, in the Blue Heron Auditorium at 3 p.m., and via Zoom. We will hear reports from **Resident Council Chair Ann Phelps** and **CEO Craig Van Valkenburg**. **Board of Directors Chair Deidra Krysov-Rusoff** will be the keynote speaker, addressing the meeting's theme, **Managing Transitions**. More information about the meeting is on pages 2, 4, and 5. An **Uncorked** social gathering in Elk Rock Bistro will follow the meeting.



*Deidra Krysov-Rusoff
Willamette View, Inc., Board Chair*

From the Resident Council

by Doug Morgan, Council Vice Chair

MANAGING TRANSITIONS

Thanks to the good work of our Resident Engagement Task Force, *Managing Transitions* has been chosen as the theme of our Residents Association meeting on **June 12** in the Blue Heron Auditorium at 3 p.m. It will be followed by an *Uncorked* event.

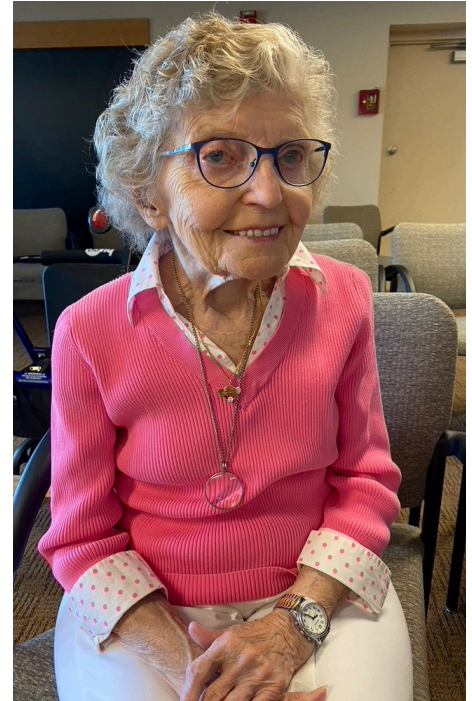
Preliminary findings from our **Resident Engagement Task Force** indicate that our fellow residents are impacted in their ability to engage by a variety of transitional conditions: the loss of a partner/spouse, health issues, caregiver responsibilities, and gradual replacement of external connections with connections internally. Anticipation of experiencing these conditions is what attracted many of us to Willamette View. But we may not be doing as well as we could to facilitate these transitions. As we continue gathering and interpreting information, the Task Force and Resident Council have discussed some obvious things we can do to make some of our life transitions easier.

Getting To Know the *Licensed Care* Part of Our Community

An easy thing we can all do is to become knowledgeable partners to the 20 percent of our fellow residents who reside in what is called the *Licensed Care* part of our community. This includes our Supported Living unit located in the South Wing of the Terrace, which currently is home to 27 residents. It also includes the Assisted Living and Memory Care neighborhood units in the Health Center, which can house up to 15 residents per neighborhood, for a total of 60 residents. While many of us were attracted to WV because of these options in our Continuing Care Retirement Community (CCRC), most of us don't really know these parts of our community and do not well understand how we can help make transitions easier. The Resident Council tested this proposition by a hosted walking tour of these parts of our campus with **Matt Hartley** and **Austin Latham**. This was followed by a debriefing and Resident Council discussion at the May 12 meeting. The council found the tour extremely educational, even for those with some previous knowledge. Look forward to two concrete outcomes:

1. **Austin Latham will be hosting tours of the Licensed Care part of our community for residents and their families starting in June/July.** Watch for announcements in the Friday Notice to sign up for limited spaces.

2. The Resident Engagement Task Force and Resident Council will continue exploring concrete ways for the Independent Living and Licensed Care parts of our community to mutually support each other in sustaining the highest quality of life.



Sandra Gerling was featured in the *Volunteer Spotlight* at the May 12 Resident Council meeting for her long-time volunteer work with the **Blue Heron Visitors**. This group of Independent Living residents connects with residents in Licensed Care areas for visits and transportation to events.

Note: The late summer issue of the *Willamette Views* will be published and distributed on **July 15** and will include August news.

Willamette Views

A publication of the
Willamette View Residents Association
Published September through July.

Willamette View, Inc.
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Portland, Oregon 97222
Council Chair: Ann Phelps
Vice Chair: Doug Morgan
Editor: Mary Helen Socolofsky

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

June Movies

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

Documentary film

Thursday, **June 1: *Norman Lear: Just Another Version of You*** (2016). The man who introduced America to Archie Bunker and George Jefferson – spurring social change through laughter – gets his due in this admiring biopic. From Connecticut roots to his Hollywood success, Norman Lear's life is explored in full.

International film

Tuesday, **June 13: *Mostly Martha*** (German language, 2001). Martha is a no-nonsense chef in a posh German restaurant. One day she gets several surprises, including a fun-loving Italian cook and a sullen eight-year-old niece. This lighthearted kitchen-set comedy is all about food and the need of a recipe for living. Scenes are dedicated to the art and beauty of cooking. Martina Gedeck, Sergio Castellitto, and Maxime Foerste star. **Comedy/Romance/Drama. PG**

Saturday night films

Optional discussions will follow

June 3: *Out of Africa* (1985).

Residents Choice Contest Winner

This sumptuous romantic drama dazzles us with its gorgeous cinematography of Africa. In the complexity of the characters, Meryl Streep stars as Karen Blixen, who joins her husband (Klaus Maria Brandauer) to farm in Kenya. Robert Redford plays the handsome hunter, Denys. Seven Academy Awards, including Best Picture.

Romance/Biography. PG

June 10: *Carousel* (1956). Gordon MacRae and Shirley Jones star in this brilliant musical drama, composed by Rodgers and Hammerstein. Charming Billy Bigelow and working girl Julie Jones fall in love at the carousel with a tragic outcome. Wonderful songs throughout, including *If I Loved You* and *You'll Never Walk Alone*. **Musical. Not rated.**

June 17: *Pride* (2014). Based on a true story, Bill Nighy, Imelda Staunton, Ben Schnetzer, and George MacKay sparkle in this tale of lesbian and gay activists who supported the 1984 miners' strike in Wales. This joyous crowd-pleaser is a rousing call for resistance and solidarity between two radically different but oppressed groups. Critics describe the film as amusing, uplifting, and spirited.

Language/Brief sexual content. R

June 24: *Days of Heaven* (1978). A visual masterpiece that evokes the loneliness and beauty of the Texas prairie. A love story, told through the voice of a child, unfolds through the life of a steelworker who flees Chicago, taking his little sister and girlfriend with him. Richard Gere, Brooke Adams, and Sam Shepard star. Award for Best Cinematography. Ennio Morricone won award for Best Original Score.

Drama. PG

July Movies

Later July and August movies will be featured in the late summer issue of the Willamette Views, to be distributed on July 15.

Documentary film

Thursday, **July 6: *Score*** (2017). This film brings Hollywood's premier composers together to give viewers a privileged look inside the musical challenges and creative secrecy of music in film.

International film

Thursday, **July 11: *The Counterfeiters*** (German Language, 2007). A prisoner's moral dilemma is portrayed by Kari Markovics as Salomon Sorowitsch. His decadent life ends in a Nazi concentration camp. Oscar winner – Best Foreign Language Film.

Saturday night films

Optional discussions will follow

July 1: *Yankee Doodle Dandy* (1942). With toe tapping and flag waving, the great James Cagney brings to life the story of George M. Cohen. From the family's vaudeville act to his overwhelming success, this warm and delightful musical features well-known patriotic songs. Oscars for Best Actor and Best Original Musical. **Musical.**

July 8: *Vengeance* (2022). A current-day mystery with ironic and humorous edges is set in rural West Texas.

It follows a writer/podcaster from NYC who looks into the death of a woman he had dated casually. Stars Aston Kutcher, Issa Rae, and Boyd Holbrook.

Language/Brief violence. R

July 15: *Whiplash* (2014). Deeply personal and vibrantly alive drama turns into thriller as jazz drummer Andrew Neyman (Miles Teller) catches the ear of infamous teacher Mr. Fletcher (J. K. Simmons). It explores the relationship between student and a teacher with a barbarous teaching style. **Language/Sexual references. R**

Proposed Amendment to the Residents Association Constitution

by Ann Phelps, Resident Council Chair

At the **June 12** meeting of the Willamette View Residents Association, we will vote on an amendment to our Constitution. The Resident Council is proposing a new standing committee. You might be wondering: “What is a standing committee, and why do we need a new one?” The council currently has five standing committees (Art in Public Areas, Finance, Libraries, Personnel, and Stores). These committees are responsible for either (1) managing a large resident-run organization or (2) providing oversight and policy recom-

mendations to the Resident Council. Members of standing committees must have been Willamette View residents for at least one year.

The function of the proposed **Resident Communications Standing Committee** will be to facilitate resident communication and to coordinate the content of the resident website, including establishing policies, standards, and guidelines. The committee will make recommendations to the Resident Council and to Willamette View Administration regarding methodolo-

gies and the content of campus-wide resident communications. The impetus for this grew from a need for consistency across multiple communication methods (e.g., digital display boards, the *Willamette Views*, bulletin boards, resident website, elevator sleeves, and Friday Notices). In addition, now that we have a new website, we need a committee to manage web content, as well as to evaluate, prioritize, and implement suggestions for new web content projects.

Programs and Benefits for Aging Veterans, Spouses, and Families

Residents and Willamette View employees are invited to attend.

Blue Heron Auditorium

Wednesday, June 14 — 2 p.m.

The **Aging Veteran Services Division** is a program within the **Oregon Department of Veterans' Affairs** (ODVA) that was established to address the needs and concerns of our rapidly aging veteran demographic and their families. Currently, more than 50 percent of Oregon veterans served during WWII, Korea, and Vietnam eras, and nationally, more than 12.4 million veterans are age 65 or older.

ODVA is committed to honoring your legacy of service through our advocacy. That advocacy begins with ensuring that you and your family know about the state and federal benefits and services you may be entitled to. Veteran benefits can positively impact you and your family's life – emotionally, financially, and physically.

We will provide you as much information as possible on:

- Pact Act 7 Gulf War, post-9/11 Era Veterans
- Burial benefits
- VA medical benefits
- Aid and attendance
- Disability benefits from all causes
- Veterans' pension and survivor benefits

This program is sponsored by the **Willamette View Wellness Department** and **Oregon Department of Veterans' Affairs**. **Mark Newell** from ODVA will be here to answer questions and give a brief presentation. The main presenter will be Willamette View resident **Rob Pirie**. Rob has about 20 years' experience with the Veterans Administration in Portland and is a veteran of 20 years himself.

We will have time for one-on-one questions and a table will be set up with all the appropriate literature to take home. Questions? Contact program organizer **David Heath** (7240) or **Rob Pirie** (7224).



Resident Website Tips

by the Tech Training and Help Resources Workgroup

Learning to Use the Website Features

Have you been hearing good things from your friends about the resident website, but you aren't sure how to use it yourself? Maybe someone showed you how to learn who lives on the floor above you, but what if you don't remember the way to do it? Or have you heard you can find your food and dining points balance on the Dining Portal, but you're not sure you know how it's done?

Well, there's a class available to help you learn these and other useful features of the resident website. The Tech Training and Help Resources workgroup is offering at least two classes each month. Advance registration is required because classes are for small groups so that individual assistance can be included. To register, call 6346 and leave a message with your name, phone number, and which class you want to attend. A list of classes is on bulletin boards and the website. Those scheduled in June are:

- **Introduction to the Resident Website** **Wed., June 14, 2:30 – 3:30 p.m.** **Mt Jefferson Room**
- **Using Directories and Search** **Mon., June 26, 10:00 – 11:00 a.m.** **Mt Jefferson Room**

To find the list on the resident website, (1) choose *Living @ WV* on the main menu at the top of each page; (2) click on *Tech Training & Help Resources*; and (3) select *Website Classes*.

If you're not sure how to do this, then the **Introduction to the Resident Website** class is designed for you!

Finding Joy in the Garden

Continued from page 1

Many residents have their own garden spaces and rose plots to care for, and volunteering in the public garden spaces is a joy for a large number of residents. The **Outdoor Campus Committee** is a group that maintains trees, gardens, and nature paths. Other residents volunteer to tend selected areas of our landscape.

Carol Cherin remarks that she joined the **Willing Weeders** group because it is an easy and meaningful way to contribute to the WV community. She enjoys seeing the results of her work. There are many aspects of gardening that bring her joy.

Judy Halesky has been gardening her entire life. She says, "Gardening gives me happiness and peace, a sense of challenge and purpose. I love being surrounded by the beauty of a garden."

David Mecklem says that he loves to work in a once-neglected edge of the campus, where he has planted dahlias and gladioli near a long-lived azalea. He grew up just a few miles from WV, on a property that his father planted with dahlias and other flowers and vegetables. David and his brother had their own Victory Gardens as children during WWII. Their gardens were irrigated with water pumped from the Willamette River, just as the WV gardens are now. David feels perfectly at home in the Willamette View gardens.

Spring Nominating Committee to present Resident Council slate on June 12

The following slate of Resident Council nominees will be presented, and elections held, at the Residents Association semiannual meeting on **June 12**:

- Assistant Treasurer – John Niemitz
- Gardens & Plants – Patti Justice
- Health Resources – Barbara Nye
- Recreation – Kay Sweeney
- Services – Susan Genne
- Technology – Earl Westfall
- Personnel Committee – Pam Brown
Shirley Leung

Nominating Committee members are

- Susan Bolton, Chair
- Don Brown
- Joy Jensen
- Kay Kuramoto
- Sue Trotter
- Ann Glaze, RC staff rep.

✓ Check it out

by LaJean Humphries, Library Committee Chair

WV Library Book Selection

How are books selected for the Willamette View branch libraries? A team of collection reviewers reads hundreds of book reviews every month. Journals devoted primarily to reviews of books either recently published or due to be published within the next six months or so include *Publishers Weekly*, *Booklist*, *New York Times Book Review*, *Kirkus*, and many others.

After going through reviews, the review team picks around 100 or so books. That list is given to another team of book selectors. About 20 – 25 residents serve as book selectors. The list of books is sorted by genre – fiction, nonfiction, and mystery. Book selectors read reviews of every book on the list, often searching out additional information. From the list, selectors vote on the books they think will be of the most interest and appeal to residents.

We add around 400 – 450 new books to the collection every year. As you have noticed, we do not have unlimited space, so library managers continually monitor to see what books are not being read, which are damaged or simply worn out, etc. Some books were very timely and popular when purchased, but after a few years no one is interested. Books are withdrawn from the collection and may be sold at Book Boulevard, donated to charitable organizations, or otherwise disposed of.

We are cognizant of authors popular with Willamette View readers, and resident requests are given high priority. Some things we look for in book reviews are a critical assessment of the content, a good description of the style of work, specific parts of the book the reviewer really enjoyed, strong points of the book, and a recommendation to a potential audience.

Is every book selected popular with our residents? Of course not. Book reviews are extremely subjective, and reading is a highly personal experience. Sometimes a book isn't what we expected. I recently started reading a new book by an author I've always loved. About 30 pages in, I realized that I really didn't like it, so I returned the book unread. Sometimes the library purchases a book and no one checks it out. Other times there's a waiting list.

We strive to provide current popular books that you will enjoy. Even though we don't track who checks out a book, we do track circulation. Knowing which authors and books are most read helps in our selection process. Recommendations are appreciated, and your feedback is always welcome. We especially like hearing how a book impressed or affected you. Let us know why you enjoy a particular book or author, or why it is a disappointment. Most of all, keep reading!

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



When in Doubt — Throw It Out

by Warren Ford, Green Team

Residents frequently ask if an item should be put in **mixed recycling** when it is not on either the “do” or “don’t” **recycling guideline list**. In short, recycle newspapers and magazines, printed office paper, mail, plastic and aluminum containers that hold six ounces or more and are not redeemable and have no food residue, and metal cans. **Do not recycle** small pieces of torn or shredded paper, paper meant for cleanup (toilet tissue, facial tissue, paper towels, paper napkins), redeemable cans and bottles (OR 10 cents), or any carryout or clamshell food containers. More information is on the green sheet of recycling guidelines available in all recycling rooms. **When in doubt throw it out! Exception:** Call **maintenance** (6678) to have hazardous waste picked up for disposal.

Wood Shop Tool Sale

Saturday, June 10

Court Building carport area
10 a.m. to 1 p.m.

Dust collectors, band saws,
wood lathe, planers,
misc. hand tools

Bring your family and friends.

Enjoy the WV Rose Gardens

by the Garden Committee

Resident rose gardeners have been assigned plots by the Garden Committee. They are the custodians for their assigned plots; they spend many hours tending their roses, and they may pick and enjoy the roses from their bushes. The names of these gardeners are on signs in the rose gardens.

Residents who do not have assigned rose plots, and staff members, may pick roses, up to three per day, from **Open Cut** rose plots for their own pleasure. Look for the Open Cut signs in the rose gardens. In the Manor/North Pointe rose garden, there are two clearly labeled Open Cut beds on each end. Open Cut beds are also in the Court rose garden near the Patio Homes.



Armchair Travel will take us to the Amazon with Jerry and Elaine

Elaine French and **Jerry Smith** will offer an Armchair Travel presentation on their recent tour of Rio de Janeiro and their 12-day Amazon cruise in the Blue Heron Auditorium on Wednesday, **July 12**, at 7 p.m. They visited Rio in early February, about a week before Carnival. It was hot and humid in Rio, with occasional afternoon rainstorms. They walked along Copacabana Beach, around the Lagoa Rodrigo de Freitas, and in the Jardim Botânico. They took in the spectacular views from Sugarloaf Mountain and Corcovado.

Leaving Rio, they flew to the city of Manaus in the state of Amazonas. They were amazed to find a city of 2.2 million people in the middle of the jungle. They took a quick city tour before their Amazon cruise began. They boarded the M/S La Jangada and moved into one of her 12 cabins as the boat navigated along the Rio Negro. They visited a rubber museum. After dark they participated in a surreal Indian ritual in a smoky lodge lighted by pots of flaming resin. Each following day brought new sights – incredible birds, sloths, monkeys, and caiman. There were treks in the jungle where they sampled exotic fruits. There was a visit to a cave. There was a night excursion through a narrow tributary, where the boat engine and lights were turned off so they could absorb the sounds of the jungle. They swam with pink dolphins. They glided silently through the flooded forest in a canoe. They visited small villages along the river banks, and also the town of Novo Airao. They marveled at the meeting of the waters, where the black Rio Negro and the muddy Rio Solimoes slowly merged to form the mighty Amazon.

Jerry and Elaine took hundreds of photos and will show you their best ones. For more Armchair Travel information, or to offer to present a program, contact Armchair Travel coordinators **Anita** and **David August** at 7221.

Eddie

Through the brick arch
A fat curving line of bodies
Descending College Hill.
Slowly snaking its way down the path
Amidst cheers and shouts on either side.

First comes a solitary man, class of '34.
Then, class-by-class, each year walks by.
Finally, there they are, 2014, loose black
robes and sharply cornered caps against
the blue sky: scattered clumps of jubilant
students rambling along.

His grandmother, squeezed sideways
against the fence, reaches out for a hug.
"Mazel tov," she whispers, kissing his
flushed cheek. Filled with grace, he smiles.

My father's namesake, Edward.
Dad would have been so proud.

*by Janet Friedman
May 2014*

*This poem received Honorable Mention in the
2023 LeadingAge Oregon Writing Contest.*

New residents bring many interests; they look forward to outdoor



Penny Greenwood

Penny and Al Greenwood moved into 513S on April 4. They came from Portland's South Waterfront. They both grew up in upstate New York, in an area known as the Triple Cities. Following their marriage, college graduations, and Al's military service in Philadelphia and Hawaii, they began a nomadic journey. They earned graduate degrees in Ithaca, NY, and then moved to Minnesota, Tennessee, Virginia, California, and Wisconsin. The desire to be closer to family and a bigger city drew them to the Portland suburb of Hillsdale in 2007, and the South Waterfront in 2015.

Penny attended Keuka College and the State University of New York Cortland, earning a BS in elementary education, and Cornell University for an MS in adult education and organizational development.

Penny's career as a women in management professor and organizational development and management consultant took her to numerous universities, health organizations, industries, and government organizations.



Al Greenwood

Al attended the University of Rochester, earning a BS in industry management, and Cornell University for an MBA. He worked in the Navy Supply Office on a destroyer and nuclear submarine. Later he became a university and college administrator, specializing in financial analysis, facilities management, information systems, and student records.

They took an early retirement and bought a 15-unit bed and breakfast in Mendocino, CA.

Penny served as chair of the Mendocino B&B Association and was a member of the county Tourism Commission. In Mendocino and Portland, she has volunteered for art, theater, music, and other organizations.

Al has been a volunteer fire department commissioner and worked with other volunteer groups. He enjoys woodworking and exercise.

They have two daughters, a son, and six grandsons and made WV their home because of its bustling energy, the interesting and active residents, and the trees and river views.



Wendy Aeschliman

Wendy and Dan Aeschliman are new residents of 409NP, having moved from forested property near Gaston, OR, where they lived for eight years. They previously lived in Idaho; New Mexico; and Brussels, Belgium. Dan has also lived in Spokane, Washington, and Kansas.

Wendy attended Wisconsin's Lawrence College, earning a BA. Then, after graduating from Harvard Graduate School of Education, Wendy taught sixth grade for several years before going back to school to become an RN. She became a school nurse and later founded a nonprofit, Talking Talons Youth Leadership. The staff worked with Albuquerque public schools, teaching teams of students to teach others community and environmental responsibility, using nonreleasable birds and animals.

Dan majored in aeronautical engineering at Wichita State University and then earned a PhD in mechanical engineering and astronautical sciences at Northwestern University. In Belgium, Dan did postdoctoral work with

sports and WV's wide range of activities

Photos by Mike Lincicum



Dan Aeschliman

the von Karman Institute for Fluid Dynamics. After returning from Belgium, Dan joined Sandia National Labs in Albuquerque, where he worked until retirement. One of his positions was managing Sandia's high-speed wind tunnel facilities, a position that led to involvement with the Supersonic Tunnel Association, Int'l. – a group with member wind tunnel organizations from all over the world.

Wendy's passions are related to wildlife and the environment. She plans to work with stained glass in the **artworks** studio and to garden with native plants.

Dan has done many house projects in his shop and looks forward to using the shops at WV. He expects to learn a lot from "the incredible craftspersons at WV."

They became avid skiers in New Mexico and will continue here in Oregon. They love to travel and enjoy a wide range of cuisines and wines. They have two sons and three grandchildren. They are pleased to join WV's friendly and vibrant community, with inclusive culture and unending opportunities.



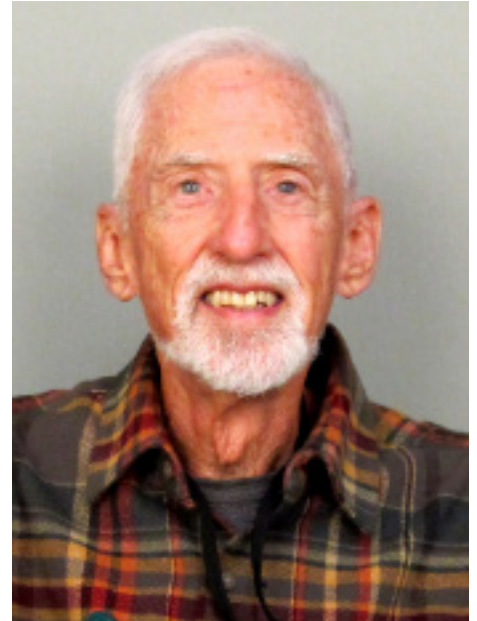
Marcy Katz

Bob and Marcy Katz moved to WV on April 4 and are new residents of 1590 River Ridge. They came from Honolulu, their home for 56 years. They had lived previously in New Jersey, New York, and Michigan. Marcy has also lived in Philadelphia.

Bob attended Rutgers University, earning a BA in history, and the University of Michigan Law School for a JD with Honors. Marcy attended Syracuse and Eastern Michigan universities, earning a BA in art.

Bob worked for a multi-specialty law firm, beginning in 1967, currently named Turkildson Katz. He was admitted to the US Supreme Court, the DC Circuit Court of Appeals, the Ninth Circuit Court of Appeals, the US District Court for Hawaii, the Hawaii Supreme Court, and all Hawaii Circuit Courts. He has appeared at numerous federal and Hawaii regulatory agencies.

Marcy spent her career as an independent travel agent. She was a docent at a contemporary art museum in Hawaii for 23 years.



Bob Katz

Bob has served on boards of the Hawaii Museum of Art, Hawaii Opera Theatre, and Blood Bank of Hawaii. He was a consultant to the downtown Art Center, which promotes contemporary Hawaii arts and artists.

Bob's interests include walking, jogging, hiking, sports, music, reading, and the arts.

Marcy has interests in many forms of art and especially enjoys working with ceramics. She is a supporter of Compassion and Choices and other non-profit organizations.

They have two daughters and three grandchildren and came to Willamette View to be close to their daughter Melissa and her family. To them, Willamette View stands out as a leading senior community because of its residents, who are uniformly friendly, interested, and interesting. Here, they appreciated the access to healthcare services, and enjoy the attractive grounds and amenities. They look forward to full participation in WV community activities as they settle into their new home.

April Outings to Leach Botanical Garden

Photos by Ron Ture, Pam Brown, MH Socolofsky



The Outings Committee hosted two trips to southeast Portland's Leach Botanical Garden in April. The first trip was for residents who would climb steep trails and staircases; the second visit was designed especially for residents using walkers or canes, exploring more level ground areas. **Head Gardener Scott Hoelscher** led tours, described plants, and told the history of the park, now owned by the City of Portland and operated by the Portland Parks Bureau. The 16-acre park is situated along a free-flowing creek in an urban greenspace. The hillside and lower gardens feature native plants, historic Leach plant collections, meandering wooded trails, and riparian area pathways along Johnson Creek.

The tour ends with Scott telling final stories at a forested meditation spot.



Scott starts the tour by the fire pit.



Kay Kuramoto enjoys a decadent dessert at Salty's, an extra stop on the way home.



A garden of purple *Trillium kurabayashii* will soon be in full bloom.

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

- | | | |
|------------|----------|--|
| Friday, | June 2: | Oregon's Traveling Historian presentation: My Father Created D.B. Cooper , 10:15 a.m. |
| Sunday, | June 4: | Kaleidosound Choir performance, 2 p.m. |
| Monday, | June 5: | TED Talks, 2:30 p.m. |
| Tuesday, | June 6: | Heidi Davis vocal performance, 10 a.m. |
| Tuesday, | June 13: | Nature and History documentary: The National Parks: America's Best Idea, Epi. 3 , 2 p.m. |
| Wednesday, | June 14: | Tim Chao cello performance, 2:30 p.m. (tentative) |
| Sunday, | June 18: | Nature and Science documentary: Our Universe (2022), 2 p.m. |
| Wednesday, | June 21: | Graham James piano performance, 2:30 p.m. |
| Thursday, | June 22: | Nature and History documentary: The National Parks: America's Best Idea, Epi. 4 , 2 p.m. |
| Wednesday, | June 28: | Romantic Thriller movie matinee: Arabesque (1966), 2 p.m. |
| Monday, | July 3: | TED Talks, 2:30 p.m. |
| Tuesday, | July 4: | Nature and History documentary: The National Parks: American's Best Idea, Epi. 5 , 2 p.m. |
| Wednesday, | July 12: | Stan Lasley piano performance, 2:30 p.m. (tentative) |

Teamwork Wins – Part 3

Story and photo by Sherry Johnston

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

Wellness and Teamwork

Teamwork in the **Wellness Department** involves a sensitive dance between acting in the best interests of the residents and keeping a clear code of confidentiality to protect our personal information. For **Counselor Linda Tofflemire**, privacy considerations are critical to successful working relationships. When a team approach becomes necessary, strong professional judgment determines the minimal amount of information that needs to be shared. We're currently in the search process to fill our Health and Wellness Coordinator position, and this role is a primary collaborator for problem-solving in the Wellness Programs office.

When a resident finds herself or himself in uncomfortable situations involving health, relationships with family

and/or residential neighbors, emotional stress, or a general feeling of dis-ease, consulting with someone in the Wellness Department starts the process of professional support. Sometimes the Wellness Team learns about a resident issue through their daily Zoom "Stand Up" meetings with key staff in the Health Center, Terrace, and WV Home Care. Other sources of information include Security incident reports, weekly Transitions meetings, bimonthly Clinical Team meetings, and conversations with other residents. All of these avenues can lead to outreach to a resident for checking in and offering services.

Often we just need to talk situations through with someone who will truly listen without judgment but with concern, using their experience, training, and



heart. This interaction doesn't necessarily make the issue vanish, but it at least creates a chance to look at what's going on and seek possibilities for improvement. *Continued on page 13*

by Harvey Leff, MusicWorks

Out There Jazz Quartet Returns

On Friday, **June 9**, in the Blue Heron Auditorium at 7 p.m., **MusicWorks** presents the **Out There Jazz Quartet**. They first played at WV in February 2022, celebrating the birthday of band leader **Dan Bosshardt's** mother, **Sue**. Their performance brought rave reviews, and a follow-up performance in September 2022 was again a resounding success. Accordingly, MusicWorks invited them again! The quartet is led by alto and soprano saxophonist **Dan Bosshardt**, a musician and teacher with 40 years experience performing. He is also adept at explaining each song. Acoustic stand-up bassist **Joe Aloia** plays bass in a variety of local venues and has a busy schedule teaching guitar, coaching jazz bands, and composing music. Pianist **Jonathan Swanson** is an award-winning performer of jazz and classical music and is an accomplished composer and arranger. Jazz drummer **Stephen Pancerev** performs as a world-music percussionist. He has been described as a "masterful painter

of sound." The musicians have a wealth of musical experience in the dynamic jazz format of improvisation and musical conversation between players. Their program will likely include a sample from their recent *Out There Jazz Suite* CD, a taste of the band's Jazz Mariachi project, a gorgeous original by their pianist, and some favorite jazz standards by Billy Strayhorn, Benny Golson, Duke Ellington, and more. If you love music, you'll love this great MusicWorks show!



Zeno Katterle honored with a memorial bench and garden party

by MH Socolofsky

Photos by Michele Lukowski and Walt Lundberg

On a beautiful May afternoon, 130 people gathered in the Commons garden area to honor and remember **Zeno Katterle**. A garden bench, purchased through the **Blue Heron Foundation** with donations from the Garden Committee and other donors, and dedicated to Zeno's memory, was unveiled by his family. It is located where residents can enjoy the beauty of the Tower Garden, which Zeno spent many hours tending, and the nearby resident gardens. **Chad Grove** provided summer appetizers, sparkling wine, and iced tea. Philanthropy Director **Loraine Collacchi** and Garden Committee Chair **Susan Bolton** spoke about Zeno's contributions to the WV community.

Zeno and **Shannon** moved to WV almost 10 years ago. He loved his WV community and volunteered for many things, including service on the Resident Council, and he became the Garden Committee Chair. He took care of the south garden greenhouse and the plant shelves for many years. He tended the Open Cut rose garden near the Patio Homes. Zeno spent his career as an educator, starting as a high school teacher, and eventually became a school superintendent. He served school districts in Davis, CA; Beaverton; and Gresham. He also taught at Lewis and Clark College. He was an accomplished artist in many media. Some of his works are on display here at Willamette View. Zeno and Shannon's family includes two sons, **Zeno III** and **Sean Michael**. They have a granddaughter living in Berlin and a grandson who attends Dominican University.



Zeno's photo from his memorial service program



Zeno III, Joann Schaefer, Shannon Katterle, & Shanyin Katterle unveil bench.



Loraine Collacchi pays tribute to Zeno.



Zeno III and Shannon try out the bench.



Beverages are cold and ready to serve.

Wellness and Teamwork

Continued from page 11

Sometimes simply hearing ourselves share our physical, relational, emotional angst with someone we trust eases the burden.

The Wellness Team members fulfill their individual roles knowing that the rest of their colleagues stand ready to assist using their own particular expertise, if needed. Their teamwork correlates with the principle of having money in the bank. It's there when you need it.

Actually, this WV fundamental principle of on-demand teamwork partners reinforces Willamette View's mission of providing our elders with the kind of environment that supports our goal of living as fully and comfortably as possible. This flexible approach of staff helping staff encourages working together for the best interest of our vital community.

Thank You from the Bike Riders. Last summer the bicycle racks in the parking garage were so crowded that it was difficult for residents to get to their bikes, and there was no space for new residents' bicycles. Flat tires and thick coats of dust made clear that many of the bikes in the racks were not being used. Following bike riders' pleas, the administration created a sticker system to identify the owners of bikes in the garages. The outcome is a success. Now owners can be identified. Many bikes were removed, and six unclaimed bikes were donated to the Community Cycling Center. Thanks to Kristen Bally and Brooke LeClair for help with registration and to residents who removed their unused bicycles!

by Warren Ford

APA Spotlight

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

Have you seen this vintage poster in the hallway of Manor 6-A?

"C'è una Bugatti, Non si passa" means, "It's a Bugatti. None shall pass!" In fact, with over 2000 race victories between 1922 and 1930, the Bugatti Type 35 is the world's most successful racing car ever. The image sums up the feeling of getting behind the wheel of a fast car with a beautiful woman. The artist **Marcello Dudovich** is considered a founding father of graphic design and is regarded as one of the most important poster artists of all time. His bold colors and simplified forms helped define the look of 20th century advertising.

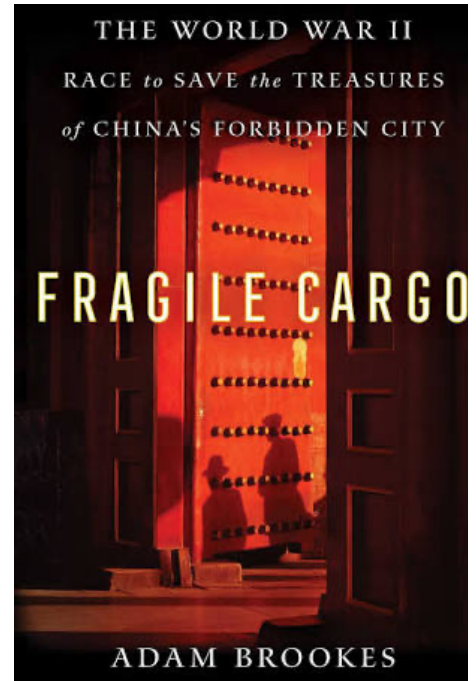
by Ginny Seabrook

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



Try This Title

by Penny Fiske



Fragile Cargo: The World War II Race to Save the Treasures of China's Forbidden City

**Publication date: Feb. 2023
Terrace Library 940.54 BRO**

"For sixteen terrifying years, under the quiet leadership of museum director Ma Heng, the curators would go on to transport the imperial art collections thousands of miles across China – up rivers of white water, across mountain ranges, and through burning cities. In their search for safety the curators and their fragile, invaluable cargo journeyed through the maelstrom of violence, chaos, and starvation that was China" ... both before and during World War II."
– Amazon

"Art lovers and WWII buffs will devour this riveting and bittersweet history."
Publishers Weekly (starred review)

Announcements

DIG Program
Wajdi Said will present
Islam — Islamophobia:
What it is and how it shows
up in our society today
Blue Heron Auditorium
Tuesday, June 6 — 10:30 a.m.

Willamette View's semiannual **Rite of Remembrance** will be on Tuesday, June 20, at 7 p.m. in the Blue Heron Auditorium. During this time, we will honor those who passed away in the first half of 2023.

Correction – In the May 2023 issue of the *Willamette Views*, page 8, new resident **Mary Chessman** article, Sentences 4 and 5 should state: "Then she taught at Boston College and did research at Harvard and MIT. After 14 years of working at universities and colleges, she moved to Silicon Valley in California."

In Memoriam
April 22 – May 21
Mary DuBois
Ethel Haines
LaDelle Nosen

LGBTQ PRIDE featured in June Gallery Display

Have you attended a PRIDE celebration? Do you have an item from your experience that should be part of our Willamette View Gallery Display? Let's lift up history as well as current issues and resources. Contact Joyce Liljeholm (6595) if you have PRIDE display items to provide.

by Joyce Liljeholm
Diversity and Inclusion Committee

Flash!
Low Vision
Mutual Self Help
Peer Support Group
will meet on
June 14, July 12, and August 9
1:30 – 2:30 p.m.
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

New Residents — Apartment Move-Ins

April 22 – May 21

	<i>From</i>	<i>To</i>	<i>Phone</i>
Charles Buchanan and Carole Edelsky	New residents	303A	6729
Bob Garmston	101P	Out of WV	
Christopher and Claudia Gates	New residents	309A	6378
Milt Markewitz	New resident	306B	6342

Hobby Rooms for Special Interests

	Day	Location	Contact	Phone
artworks Studio	Studio Hours	Terrace 2nd Floor	Sally Giles Kristen Larsen	6634 6633
Manor Art Studio	Any time	Manor Lower Level	Gail Durham	6815
Manor and Court Wood Shops	Any time	Manor/Court Lower Level	Robin Bolton	6430
Model Train	Any time	Court 3rd Floor		
Music Practice Room	Any time	Court 1st Floor		
Sewing Room	Any time	Court 5th Floor	Sandra Pagels	6549
Toy Room – Take your grandchildren	Any time	Court 2nd Floor	Sandra Pagels	6549

Rear Window

by Frank Starr

THE MOON

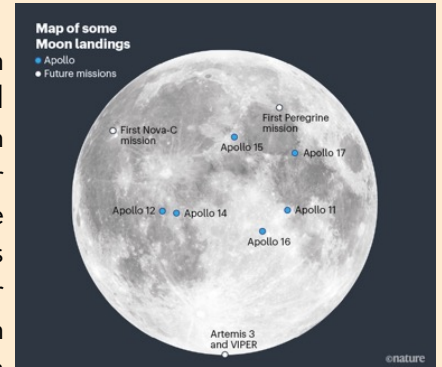
When I was a boy, my bed was under a south-facing window, where I could watch the night sky – or the teenage girl across our driveway, but that's a different story. I wondered if I could get a moonburn if the Moon shone on me all night. Nope, moon light is reflected sunlight and doesn't have enough UV to damage our skin. I never could make the Moon's dark splotches into The Man in the Moon – all I could see was a bucking buffalo. I still enjoy the ever-changing Moon as it wanes and waxes from full to dark and back to full each month. A full Moon I will always remember occurred in June of 1988. At Alaska's lonely Aniakchak National Monument, on an ancient wooden deck, under the full moon, Penny and I danced while Willy Nelson sang "Stardust" from our tape recorder.

More than five billion years ago, a giant star in our neighborhood of the Milky Way galaxy went supernova! It exploded! The explosion created a massive cloud of stardust, containing all 92 elements of the periodic table. Gradually the cloud of stardust gathered together forming little, big, and bigger globs, that by 4.6 billion years ago had condensed into the Sun, planets, asteroids, and comets, constituting our solar system. But Earth had no moon circling it. Without the Moon there would have been no moonbeams for lovers to enjoy and fewer poems to recite or songs to sing. Every night would have been dark; no way to divide the year into months, only seasons, and there would have been only low solar tides.

A hundred million years later, a planet named Theia, about the size of Mars, crashed into Earth. The collision knocked a portion of Earth's and Theia's crusts into orbit around Earth, which condensed into our Moon. The molten remains of Earth and Theia simply combined, making Earth a larger planet with a huge Moon. The Moon's dark areas are splashes of basalt known as *lunar maria* (Latin for moon sea) – the result of collisions with asteroids and comets.

In 1969 the Apollo program put the first humans on the Moon. Buzz Aldrin's famous footprint may still be there. Twelve white American men have walked on the Moon; a couple even played golf. Some of the missions were scientific – more than just beating the Soviet Union to the Moon. The Apollo missions collected samples of surface rock that indicated the Moon's and Earth's surface are composed of the same stuff – mostly quartz, silica, and calcium-rich feldspar. Earth has a heavy iron-rich core, and analysis of the Moon's density indicates that it has a small but similar core.

Next year, the National Aeronautics and Space Administration (NASA) is planning to send four astronauts – a woman, a Black man, and two White men, one of whom is Canadian – aboard Artemis II, on a three-week mission as a "flyby" trip around the Moon. Artemis II is expected to pave the way for the Artemis III mission which we hope will land humans on the Moon in 2025 – the first Moon landing since 1972. All this, of course, is looking toward landing humans on Mars some day! But sending humans to Mars and back would probably require 34 months. And NASA has found that human bodies age rapidly in space – six months in space ages the cardiovascular system up to 10 or 20 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.	Manor 3rd Floor 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	Don Borjesson	6643
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
Hobby Rooms	See page 14				
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 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.	Court Family Rm.	Jerry Smith	6502
Public Affairs Program	Third Thursday	7 p.m.	BH Auditorium	Paul Bosshardt	6823
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
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarians 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.