



Historic aircraft, spacecraft, and the Hughes H-4 Hercules Spruce Goose



Evergreen Aviation & Space Museum, featuring the Spruce Goose, SR71 Blackbird, and a Titan II Space Launch Vehicle – here we come! On Wednesday, **April 9**, 48 residents will board a Blue Star chartered tour bus to travel to this stellar McMinnville museum. Upon arrival, there will be several docent tours available, with plenty of time to study minutiae and grandeur, plus a stop in the gift shop. This will be a must-see experience.

There will be a fee for the bus transportation and a museum entry fee. The bus will leave Willamette View at 11:45 a.m. and return by 5:30 p.m., in time for dinner. Lunch will not be served on the trip. Watch for the sign-up sheet in the Manor lower level on **March 17**. This trip is sponsored by the **Outings Committee**. For more information, contact **Dennis Gilliam** (6372).

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One of Oregon's oldest residents left legacy of art for Willamette View

Norma Whitelaw Pratt may have been the oldest living Oregonian. A resident of Willamette View and an Oregon artist of renown, she died in 2002 at the age of 111. She had lived at Willamette View for 47 years. This cutout photo of Norma is mounted on the wall that encases the Riverview kitchen. *Story on page 13.*



From the Resident Council

by Donna Moores, RC Vice Chair

WVShares is back!

Our resident electronic bulletin board, **WVShares**, was launched last spring after extensive planning and hard work by our tech-savvy volunteers – the **WVShares Steering Committee** – led by **Eva Laevastu**. The purpose was resident-to-resident communication focusing on neighborly requests and offers, like putting up a notice on an actual bulletin board, but able to be read in the comfort of your own home on a computer or cell phone. It was welcomed by many, and as the number of participants expanded, it really took off.

There were offers of concert tickets, requests for recommending a dentist, finding participants for new interest groups, and sharing information about local activities. It was a great addition to our communication here at Willamette View. Many looked forward to seeing the alert of a new WVShares posting appear in their email inbox.

But then ... it became evident that there was confusion, or perhaps a difference of opinion, about what was appropriate to post on WVShares. Some messages became more political, personal, and emotional. Some residents became uncomfortable with the content. The difficult decision was made to pause WVShares.

The steering committee has been working hard to recalibrate WVShares and return it to its original intent. They edited the WVShares policy to clarify community guidelines on what is appropriate to post. Appropriate posts would include free giveaways, offers to share resources such as tools or books, lost and found, volunteer opportunities, ideas for new activity groups, and local goings-on. Examples of unacceptable postings include personal rants or opinions, items for sale, job listings, political campaigning, or fundraising.

The new policy also describes how content will be moderated. Volunteer moderators regularly review all content for adherence to the community guidelines. The WVShares Steering Committee – not an individual moderator – reviews questionable posts and determines what action to take. If the post is unacceptable, the author will be notified and provided an opportunity to edit or delete the message. Posting authors who do not follow these guidelines may be excluded from WVShares and may appeal to the Resident Council officers for reinstatement.

The steering committee has put thoughtful deliberation into developing these guidelines, in collaboration with the Resident Communication Standing Committee, for a successful electronic bulletin board. This enhances our community and can be a benefit for us all.

With the Resident Council's thanks and support, we are happy to say that **WVShares is back!**

Willamette Views reports to the Resident Council

Editor **Mary Helen Socolofsky** presented a report at the Resident Council meeting on February 14. She noted that in 2024, contributors to the *Willamette Views* included:

80 residents
7 proofreaders
13 staff members
4 administrative staff
48 new residents

for a grand total of
152 residents and staff.

She expressed gratitude for the meticulous work of the seven **Willamette Views proofreaders:**

Dan Aeschliman
Candace Bradley
Charlotte Cox
Wyma Rogers
Joline Shroyer
Gary Smith
Chris Thompson

Willamette Views

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Submit articles to
mhsoco@gmail.com
by the 14th of the month
or to 204BH.
Articles may be edited.

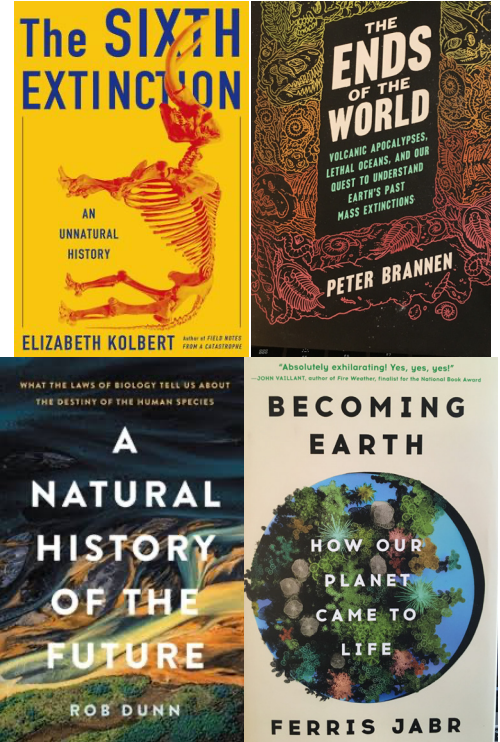
Lessons from the Physical World Help Envision the Future

by Sue Bosshardt, Book Review Chair

This book review will be on Wednesday, **March 19**, at 10 a.m. in the Blue Heron Auditorium. **Helen Spector** will help us view our world from a future perspective, using four books about our physical world – large-scale geology – while searching for lessons from former extinctions to inform how we might better understand our current situation and reflect on options for our future. She finds interesting relationships and differences in these books, which she will highlight. The books are:

- *The Sixth Extinction: An Unnatural History* by Elizabeth Kolbert
- *The Ends of the World: Volcanic Apocalypses, Lethal Oceans, and Our Quest to Understand Earth's Past Mass Extinctions* by Peter Brannen
- *A Natural History of the Future: What the Laws of Biology Tell Us About the Destiny of the Human Species* by Rob Dunn
- *Becoming Earth: How Our Planet Came to Life* by Ferris Jabr

Helen grew up on a farm outside St. Louis, MO. She worked as an organization consultant, helping clients think outside the boundaries of their program definition. She likes looking at the big and bigger pictures. She says, "Understanding extinctions is about as big as I can go."



March Movies

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

International film

Tuesday, **March 11: *In Her Place*** (Spanish language with subtitles, 2024). Mercedes, a judge's shy secretary, becomes fascinated by a famous author, Maria Geel, held at a nunnery awaiting trial for shooting her lover. Mercedes lets herself into Maria's sophisticated apartment and tries on her designer clothing, as well as her lifestyle. Elisa Zulueta portrays shy Mercedes and Francisca Lewin, the rich and notorious defendant. Directed by Maite Alberdi. **1 hr 29 m. Crime/Drama.**

Discussion following. **PG-13**

Saturday night films

Optional discussions will follow.

March 1: *Truly, Madly, Deeply* (1991). Actor Juliet Stevenson is wonderful as Nina, a grieving woman trying to carry on after losing the Jamie she loved so much. When Jamie (Alan Rickman) magically comes back as a ghost, Nina is thrilled – for a while.

Anthony Minghella directed and wrote the critically acclaimed script. **1 hr 47 m. Fantasy/Comedy/Drama. PG**
March 8: *It's Complicated* (2009). A witty look at post-divorce complications in this charming rom/com brings actors Meryl Streep, Alec Baldwin, and Steve Martin into a delightful triangle of love and indecision. Much ado and many laughs. Nancy Meyers directs. **2 hrs. Romance/Comedy. Minor Sexuality. R**

March 15: *Conclave* (2024). Cardinal Lawrence (Ralph Fiennes) is tasked with conducting the secretive and ancient rites of selecting a new Pope. Behind locked doors in the Vatican, the stately ceremony shuts out the modern world, but not the tumult of powerful men with differing ideals and secrets of their own. Supporting cast includes Stanley Tucci and John Lithgow, with Edward Berger directing. Nominated for 8 Academy Awards. **2 hrs. Mystery/**

Drama. PG

March 22: *The Wizard of Oz* (1939). L. Frank Baum's book comes to life in this American classic featuring the Scarecrow, the Tin Man, and the Cowardly Lion, cavorting with Dorothy in the land of Oz. The incomparable Judy Garland stars with Ray Bolger, Jack Haley, Bert Lahr, and the Wicked Witch of the West, Margaret Hamilton. **1 hr 41 m. Fantasy/Musical. Rated Family.**

March 29: *Argo* (2012). *Argo* is based on the true story of a daring covert rescue mission, carried out by CIA operative Tony Mendez (Ben Affleck) during the 1979 Iranian hostage crisis. The character development and intense storytelling are brilliant, nail-biting, and hilarious. The film is supported by Alan Arkin and John Goodman. Ben Affleck directs. Three Academy Awards, including Best Picture. **2 hrs. History/Thriller/Drama. Strong language, intense situation. R**

✓ Check it out

by LaJean Humphries, Library Committee Chair

National Library Week 2025 – Drawn to the Library!

I know – National Library Week is the second week in **April**, not March. But I want you to start thinking now about your favorite books and the books that you have most enjoyed and would like to reread.

My late father-in-law was not a reader. Why not? Because he could not find a book like one he had enjoyed as a youth. He couldn't remember the title or the author, but the book was about a young boy and he thought every chapter started with the phrase "bright and fair." To make a long story short, after months of searching when I was in library school, I found the book – ***Brite and Fair!***

Please don't send us hunting for a book if you don't have either an author or a title. But if you've recently read a good book that you think your neighbors would enjoy, like *The Old Man and the Sea*, *Wind in the Willows*, or *The Witch of Blackbird Pond*, send your recommendations to **Donna Krasnow**, 209D, or email donnakrasnow@gmail.com, or contact **LaJean Humphries**, 104PH, or email lajeanhumphries@gmail.com. Next month Donna Krasnow, our talented collection manager, is going to introduce a new special collection. This collection will be based in part on books with appeal somewhat different from our normal selection process. Traditionally, we select books that are brand-new and current best sellers in fiction, mystery, and nonfiction. The Library Committee continues to do that.

We know that people visit their library every day for all types of books, however. Often, we want to read an old familiar story, or something light and easy, instead of a complex, hard-boiled thriller. We know that reading interests change as we age, and we would like to accommodate more readers.

So please, by paper and pen or by email, send us a short list of your most favorite books of all time that you would like to reread today. We are not looking for "heavy" authors like Dostoevsky, Proust, Kafka, or even Dickens or Joyce. We are looking for more light-hearted authors – maybe that early romance or mystery you read years ago – or yesterday.

Watch for Donna's *Check it out* column in the April issue of *Willamette Views* and get ready to celebrate **National Library Week** during **April 6 – 12**. Whatever draws you in, the library has something for everyone!

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

Willamette View Plant of the Month by Fred Rauch

Heavenly Bamboo – *Nandina japonica*

One of the more common plants on our WV campus is **Heavenly Bamboo** (*Nandina japonica*), native to Japan and China. It has a number of cultivars; one of them has leaves that turn an attractive red color in winter. This Fire Power Nandina, a dwarf evergreen shrub, grows two feet high and wide. It is essentially sterile (nonfruiting), which is desirable, since Nandina fruits are reportedly toxic to birds. It is a noninvasive plant, developed in New Zealand. It is a very low-maintenance shrub, adapted to shade but doing better in full sun. It will tolerate a wide range of soil conditions and is not troubled by disease or insects. Several nice specimens are found to the left of the entrance to the Triangle Garden.



Willamette View welcomes Erin Sauer to Environmental Services

Story and photo by Sherry Johnston

Erin Sauer came onboard as Manager of Environmental Services on December 9. She brings a background in hotel management, which demands working with the big picture while handling all its bits and pieces.

She uses an organizational approach, with a goal of providing a respectful environment that motivates a good work ethic. As an example, walk by her office on the lower level of the Manor by the elevators and you'll see a basket filled with goodies by her door. She also is working on a plan to do something to celebrate birthdays each month.

Right away, you notice Erin's way of communicating. Her friendliness mixes

with her down-to-earth style of listening and responding. Observing her in conversation with her staff, you can tell that she's interested in focusing on the issue as well as the person – that's her way of getting the job done.

Briefly describing her home life, it's easy to tell that her busy day doesn't end at quitting time. She's a single mom of four adults – one son who lives with her and handles a big share of chores – one of those chores being their two dogs and 16 cats. Yes, 16! Erin blames the number on COVID's freeze on sterilization.



Erin's door is always open. She's available for conversation and problem solving.

What are those donation boxes doing at the doors to performances?

by Kent Louscher, MusicWorks Committee Chair

The **MusicWorks Committee** needs residents' help to provide entertainment that we've all come to enjoy and appreciate. Here's how it works:

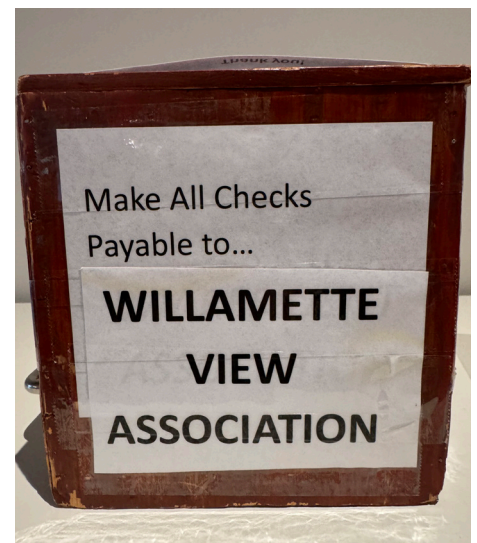
MusicWorks was created by resident musicians to make professional performances of jazz, blues, folk, and rock music more affordable and accessible for Willamette View residents. Attending performances in the community venues is quite expensive when you add up transportation, cover charge, meals, and refreshment costs. Professional musicians are eager to increase their exposure to our residents on weekday evenings when private venues are less subscribed.

The MusicWorks Committee books musicians for monthly performances throughout the year. In addition to a competitive fee, Willamette View provides these musicians with an audio-

rium, seating, lighting, audio enhancement, video recording, promotional advertising, and an appreciative audience for each performance.

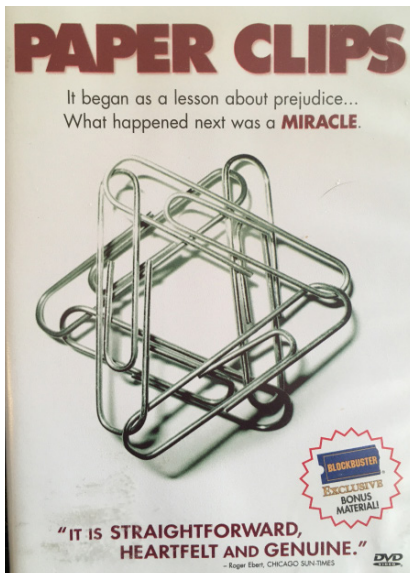
And now we get to those donation boxes. The MusicWorks Committee uses the donation boxes to solicit contributions that help to compensate the musicians. Attendees are encouraged to contribute whatever is reasonable by cash, check, or payment slips that draw funds from their resident accounts. If residents are unable to contribute at all, they are still welcome to attend and enjoy the performances. Grant money from the Resident Council makes up the difference between what is collected at the door and the actual cost of bringing in professional performers. A similar process is in place with other entertainment and education committees.

We hope this gives residents a better understanding of how the process works and that you will continue to attend and enjoy the programs presented at Willamette View – and deposit what you can into those pesky boxes by the door!



Diversity and Inclusion Group will present programs for Remembering the Holocaust

by Helen Spector, DIG Committee



During April, the **Diversity and Inclusion Group** will present two programs focused on **Remembering the Holocaust** during WW2.

The documentary film, *Paper Clips*, on Thursday, **April 3**, at 6:30 p.m. in the Terrace Auditorium will show what happened in 2001 when the students at Tennessee's **Whitwell Middle School** began studying the Holocaust as a way to learn about intolerance and diversity. Their efforts culminated in a unique memorial that changed the

lives of those who created it, as well as touching Holocaust survivors and countless communities.

The **Holocaust Remembrance Ceremony** is an annual Portland tradition in which members and friends of the local Jewish community gather to read the names of Jewish victims who died in the Holocaust.

On Wednesday, **April 9**, from 9:30 to 11:30 a.m., the Diversity and Inclusion Group will host our 5th Annual Holocaust Remembrance Ceremony, **Read Their Names**, in the Blue Heron Auditorium. Residents will read the name, date, place of death, and age of individual Holocaust victims from a list provided by the US Memorial Holocaust Museum in Washington, DC.

It is not necessary to stay the entire time. We welcome those who choose to come and witness, and all who wish

to read. Please enter and exit quietly.

With the past year's violence in the Middle East, many of us feel more strongly the importance of **Yom Hashoah**, or **Holocaust Remembrance**, to lift up the statement **Never Again** and to remember that the suffering of the six million Jews and five million people from other groups was the suffering of individuals one at a time – mothers, fathers, children, aunts, uncles, friends, and loved ones.

They have no graves to mark their passing. So, we will read their names and remember together.

If you wish to volunteer to read, contact **Helen Spector** by Friday, **April 4**. If you wish to come as witness, we welcome you to come at any time. The ceremony will stream live on Zoom. A link will appear in the Friday Notice on April 4.

Let's Dine Out group visits Gilda's

A busload of 24 residents visited **Gilda's Italian Restaurant** on January 29 for the **Let's Dine Out** group's winter field trip. Chef/owner Marcus and server Taylor welcomed them as they arrived with two long tables set for the guests, filling the beautiful dining room. Tuscan murals decorate the walls, along with photos of Gilda and her family at various ages. The authentic Italian dishes were perfectly prepared and delicious. Let's Dine Out takes residents to a special restaurant four times a year. Watch for news about a spring outing soon. For more information, or to offer a recommendation, contact **Elizabeth Olsen** (4658) or **Phil Mirkes** (6609). *Photo at right: Mabel Pool enjoys her first bite of the daily special pizza. Seated across the table from left: Jan Ford, Cindy Mahlau, and Susan Van Lente.*



Good Days, Bad Days

A series of reflections on senior living by WV resident and author Peter Gibb

The Power of No Words

I am a writer. I love words, my friends forever, helping me to connect with others, to express myself, to solve problems, to create, to discover, to learn, to live. The power of words has enabled our species to climb to the top of the food chain and stay there. So far.

Words are great; words are limited.

Lately, I find myself exploring a world of silent secrets. I am a daily visitor to Glacier Lily, the Memory Care neighborhood, where many of the residents have long since parted ways with the world of words. My wife, **Wendy**, is one such. She hums a recurring sound, accepting her days like leaves from a tree, reaching out from a world of wordless wonder, stroking the teddy bear who has become her constant companion, hiding behind the smile that melts my heart.

Words are useless where we meet, but Wendy's smile leads me into a world

of loving kindness, absent fear, absent envy, no winners or losers, without ambition or intent, without pretense. We sit together. Glorious. We hold hands. I rub her shoulders and back. We say simply and easily, through touch, what I have too often failed to say through words. We laugh. Most often, I have no idea what we are laughing at, but it doesn't matter. We laugh with abandon, and then laugh some more. Sometimes I sing to her. The words are unimportant. We meet out there, beyond the stars, behind the moon, between the words.

At times, when I am engaged in what passes for "normal" conversation, my mind sweeps back to the deep satisfaction I feel when I sit in stillness with Wendy. I rest my head on her shoulder and let love course through me. There I dwell, in the awesome mystery of silence.

Recycling Is Local

by Warren Ford for the Green Team

A newly revised pamphlet of WV recycling/trash guidelines is now available in the recycling rooms. At WV we follow the commercial rules of Clackamas County. River Ridge homes follow residential rules. We separate glass into redeemable bottles – profits are used for Green Team projects; and bottles and jars, which are processed into new glass. Other glass and ceramics which do not mix with glass from bottles and jars in the molten state should be wrapped in heavy paper bags and put in a separate small bin. WV mixed recycling goes to a company that sorts it mechanically (with human labor) into paper, plastic, aluminum, and ferrous metal (iron). The machinery cannot separate plastics smaller than 6 oz. and rectangular containers. Those and all plastic caps/lids should be put in the garbage bin. Paper cannot be reprocessed if it has a plastic coating (takeout food containers) or is photosensitive (photographs/cashier receipts). The rules are based on what can be sorted/reprocessed/sold for a profit. If in doubt, throw trash into the garbage bin.

Grateful Earthlings News *by Milt Markewitz, Grateful Earthlings Activity Group*

It is the embodiment of ethical values that keeps us in ecological balance and communal harmony with all life, and with it is a sense of hope. This hope is substantiated by the recognition that cultures throughout the world have lived for millennia in relative peace. Representatives of some of these cultures participated in the **Global Forum of Spiritual Parliamentary Leaders**, founded by the United Nations in 1985, and after meeting four times, summarized their work in four words, **Value Change for Survival**.

The **Grateful Earthlings** program on Tuesday, **March 11**, will be in the

Terrace Auditorium from 1 to 2:15 p.m. Our speaker/facilitator of conversations will be **Jefferson Greene** from the Confederated Tribes of Warm Springs and Chief of the Wasco tribe, who wrote the following in his bio:

"I want those I work with outside of my culture to understand that our people are still alive, well, strong, and connected. Our spirituality has never been hindered and our way of life has adapted to sustain that spirituality. I hope they develop a deeper sense of place through all I share in story, song, and dance." (www.confluenceproject.org/library-post/bio-jefferson-greene)

We've asked Jefferson to focus on the importance of values-based guiding principles and their importance in governance, commerce, education, and community.

On **April 3**, Edith (Eastern Shoshone) and Randy (Cherokee) Woodley will convey their love of the land and all life in the Blue Heron Auditorium at 6:30 p.m. From May through December, we will meet in the Terrace Auditorium on 2nd Tuesdays, with speakers who have lived in balance and harmony with Earth. Join us on 3rd Tuesdays in the Manor third floor lounge to plan new topics and authentic speakers.

A Spring Filled with Music

by Ginny Seabrook, Music Committee

Willamette View residents have an exciting spring series of musical concerts to anticipate. The first will be on Monday, **March 24**, at 7 p.m. in the Blue Heron Auditorium, when we will welcome an extraordinary pianist, **David Korevaar**. The second date to remember is Wednesday, **April 2**, when the **Aeolus Quartet** will be in the Blue Heron at 7 p.m.

Hailed for his "wonderfully warm, pliant, spontaneous playing," by *The Washington Post*, award-winning pianist David Korevaar is in demand as a soloist, chamber musician, and collaborator. Based at the University of Colorado, Boulder, Korevaar is a Dis-



tinguished Professor and Distinguished Research Lecturer – the first to have that title at the College of Music. Korevaar has performed and given master classes throughout the United States, Europe, Asia, and South America. Recent highlights include recitals and master classes in Taipei and a tour of Brazil. He has also given master classes in Kazakhstan and Tajikistan as part of the **US State Department's Cultural Envoy program**.

Korevaar completed his Doctor of Musical Arts at the Juilliard School as a student of Abbey Simon. He has performed with the Rochester Philharmonic and the Colorado Symphony, and regularly performs with the Takacs Quartet. He recently appeared with them in the **Great Performers Series** at New York's Lincoln Center. Korevaar was invited to WV by resident **Amy Torgerson**, who met him in Colorado at a piano seminar.

On **April 2, Chamber Music Northwest** is sending the **Aeolus Quartet** to WV as a part of their community outreach program. Aeolus, a string quartet based in New York City,



was formed in 2008 at the Cleveland Institute of Music. Since then it has won awards at major competitions and performed around the world. Aeolus, whose musicians are noted for what *The New York Times* called their "dusky lyricism," includes Oregon-native violist **Caitlin Lynch**. They excel in innovative performance that includes interactive and multidisciplinary elements as well as new musical commissions. They like to pair new, innovative works with those that are familiar. In addition to their impressive performance résumé, Aeolus has also taught extensively through seminars, master classes, and coachings that have reached over 25,000 students. From master classes to elementary students, from underground train stations to soup kitchens, the quartet is dedicated to bringing music to everyone.

History Gems from the WV Digital Archive Project

by Lloyd Taylor

Note: WV CEO Jim Edwards presented this speech at the Resident Council meeting on January 4, 1991. As Willamette View celebrates its 70th anniversary, it is meaningful to rediscover the high level of inspiration, cooperation, and pride during WV's 35th year.

"Willamette View is a highly successful, multimillion dollar corporation that has been studied by other facilities, and has won three national awards over the years. One of the reasons we have stayed competitive in spite of being 35 years old is that we have continued to modernize and upgrade our facilities. There is a division of labor between the Board, the Staff, and the Council.

- The Board sets policies, establishes budgets, and formulates long-range planning, and makes decisions about building projects.
- The Staff's job is primarily business management and implementation of the Board's policies.
- The Council is the program arm of the operation and it plays an important role in establishing resident morale and in giving residents a sense of ownership.

"Important in this interrelationship are mutual trust in the matter of confidentiality; teamwork with respect (a 'we' relationship); discrimination; acting as an advisory group for the Administration; and finally, having fun together."

A Day in the Life of Donna Moores *by Rob Pirie*

Welcome, Willamette View residents, to the first issue of "A Day in the Life of..." In this column, we will interview and report on a day in the life of a different WV resident each month. As we reported last month, there are approximately 525 residents who live at WV. Each person, for the most part, lives here 365 days each year, which totals over 190,000 person days. That's a lot of possible interviews; we'll just do one interview a month for the next 15,833 years, with apologies if we miss anybody.

The winner of this month's interview is **Donna Moores**. Donna and her husband, **Kent Louscher**, came to WV from Indio, California, after spending a number of years living half-time in Indio and the other half traveling the country in their RV. Donna is a still-practicing part-time psychiatrist and Kent is professional psychologist.

Donna, a self-confessed Type A personality, is hugely involved both inside and outside of WV. On an average day (of which there are few), she rises about 7a.m., watches the news, and has breakfast. Her daughter calls her every morning just to check in.

Then her busy day kicks off.

She does remote contract work for a behavioral health services company that provides mental health services for disabled people who are mostly on Medicare and Medicaid. The work involves reviewing and responding to emails as well as lots of telephone com-



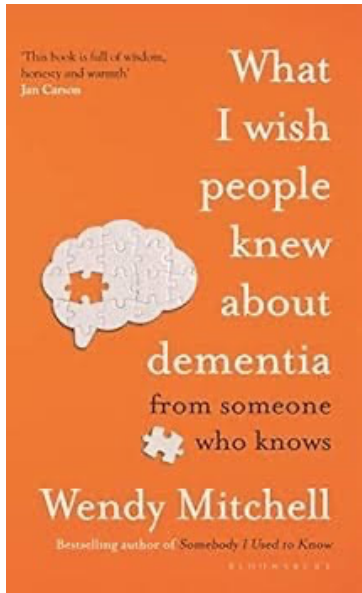
munications.

Around 10 a.m., Donna shifts over to her Resident Council work for two to four hours a day, every day. Then she'll go to lunch at the Elk Rock with Kent or a friend or colleague. For excitement after lunch, she'll windowshop through the Carousel and the Mart.

In the afternoon, Donna might play some cards, meet with her book club, write to her Oak Grove Elementary School student pen pal, read health research news on the STAT website, or review the American Psychiatric Association's Listserv website.

In the evening, she has dinner with new residents or other friends before attending a concert or playing Team Trivia. Despite all her daily activities, every Sunday, Donna cooks a meal at home. She goes to bed about 11 p.m. and reads until she falls asleep.

Try This Title *by Penny Fiske*



Author: Wendy Mitchell with Anna Wharton
Paperback edition
Pub Date 2023
WV Wellness Office Library
Court Building 3rd floor – Ask staff

What can a diseased brain tell us about being human, living our own lives better, and helping those with dementia get the best from theirs?

Wendy Mitchell was just 58 when she was diagnosed with young-onset dementia. The diagnosis did not mark the end of her life. It was just the start of a very different one.

In this witty, practical, and life-affirming guide, Wendy Mitchell combines personal anecdotes and research to help you understand what it's truly like to live with dementia.

"Running under all the common-sense pieces of advice is a deeper and more existential message, one for all of us, young and old, in health or frailty: *Bend with change rather than be broken by it.*"

–The Guardian

Two copies will be added to WV libraries.



New residents spent careers in technology, scientific research, law



Carrie Bruist

Carrie and Mike Bruist moved to 208P on January 7, having come from Havertown, PA – a suburb of Philadelphia – with a stop in Manchester, NH. Carrie had lived earlier in Buffalo, NY; Lancaster, PA; Stony Brook, NY; and Rockville, MD. Mike has lived in Casper, WY; Denver, CO; Houston, TX; New Orleans; Palo Alto; The Hague, Netherlands; Aachen and Beutelsbach, Germany; Ithaca, NY; Del Mar and La Jolla, CA; and Kensington, MD. They both have lived in Poughkeepsie, NY, and Narberth, PA.

Carrie attended Franklin and Marshall College in Pennsylvania, earning a BA. After university, she moved to Washington, DC, to work for the federal government at the National Institutes of Health. She discovered that she enjoyed computer programming and spent the rest of her working career in IT, mainly as a systems and business analyst. She worked for *Reader's Digest*, Wyeth Pharmaceuticals, Revitas Inc. (I-many International Limited), and Model N. After her work at *Reader's Digest*, she developed software for pharmaceutical manufacturers to cal-



Mike Bruist

culate government pricing.

Mike attended Stanford University for a BS in chemistry and Cornell University, earning a PhD in biochemistry. He became a research scientist and professor in biochemistry, with a specialty in ATP synthesis, programmed gene rearrangements, and viroids.

Their daughter is an athlete. Carrie became a soccer mom and managed her daughter's travel team. They traveled around the East Coast with the team for tournaments, making great friends along the way. The daughter has moved on to playing Ultimate Frisbee, which they love to watch.

Carrie's other interests include reading, history, and pets. Mike volunteered as a judge at science fairs. He also enjoys hiking, biking, dogs, and "anything science."

Why did they choose WV? Mike says that this is a wonderful place to live and do what you like – and it is CARF-certified. Carrie says, "From the moment we walked into the Manor and saw the fireplace and library, it felt like home. It will be a great place to explore new hobbies and learn new things."



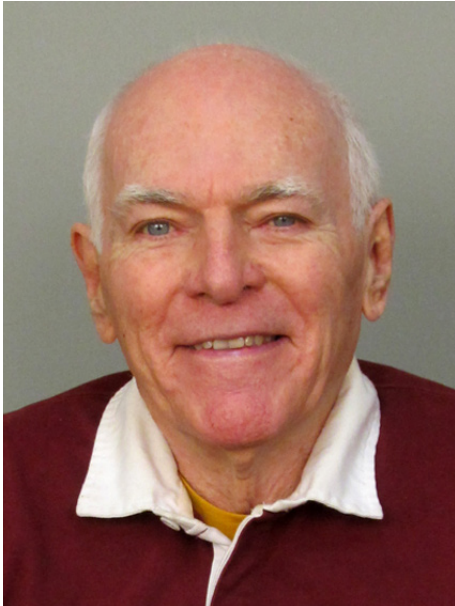
Kingsley Click

Kingsley Click and Paul Connolly are new residents of 107P. They moved to WV from Salem, where they had lived for 40 years, in January. They both grew up in military families and lived in many places. Kingsley lived in Germany and Formosa. As a young adult, she lived in Texas, Florida and Kansas. Paul was born in Brooklyn, NY, and later lived and went to school in France. He also lived in Massachusetts. They both lived in Washington, DC.

Kingsley attended college and law school at the University of Kansas in Lawrence. She worked as a lawyer and in administrative roles for the federal court system in Washington, DC. She moved to Oregon to serve in the Oregon Judicial Department for over 30 years, with 27+ years as its State Court Administrator. She retired seven years ago.

Paul attended St. Anselm's Abbey School and Assumption College, earning a BA in international relations and French. He attended Georgetown University Law Center, specializing in business law. He was drafted during law School and served as a US Army

Photos by Mike Lincicum



Paul Connolly

Intelligence Officer in Korea.

After a federal judge clerkship, Paul was a project director with political science think tanks until moving to Oregon. He spent 40 years as a commercial trial lawyer and real estate transaction attorney. Paul was active as president and board member of Salem-area historical societies, nonprofit foundations, civic organizations, and private schools, and was a youth basketball and soccer coach.

They list shared interests in world affairs, climate science, politics, being with family and friends, pets, and tracking college football. Kingsley also enjoys nature walking.

Kingsley and Paul are parents of three daughters. They have four grandchildren, and love spending time with them. Another is due in the spring. They chose Willamette View to be close to family. They appreciate the community ethos, the natural location near the river, and look forward to a lifestyle of independence, continuous learning, making new friends, and opportunities to still be of service to the next generation's world.

**Vision Resources Peer Support
Mutual Help Group
Wednesday, March 12
Court Family Room
1:30 – 2:30 p.m.**

Did you know that every aspect of the **Clackamas Library System** is available to you without your ever leaving home? You can receive books, magazines, and videos with the **Homebound Project**. This free, easy-to-use service allows patrons who can't visit a library in person to receive library materials through the mail. Library items are checked out and mailed to you in a green canvas bag, along with a postage-paid return label and instructions for requesting additional items.

Come to the **Vision Resources meeting** on **March 12** in the Court Family Room, where you will meet **Nick** from the **Oak Lodge Library**. He will provide details about the program and answer questions. You are required to have a library card to use this service. If you do not have a library card, bring two pieces of identification to the meeting, such as your driver's license or your Oregon ID card plus a credit card, or an envelope that has your name and address on it and that has been mailed to you at Willamette View from the outside community. In-house resident envelopes will not be acceptable identification. Nick will be able to issue a library card to you at the meeting.

by Sandra Gerling (6515), *Vision Resources Committee*

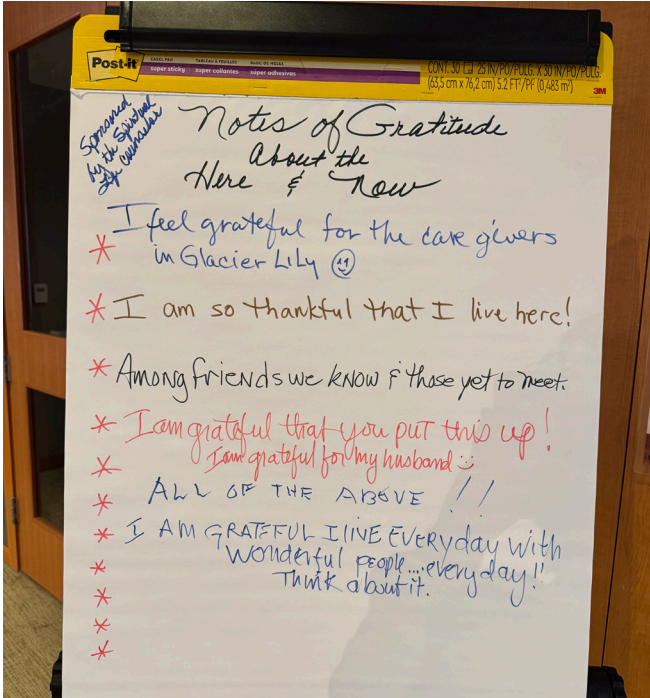
Advocate for PD patients returns to WV

After an active career as a nurse practitioner, **Jan Hildreth** of Bend has become a passionate advocate for those suffering from **Parkinson's Disease (PD)** and their families. She made an informative and helpful presentation here at WV a couple of years ago and will be returning with a new program entitled **There is More to Parkinson's than Tremors**. She will focus on managing such issues as dry eyes, excessive saliva, sleep behavior, and other nonmotor symptoms, giving suggestions on how they can be managed. The program will be on Monday, **March 17**, at 2 p.m. in the Terrace Auditorium. Those suffering from PD, their family members, and other interested parties are invited to attend.



When a friend was diagnosed with PD, Jan began to do research and focus on helping patients with the disease to better understand their symptoms and possible management options. Jan is active in the **Parkinson Resources Group of Central Oregon** and helps organize an annual fundraising walk for PD. She is the mother of two grown daughters and has three grandchildren. She is an active runner and hiker as well as a breast cancer survivor.

by Dale Harris



Notes of Gratitude

The comments residents wrote on the flip chart by River-view Dining Room show how we recognize the positive parts of our present lives, both large and small. The purpose of this project is to help us balance the heaviness of the daily news feed with how truly fortunate we are to live at Willamette View. This isn't to downplay what is happening but to remind us that what happens in the *here and now* helps sustain us as we face what's happening in our world. The act of gratitude strengthens our feeling of community and blessings. *Sherry Johnston, Spiritual Life Councilor*



2025 Rosarian Prime Minister Amy Arasmith and Royal Gardener Walt Lundberg, a WV resident, plant the first Octoberfest rose of the season at the International Test Garden in Washington Park in February in honor of Amy's reign.



APA Spotlight

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

One of my favorite paintings in the Willamette View collection is the stunning watercolor landscape by **Robert L. Durham** (1912 – 1998), father of Willamette View residents **Gail Durham** and **Jennifer Murche**. He was a prominent Seattle architect who, in retirement, became an accomplished watercolorist. I love the bold and loose brush strokes of the foreground foliage and the delicate, misty treatment of the distant mountain. This watercolor, beautifully capturing the feel of a windswept, rugged Pacific Northwest scene, can be found on the first floor of the Manor, opposite the elevators near the A/B wings.

by Evelyn Hicks, APA Committee

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



Woodlander Trio returns to Willamette View

by Lois King, MusicWorks Committee

MusicWorks is pleased to announce the return of **Woodlander** on Tuesday, **March 18**, at 7 p.m. in the Blue Heron Auditorium. This trio got great reviews in their earlier appearances here. Woodlander consists of **Kerry Canfield** on bass guitar, upright bass, and accordion; **Paul Douglas** on guitar, fiddle, harmonica, and melodica; and **Will Hobbs** on guitar, mandolin, harmonica, and flute. These musicians have played together since the 1970s, with an upbeat blend of folk, bluegrass, and swing. As an acoustic Americana trio, they perform on a variety of instruments, with rich vocals and a well-developed talent for entertaining their audiences. Don't miss this opportunity for a wonderful musical treat! MusicWorks appreciates your donations, which keep the music playing.



One of Oregon's oldest residents left legacy of art for Willamette View

by Wyma Rogers



Norma Pratt's painting, *Reflections*, hangs in the Manor 2D hallway

She may have been the oldest living Oregonian. The obituary in *The Oregonian* states that the Oregon Department of Human Services could not be sure who was the oldest, since they knew of seven people over the age of 110. Among those, **Norma Whitelaw Pratt** was born in Toronto in 1891 during the reign of Queen Victoria. A resident of Willamette View for 47 years, and an Oregon artist of renown, she died in 2002 at the age of 111.

Norma and her husband Wallace moved to Oregon and into Willamette View in 1955. She is credited with forming the art department, and she herself painted mostly landscapes

and portraits until about age 100, when she stopped due to aging eyesight. She studied art at the **Art Institute of Chicago** and the **Art Students' League** in New York City, where she took a class in sculpting from the creator of the Lincoln Memorial. She worked in oils, acrylics, watercolor, and pastels. Although she tried various forms, she considered her best work to be portraits. One of her favorites was of her husband, **Dr. Wallace Pratt**.

The **Willamette View Art Committee** was the forerunner of the **Art in Public Areas Committee**. Pratt chaired it for years, organizing gallery shows and art classes and selecting and hanging art throughout Willamette View. She had an art show at the Ledding Library in 1965. According to an article in the *Gladstone Review*, she said, "I love to paint and I find it very good therapy. My next interest is in the art class here, which is directed by Portland artist **Arthur Selander**."

The archivist for the Art in Public Areas Standing Committee, **Ann Phelps**, says that three of Pratt's paintings hang in the halls of Willamette View. An untitled still life is on the third floor of the Plaza, south end; two paintings are in the Manor – a painting



of lilacs is on 5A, and a work called **Reflections**, pictured at left, is on 2D. On page 1 is a photo of Norma Pratt as she paints a seascape – part of a display of historical Willamette View photos near the Riverview kitchen. **WV Communication Media and Brand Manager Michele Lukowski** prepared the photographic collection of Willamette View early days that is also displayed in the Gallery, White Oak Grill, and Plaza administrative hallway.

The Art in Public Areas Standing Committee is sponsored by the Blue Heron Foundation At Willamette View through the generosity of donors.

Announcements



Richard Helmick and Elaine Molskness hang one of Richard's paintings for the exhibit at ArtReach Gallery.



These eagles sat in the tree outside the Manor for several hours on February 12.
Photo by Mary Norman

ArtReach Gallery is featuring an exhibit by Willamette View resident **Richard Helmick** through March 30. **Elaine Molskness** is one of the gallery directors. The gallery hours are Sunday, 9 a.m. to 1 p.m., and Wednesday, 10 a.m. to 2 p.m. ArtReach Gallery has been in existence for over 30 years at First Congregational Church in downtown Portland. A bus is planned to transport residents to view the exhibit and participate in a gallery talk on **March 26**. Also exhibited in the gallery is work by **Phyllis Yes**.

by Elaine Molskness



Date change:

In April, the **Resident Council** will meet on **April 4**, instead of the usual second Friday date of April 11, due to an off-campus working retreat.

In Remembrance

*C. Carter Boggs
Yoli Feiner
Marilee Thompson
Julie Wheeler
Diane Wright*

Apartment Moves

	<i>from</i>	<i>to</i>	<i>phone</i>
Debbie Brenning	New resident	307D	7089
Ingrid Gordon	New resident	230T	6305
Roberta Margolis and Sheldon Renan	New residents	204S	6604
Kathy Rogers	New resident	305E	6548
Tom Beck	202E	303E	6381

Life Enrichment invites residents to Terrace Auditorium programs

by Nate Lesiuk, Life Enrichment Manager

Wednesday, March 12
Wednesday, March 19
Wednesday, March 26

Graham James Piano Performance, 2 p.m.
King Louis and Renato Caranto Jazz Performance, 2 p.m.
Speaker Darrell Jabin, 2 p.m.

Not the Same Without Them – 31 Women in Oregon History

Perspectives on the Natural World

by Wendy Aeschliman

Fastest Animal in the World Peregrine Falcon – *Falco peregrinus*

Part 2 – A Personal Story of a Breeder Bird

In California during the summer of 1980, a young peregrine falcon was found perching on the rotor of a helicopter, obviously unafraid of people! When baby birds hatch and are reared by their biological parents, they learn appropriate species behavior; when reared by humans from a young age and precautions are not taken to avoid imprinting, they do not identify with their species and are not releasable to the wild. Their condition is considered irreversible. Options are available for them in breeding programs, foster parenting, and education, however. Since this bird was a human imprint, initially he was placed in the Santa Cruz captive breeding project. Later he was transferred to the Peregrine Fund in Boise, Idaho, where he continued to be used in peregrine breeding for many years. Male human imprint falcons like Dash, when sexually mature, were trained to copulate voluntarily upon specially trained human handlers, usually falconers, wearing special hats, shown at right. Then, through artificial insemination, females produced eggs and young that were raised at the facility and later released to the wild.



Time passed. During the fall of 1993, this incredibly charismatic and adaptable 13-year-old bird was selected to be an educational bird for our organization, **Talking Talons Youth Leadership (TTYL)** in New Mexico. Dash had become available because he had been officially retired – his sperm count was too low. In December 1993, he was flown via *Delta Dash* to Albuquerque from Boise, Idaho. I went to the airport to receive our bird, now of course appropriately named **Dash**, not only because he flew on Delta Dash to us, but also because the peregrine happens to be the fastest bird in the world – that is, when it is plummeting down in an attack dive with wings tightly folded, called a *stoop*. It has been clocked to reach speeds over 240 mph! Dash, accustomed to both captivity and humans, quickly adjusted to his environment in a flight enclosure at our house in the mountains and to additional handlers, contributing to

education in an invaluable way. Most children and adults have never had an opportunity to see a **live** peregrine falcon up close. We were thrilled to be able to produce an unforgettable experience for many thousands of youngsters and adults. Together with Dash, we – facilitators and students – not only educated people about peregrines, their history of near extinction, their abilities and their attributes, but also the need to preserve their habitat. Most importantly, Dash individually contributed to the remarkable comeback of the peregrine falcon. And, we were honored to have many more years with Dash living in his “CCRC” post-retirement.

Many of us know about AARP and remember the original *Modern Maturity* magazine. Somehow, someone there knew about our program and came to our house to interview me and see Dash. An article resulted, along with this photo of Dash by the magazine’s photographer.



Tony O'Brien, *Modern Maturity Magazine* – Jan/Feb 1995

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
Bridge – Duplicate	Monday	6:15 p.m.	Mt. Hood Sunroom	Ron Gustafson	2715
Mix & Mingle	Wednesday	5 p.m.	Heron Lounge	Jan Campbell	6822
Briefings – current events	Fourth Monday	1 p.m.	Terrace Aud.	Bibi Momsen	6627
Caregivers Support Group	First and third Thursday	10:30 a.m.	Court Family Rm.	Kristen Larsen	6633
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court Rec. Rm.	Mark Troseth	7220
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Laverne Flaherty	6420
Children's Toy Room	Open daily		Court 2nd Floor	Sandra Pagels	6549
Chorus	Thursday	12:30 p.m.	BH Auditorium	Anne Tracy	6530
Cognitive Support Group	Second/fourth Thursday	11 a.m.	Terrace Conf. Rm.	Sylvia Randall	7222
Diversity and Inclusion Group	First Tuesday	10:30 a.m.	BH Auditorium	Helen Spector	7034
Episcopalians and friends	Fourth Thursday	11 a.m.	Mt. Hood Sunroom	Carol Anne Brown	2706
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	503-421-7277
Green Team	Second Wednesday	9:30 a.m.	Court Family Rm.	Marilyn Feldhaus	7238
Ham Radio Club	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge		
Hootenany	Third Sunday	3 p.m.	BH Auditorium	Dale Harris	6482
Language — French Conversation	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	Wednesday	11 a.m.	Manor 3rd Floor Lounge	David Heath	7240
Language of the Heart	Thursday	10 a.m.	Heron Lounge	Joe Johnson	6309
Legacy Writers	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Peter Gibb	6591
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
Mahjong	Monday, Thursday	2 p.m.	Multipurpose Rm.	Donna Kling	7229
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
Movies — 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
Outdoor Campus Committee	First Monday	1 p.m.	Mt. Hood Sunroom	Ron Ture	7028
Pickleball	Sun., Tues., Thurs., Sat.	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
Pinochle – all levels welcome	Thursday	6:15 p.m.	Heron Lounge	Robert Donaldson	6743
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud.	Jerry Smith	6502
Pool Volleyball	Monday, Wed. – 10 a.m./Fri. – 10:30 a.m.		Pool	Candace Bradley	7201
Q&A by Craig and Kim	Third Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Class/Consort	Tuesday	11:30 a.m./12:35 p.m.	Multipurpose Rm.	Lois King	6345
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Donna Moores	7097
Retired Clergy Group	Fourth Tuesday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	11 a.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	3 p.m.	Terrace Aud.	Jane Cadwallader	6455
Willing Weeders	Various days/times		WV Outdoor Campus	Donna Kling	7229
Wine Tasting	Second & fourth Tuesday	3:45 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Yoga, Chair	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

See wvresident.org/activities/activities-calendar for complete list.