



## WV Chorus to present concert - *The Colors of Spring*



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Residents and guests are warmly invited to join the **WV Chorus** on Wednesday, **May 3**, at 7 p.m. in the Blue Heron Auditorium for a concert of colorful and popular springtime music, *The Colors of Spring*. A second concert will be on Thursday, **May 4**, at 2 p.m. The concert program will be led by director **Reecé Sauve** and accompanied by **Barbara Maxwell**.

### State Department consultant to speak

**Dr. Birol Yesilada**, hosted by the Public Affairs Committee, will present a program on Thursday, **May 18**, in the Blue Heron Auditorium at 7 p.m. His topic is **Brexit, Ukraine, Atlantic Alliance, and the Future of the European Union**. He will help us make sense of geopolitical developments in Europe and their implications for the United States. Dr. Yesilada is a frequent consultant to the US State Department and other government agencies.

*Continued on page 7*



## From the Resident Council

by Doug Morgan, Council Vice Chair

### Take Part!

May is **Take Part Month** at Willamette View. Residents have two great opportunities for exploring and improving resident engagement. The first is an Activity Fair; the second is to provide your personal input to the council's Resident Engagement Focus Group process.

#### Take Part Activity Fair Thursday, May 18 Blue Heron Auditorium 10 a.m. – 12 noon

Did you know that there are more than 100 activity groups listed on our WV website? They include game/card groups; fitness programs; interest groups; outdoor activities; hobby groups; and program-centered

groups including the Library, Art in Public Areas, the Green Team, Music, and Public Affairs. There are also groups that help maintain our gardens and grounds. All of them need volunteers and your leadership support in making this rich array of choices possible in the future. The Activity Fair will feature over 75 programs, events, and group gatherings where you can explore how you can plot your next engagement opportunity and, in the process, make yourself, Willamette View, and the larger community a better place to live.



#### Take Part Activity Fair

#### Focus Group Sessions

If you missed signing up for a focus group to explore ways for improving resident engagement, there are still two ways you can participate.

1. Drop off specific suggestions — anonymously if you wish — at the Manor front desk.
2. Drop off your response to the following specific focus group questions:  
Q1 – When you describe WV, what words and phrases come to mind? What do you value?  
Q2 – In what activities are you involved here at Willamette View?  
Q3 – In what activities are you involved in the external community?  
Q4 – How would you like to be more involved/connected? What are the barriers that prevent this from happening?  
Q5 – What would motivate you to become more involved?  
Q6 – Is there anything we've missed? What else would you like to share or discuss about life at WV?



*Duane McComas and Jo'an Lindia were featured in the Volunteer Spotlight at the April 14 Resident Council meeting. Duane developed a computer system for financial transactions in the Pantry and Carousel. Jo'an handles the data input. They are a great team.*

## Willamette Views

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**Council Chair: Ann Phelps**  
**Vice Chair: Doug Morgan**  
**Editor: Mary Helen Socolofsky**

Submit articles to  
[mhsoco@gmail.com](mailto:mhsoco@gmail.com)  
by the 17th of the month  
or to 204BH.  
Articles may be edited.

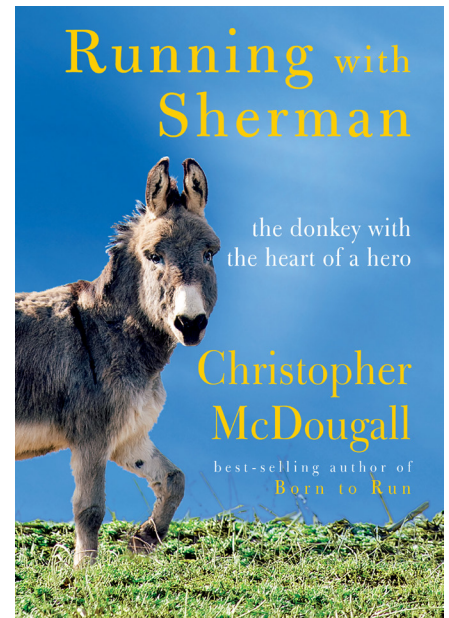
## Book Review describes the life-changing power of animals, nature and community

by Sue Bosshardt

**Janet Black** will share interesting experiences while reviewing *Running with Sherman*, by Christopher McDougall, on Wednesday, **May 17**, at 10:30 a.m. Sherman is a neglected donkey, adopted by a family living in the Pennsylvania Amish country. Besides cleaning, grooming, and feeding this sad donkey, they decided that it needed a goal in life. The adventures and side stories lead the reader to a burro race in Leadville, for Colorado's tough, mountainous run. Janet will relate some of those adventures to us.

Christopher McDougall is an American author and journalist and he is known for his books, *Born to Run* and *Natural Born Heroes*. *Running with Sherman* is "a fun and inspiring read, not just for runners, but for anyone who believes in the healing power of the human-animal bond."

Janet moved to Willamette View from Santa Rosa, California, in 2021. She has worked in retail music and as a travel agent, but settled into being a librarian, which suited her because it offered a good variety of duties and was definitely not boring. She is currently serving as the Manor Library manager at Willamette View. Janet enjoyed this book because it is full of interesting information – definitely not boring!



## May Movies

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

### Documentary film

Thursday, **May 4: *The Rape of Europe*** (2006). The film tells the epic story of the systematic theft, deliberate destruction, and miraculous survival of Europe's art treasures, and shows the international effort to locate, protect, and return the art treasures that were stolen during WWII. This is the real story of the Monument Men. *Discussion follows.*

### International film

Tuesday, **May 9: *Departures*** (Japanese language, 2008). In this peaceful and touching film, a newly unemployed cellist takes a job performing the ritual preparation for the dead. In doing so, he finds his true calling in life. Masahiro Motoki stars. Academy Award for Best Foreign Language Film for 2008. **Drama/Thematic material. PG-13**

### Saturday night films

*Optional discussions will follow*

**May 6: *Genius*** (2016). Renowned book editor Max Perkins works with Thomas Wolfe to edit *Look Homeward Angel*. Colin Firth stars as the reserved and scrupulously intelligent editor at Scribner Publishing, with Jude Law as the poetic genius, Thomas Wolfe. Nicole Kidman rounds out the cast.

**Biographical Drama. PG-13**

*Discussion follows.*

**May 13: *Dreamgirls*** (2006). In electrifying performances and dazzling musical numbers, Beyonce, Anika Noni Rose, and Jennifer Hudson perform as the Dreamettes. Jamie Foxx plays the ambitious manager who offers them a chance of a lifetime; they soon learn the high cost of fame. **Language/Drugs/Sexuality. PG-13**

**May 20: *12 Angry Men*** (1957).

**Residents Choice Contest Winner**

A jury tries to reach a unanimous decision while sequestered. One juror (Henry Fonda) casts considerable doubt on elements of the case. Conflict threatens to derail the delicate process that will decide one boy's fate. Sterling cast of 12 jurors. Academy Award for Best Actor, Best Director, Best Script. **Drama. (not rated)**

**May 27: *Seabiscuit*** (2003). Like a horse race, Seabiscuit starts slow, finishes fast, not an eye without a tear, not a throat without a lump. It jumps out of the gate, becoming a tale about beating the odds, triumph of competition, and how one small animal can bring a nation together. Jeff Bridges, Tobey McGuire star with an amazing horse. Seven Oscar noms. **Drama. PG-13**

## Join APA members for conversations about art

by Ginny Seabrook, APA Chair

Join **Ginny Seabrook** and other APA members in a small group conversation about art at WV on **May 17** and **May 24**. The APA Committee has been hanging art on I-5 that is attracting attention, and we hope that residents are enjoying talking about what they see. We will meet in small groups, limited to seven people, to look at two paintings that are in the Willamette View collection, and we will discuss what makes them interesting or noteworthy. These conversations are for everyone; no special art knowledge is necessary. Art belongs to all of us and is here to enrich our lives, to make us think, and to expand our outlook.

The conversations will be guided by the interests of the participants, but some things we might discuss are: what does the artist want to say to viewers, how do we look at a painting, how do the colors make you feel, can abstract art really be done by a child in kindergarten, what makes a good abstract painting, how do different mediums – like paint, pastels, or pencil – affect what an artist can do, and who decides what is art? Expect a lively discussion and be prepared to listen to



each other and also listen to the painting.

Sign-up sheets will be put out in the lower level of the Manor. The meeting place will be announced later. If there is more demand, then more conversations will be held. Call Ginny Seabrook (6318) for further information.

## Sine Nomine Players will bring Baroque music to Willamette View

by Ginny Seabrook, Music Committee

Chamber music is a form of classical music that is composed for a small group of instruments – traditionally a group that could fit in a palace chamber or a large room. Residents of WV will all want to fit into the Blue Heron Auditorium on Friday, **June 2** at 7 p.m. to hear the **Sine Nomine Players**. These four musicians specialize in baroque chamber music and will entertain with period instruments.

**Holly Stern**, baroque violin, is an



Oregon native and has had a long career with the Portland Baroque Orchestra, the Oregon Bach Festival, the Portland Opera, and ballet orchestras. She holds a BA from the University of Oregon and degrees in violin performance from Oberlin Conservatory and Indiana University.

**Robin VanDyke Dubay**, baroque violin, has performed with major ensembles in Oregon, including the Oregon Symphony, Portland Opera, the Oregon Ballet Theatre, and the St. James Bach Cantata Vespers series. She was a founding member of Portland's Lark String Quartet and has been a member of Portland Baroque Orchestra for 29 years. She taught violin and chamber music at Pacific University.

**Laurent Nickel**, cello, is a native Oregonian and graduate of Pacific

Lutheran University, where he was the recipient of the prestigious Mary Baker Russell Music Scholarship. He recently completed his 15th season in the chamber orchestra for the Bach Cantata Vespers at St. James Lutheran Church. He is also busy as a jazz bassist.

**Nancy LeRoi-Nickel**, harpsichord, earned performance degrees from Valparaiso University and the University of Portland. She studied in Paris for a year with the renowned French organ virtuoso Andre Marchal and earned the Advanced Performance Certificate from the Guildhall School of Music in London. She and her husband, Timothy, perform as the LeRoi Nickel Duo and have recorded six CDs.

Performances are made possible by your donations and support from the Blue Heron Foundation and the Resident Council.

## Resident website tips — Have you explored Campus Services?

by the Help Desk & Training Workgroup

“Where can I find information on the campus shuttles?”

“I heard that I can check out on the website when I’m going on a trip. How do I do it?”

“I know we got a copy of the **Resident Guidelines** when we moved in, but it’s probably out of date. Where can I find the latest version?”

The answers to these and many other questions are simple: **Campus Services**. That’s right. Go to the resident website and, on the main menu – which is at the top of every page – click on

the tab for **Living @ WV**. There, you’ll find a plethora of information about services that Willamette View offers to residents:

- Campus Services Directory
- Transportation
- Manor Reception
- Room Reservations
- Resident Guidelines
- Absence Notification

The Campus Services Directory provides an alphabetical list of various services with a phone number to con-

tact the appropriate staff member and some additional information – and sometimes links – to more information about the service available elsewhere on the website.

The directory includes a search box into which you can enter a topic (remember to click the **Apply** button), and your browser will jump to the topic on the list. Try it! You’ll like it!

Have fun exploring! And remember, if you get lost, go back to the home page to restart your journey through the website.

## Armchair Travel — Native Oregonian describes favorites

An Armchair Travel program on Wednesday, **May 10**, in the Blue Heron Auditorium at 7 p.m., will feature **Jerry Hull** and many of his favorite places in Oregon.

Jerry was born and raised on the Oregon coast near Reedsport, in the area

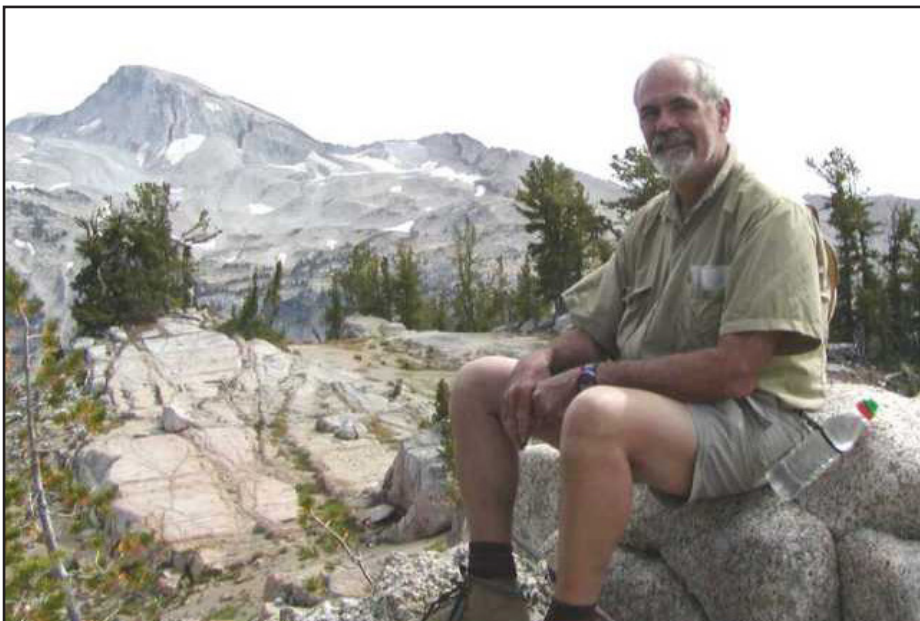
now encompassed by the **Oregon Dunes National Recreation Area**. He has lived in Oregon his entire life, except for five years in northern California near Eureka – and during those years, he visited and vacationed in Oregon several times a year.

Jerry has driven, motorcycled, canoed, rafted, skied, bicycled, bused, boated, trained, climbed, backpacked, and hiked over many beautiful and interesting places in Oregon – and he would like to share some of those with his fellow residents here at Willamette View.

One of Jerry’s interests is wildflowers – so, both before and during the presentation, you might see a few pictures of the flowers that Jerry has found on his travels.

If you are new to Oregon, Jerry hopes that you’ll discover some new and exciting places to visit. If you are a longtime Oregon resident, he hopes that you’ll enjoy revisiting those places you might already know about – and that you’ll discover some new and exciting places to visit.

If you have some travels and favorite places you want to share in an Armchair Travel program, contact **David** and **Anita August** at 7221.



*Jerry Hull hiking in northeastern Oregon’s Eagle Cap Wilderness in the Willowa Mountains.*

## ✓ Check it out

by LaJean Humphries, Library Committee Chair

### The Benefits of Reading Aloud

I don't have to tell this community that reading is good. But did you know that reading aloud (especially to another person) is even better for your brain health than reading silently?

Reading aloud is accomplished using a combination of conscious intellectual activities including memory, attention, and executive functions. The term "executive function" is used as an umbrella for various complex, high-level cognitive processes and sub-processes.

Parents, grandparents, and teachers are well aware of the benefits of reading aloud to children. Research shows, however, that "reading aloud . . . improves inhibition, verbal episodic memory, focus attention and processing speed in healthy elderly people."

Reading aloud strengthens emotional bonds between people. Around the globe people celebrate the power of reading aloud with **World Read Aloud Day®**, held annually on the first Wednesday of February.

Results from a 14-year study published in 2021 say that "Reading was protective of cognitive function in later life. Frequent reading activities were associated with a reduced risk of cognitive decline for older adults at all levels of education in the long term." If there is cognitive decline, reading aloud can make certain memory problems more obvious, and could be helpful in detecting such issues early on.

Enjoy that latest mystery or fiction best seller! Recent research suggests that reading fiction may provide far more important benefits than nonfiction. For example, reading fiction predicts increased social acuity and a sharper ability to comprehend other people's motivations. It can help you develop empathy and critical thinking, as well as keep an open mind while processing information – a necessary skill for effective decision-making.

We often think of reading aloud as something associated with children or unsophisticated readers. But numerous studies suggest that reading out loud may actually have significant cognitive benefits, even for experienced readers. It has been repeatedly shown that people consistently remember words better if they read them aloud. The more words we are exposed to, the more words we learn. Reading aloud can also make you slow down and notice new words more.

Verbally pronouncing a word creates a memorable experience – a phenomenon researchers call the "production effect." The active cognitive process of encoding the word into speech also helps to encode it into long-term memory.

Reading aloud develops adaptive expertise, improves information processing skills, vocabulary, and comprehension. So, let's slow down, check out a book from the library, and start reading aloud!

### Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

|            |         |                                                                            |
|------------|---------|----------------------------------------------------------------------------|
| Monday,    | May 1:  | TED Talks — <i>Mental Health in the New Normal</i> , 2:30 p.m.             |
| Wednesday, | May 10: | Stan Lasley piano performance, 2:30 p.m.                                   |
| Monday,    | May 15: | Drama movie matinee — <i>Philomena</i> (2013), 2 p.m.                      |
| Wednesday, | May 17: | John Nilsen piano performance, 2:30 p.m.                                   |
| Monday,    | May 22: | Biographical documentary film — <i>Audrey Hepburn</i> (2020), 2 p.m.       |
| Wednesday, | May 24: | Love Listens vocal duo performance, 2:30 p.m.                              |
| Wednesday, | May 31: | Romantic comedy movie matinee — <i>Sleepless in Seattle</i> (1993), 2 p.m. |

## State Department consultant to speak

*Continued from page 1*

Dr. Yesilada has a PhD in political science from the University of Michigan, focusing his research on the politics of the European Union. In addition to consulting for the US State Department, he is a frequent consultant to the Council on Foreign Relations, RAND, Booz Allen Hamilton, Nathan Associates, Barclays Capital, and the World Bank. He is an Academic Associate of the Atlantic Council.

He is also a professor and holds the Contemporary Turkish Studies Endowed Chair at Portland State University. He is the Director of the Mark O. Hatfield Cybersecurity and Cyber Defense Policy Center at PSU and the Director of the Center for Turkish Studies.

He is the author of six books and over 30 articles and book chapters on geopolitics, social values, and democracy.



*Susan Gillis and Joan Cartasegna spend a sunny afternoon getting their gardens ready for the blooming season. Photo by MHS*



The April 14 **pool volleyball match** between WV and Rose Villa ended with each team winning a game, and in the mixer game the women's team beat the men. The Rose Villa team joined WV players for lunch before the match. The session was enjoyed so much that there are plans for return matches soon. At left, WV players are Candace Bradley, Wayne Potter, Barbara Limandri, Kahi Wong, Pam Brown, and Forrest Wheeler.

## A Poet Defined

A Poet is a serious scribe of passions e'er abiding,  
Of love asleep and pathos deep, emotions ever hiding,  
A brilliant conveyor of life's panorama,  
A poignant portrayer of memory, of trauma,  
And creator of phrases defining each drama,  
Fresh perceptions to others providing.

Now I, au contraire, convey thoughts somewhat faster,  
No architect here — I just apply plaster,  
A mundane purveyor of hackneyed expression,  
Of trite, corny platitudes, in quick succession,  
And bromides, banalities, perhaps lacking discretion,  
I'm unmasked! — as a mere Poetaster ...

*by Joline Shroyer*



*In March, during the Passover holiday time, a group of Jewish residents gathered in the Court Family Room to share their memories of Passover Seders they have celebrated with family and friends. The room was decorated and they enjoyed sharing experiences of rituals, as well as delicious food and convivial wine drinking.*

*Photo by Rikki Schoenthal*

## New residents bring history of volunteerism and adventure, look



*Mary Chessman*

**Mary Chessman** came from Jackson, Wyoming, to her new home in 702A on March 6. She grew up in Baltimore and attended Tufts University in Boston, where she earned a BS in geology. She worked for the US Geological Survey for a year. Then she taught at Harvard, MIT, and Boston College. After 15 years of teaching, she moved to Silicon Valley, CA. She worked at Stanford for a year. Then, with two children, she changed her career and did market research in the electronics industry. She worked briefly in Palo Alto for Environmental Volunteers, where she taught geology to children in grades K through 3. Fifteen years ago, she retired and moved to Wyoming. She served on the board of geologists in Jackson Hole.

Her husband is deceased. She has two daughters and five grandsons. She moved to WV to be near a daughter and family who live in Portland. She enjoys art and finds exhibits at WV to be fascinating. She appreciates the friendliness of residents and looks forward to involvement.



*Jody Everts*

**Jody Everts** moved to 208S in February. She is originally from Iowa and South Dakota. She moved to the Northwest as a teenager and graduated from Portland's Grant High School.

She attended Willamette University, where she met her husband, Ed Everts. She worked as a social worker while Ed attended the University of Oregon Medical School, which later became OHSU.

Besides Iowa, South Dakota, and Oregon, Jody has lived in Washington State, the Panama Canal Zone, and Ohio.

Her volunteer activities have been with the Beaverton schools, Washington County Community Participation Organizations, Beaverton Arts Association, and Southminster Presbyterian Church's Celebration of Creativity. She served on Willamette View, Inc.'s Board in the 1970s. She enjoys traveling, hiking, creating art, and gardening.

She has a son, two daughters, four grandchildren, and one great-grandchild. She appreciates the many activities and feeling of community at WV.



*Sue Kaalaas*

**Sue Kaalaas** made her new home in 207N on March 22. She came from North Portland, and has previously lived in Willamina, OR; Bagley, MN; and Tucson. She brought her chocolate lab, Chaco.

She earned a BA in science at Oregon State University and an MA at Philadelphia's Temple University. She taught many subjects in grades K through 8, including in special education departments.

Sue's interests include reading and traveling. She has visited seven African countries, much of Europe, and the Galapagos Islands, as well as many other destinations. Her favorite hobby has been sailing. She served as fleet captain of the Willamette Sailing Club. She has owned seven sailboats and included in her voyages was a several-week-long sail to the British Virgin Islands with her husband.

She has three children and six grandchildren. She says that Willamette View has been on her radar for a number of years. She has close friends and former neighbors living here.



**forward to WV engagement**

*Photos by Mike Lincicum*



*Beth Boyce*

**Beth and Bob Boyce** came from West Linn on March 23 to a new home in 305N. They have previously lived in Boulder, CO; Aberdeen, Scotland; San Francisco; Austin, TX; Delaware, OH; and Bloomington, IN.

Beth attended Ohio's Wittenberg University, earning a BA; Indiana University, earning an MA; and the University of Texas for a PhD in Spanish medievalist literature. Her career was university teaching in Spanish at all levels. Following Bob's career moves, she eventually was teaching full-time at Houston Christian University. Locally, she taught at Portland State University and George Fox University.

Bob also attended Wittenberg University, Indiana University, and the University of Texas. He earned an MA and PhD in geology. He taught geology at Ohio Wesleyan University and later became a geologist with BP in Scotland, Denver, San Francisco, and Houston. He then became a consulting geologist in Portland, retiring in 2020.

Beth's interests include needlework – quilting, machine embroidery,



*Bob Boyce*

cross-stitching, knitting, and sewing. She enjoys classical music, reading, gardening, and traveling. She plays the flute and harp.

Bob's interests are choral singing, classical music, traveling, and following local sports at college and professional levels.

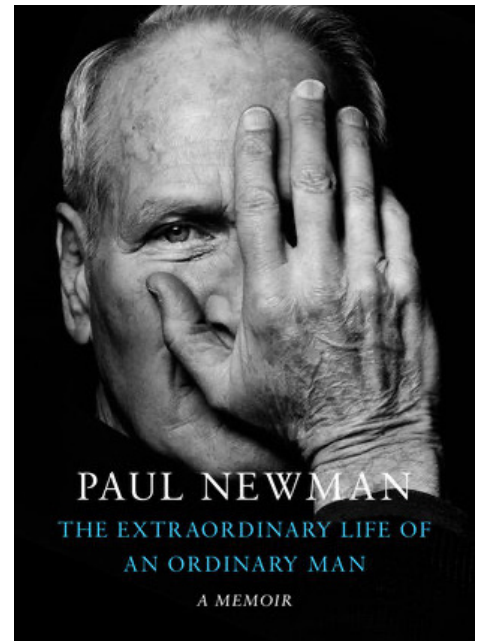
They have two daughters and four grandchildren. They chose Willamette View because of the abundance of activities, interesting people, and creative energy. Beth adds that she is happy to give up cooking.

**Willamette View Plant Share**  
 Wednesday, May 24  
 1:00 – 3:30 p.m.  
 Resident Gardens

Bring plants to the Wellness Office or to the Plant Share. All healthy plants are welcome — house plants, garden plants, and related items. Label the plants if you can. You do not have to bring a plant to take one.

**Try This Title**

*by Penny Fiske*



***The Extraordinary Life of an Ordinary Man: A Memoir***

**Pub. Date: 2022**

**Author: Paul Newman**

**Terrace Library B NEW**

"If the eyes are the window to the soul, Newman's piercing blue eyes signaled boundless good fortune. This disarmingly revelatory memoir is an intimate introduction to the legend we only thought we knew."

**–Vannessa Cronin,  
 Amazon Editor**

"With equal parts grounded authenticity and inviting charm, this candid memoir captures the life of a legend."

**–Publishers Weekly**

"Those who really want to know the man behind the image and the legend will be compelled by Newman's raw, open, and principled self-portrait ... Newman's timeless allure will work its magic on readers."

**–Booklist, Starred review**

## May brings musical treats to savor

### Students from PSU's Music Department to perform

by Ginny Seabrook, Music Committee

**Hamilton Cheifetz** will bring his students – a piano and string quintet – to perform at Willamette View on Friday, **May 26**, at 7 p.m. in the Blue Heron Auditorium. Come to warmly welcome these aspiring musicians.

The education of string students at PSU is crafted around lessons, participation in the orchestra, and being a member of a smaller ensemble. By focusing on these three elements, students gain experience with both chamber music and as a soloist.

The Strings program partners with local organizations – Friends of Chamber Music and Chamber Music Northwest – to bring renowned musicians, like the Takac Quartet, to campus for master classes. Although expectations for preparations and proficiency are high, the rewards are also great. The program gives the most realistic training possible for those who want to be professional musicians.

The quintet will play Robert Schumann's Piano Quintet in E-flat major, which, according to **Kathy Blume**, is a "lush and lovely piece." The Music Committee directs donations for this program to the music scholarship fund for string players at PSU. The Music Committee is most grateful for all your donations which support classical music at WV.



### Woodlander Trio Returns

by Harvey Leff, MusicWorks

**MusicWorks** will present the return of the popular **Woodlander Trio** on Friday, **May 12**, from 7 to 8:15 p.m., in the Blue Heron Auditorium. The group practically brought the house down when they played at Willamette View last spring. They formerly played in a popular Northwest rock/country/bluegrass band called Wheatfield, which was recently inducted into the Oregon Music Hall of Fame.

Woodlander consists of **Kerry Canfield** on upright bass and accordion, **Paul Douglas** on guitar, fiddle, and harmonica, and **Will Hobbs** on guitar, mandolin, harmonica, and flute. All three write songs, and Will has won several local and national music and lyric competitions.

On their self-produced and self-engineered CD, **Oregon Routes**, they played 15 different instruments, sang all of the harmonies, and wrote all but one of the songs. That CD has met with good reviews, such as, "The trio's whip-smart playing and windswept vocals provide much to be enjoyed, and fans of old school country and unplugged Americana are in for a particular treat." Don't miss the great Woodlander Trio!



## Teamwork Wins – Part 2

by Jane Cadwallader

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

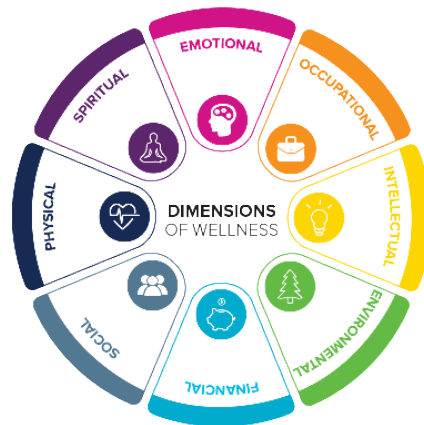
### Eight Dimensions of Wellness guide the Wellness Team



In his six years here, **David Kohnstamm** has been coordinating and supervising all of the employees in the Wellness Department, which includes the **Wellness Program Office**, the **Fitness Center**, **artworks**, and **Home Care**. He also chairs the **Fitness Crew Committee** – an employee wellness committee – and the **Safety Committee**.

David is a natural fit to be our Wellness Director. As a lifelong resident of Portland, he majored in psychology at the University of Michigan. Following college, he worked as a volunteer coordinator in a nursing home, where he met his wife, Ann. They now have two children – Kate, a senior in high school, and George, a junior in college. David was an activities director at an assisted living facility and an assisted living administrator for 15 years.

David and his team are guided by the **Eight Dimensions of Wellness**, adopted by Willamette View in 2011, and shared by many wellness professionals. These include emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial wellness. For our residents, occupational wellness might be participation in volunteer opportunities. Financial wellness might include fraud prevention and scam avoidance. Cleanliness and safety would be included in environmental wellness.



David sees wellness as encompassing subjects like fitness, nutrition, sleep, sense of belonging, community, security, mindfulness, meditation, memory, and gratitude. He hopes to promote all of these for residents and staff at Willamette View. Now David is focused on a post-COVID reboot for the Wellness Department, celebrating the end of this tough period with a wellness retreat for

staff, to determine what the Wellness Department might look like in the future. For example, a focus on fall prevention, which took a back seat during COVID, will be revisited. It will take much teamwork and may start with a resident education campaign on reporting falls. At this time, the incidence of falls by residents is underestimated, because usually only falls handled by Security are reported. David hopes that individuals who fall in their homes and pick themselves up, and those who are concerned about falling, will report their falls to the Wellness Department. There is a program in place to offer advice to residents so they won't fall again, including advice on footwear, balance classes, medication changes, and eye exams. David plans to collaborate with other communities like ours to prevent falls through awareness and education.

David would like to have future talks on wellness open to both staff and residents. Some of the talks that are planned have been suggested by residents, such as new medications for Parkinson's disease, suggested by Dale Harris, and the role of nutrition in Alzheimer's prevention, suggested by La-Jean Humphries. Last month's talk on psychological flexibility was suggested by resident Don Borjesson.

Wellness Department team members **Linda Tofflemire** and **Shandi Walter** will be featured in the June issue of the *Willamette Views*.

## Willamette View Joins New Emergency Communications Network

Story and photos by Dale Harris, WV Ham Radio Club

Three small antennae were installed on the tower supporting the large ham radio antenna on the roof of the Manor building On March 27. The antennae resemble the antennae that we see on cell towers but are much smaller. These antennae connect Willamette View to the **Amateur Radio Emergency Data Network (AREDN)** for the upper Willamette Valley.

It is common knowledge that in times of major natural or human caused disasters, ham radio often becomes the only means of emergency communication. The AREDN project is sponsored by amateur radio groups who identify appropriate antenna locations and provide and install needed equipment, which has been purchased through grants.

A number of months ago, members of **Clackamas Amateur Radio Emergency Services (CARES)** in Oregon City contacted our local ham club seeking permission to install the AREDN antennae on the Manor roof. After approv-



Oregon City hams ready AREDN antennae for installation.



Two large AREDN antennae installed below WV ham antenna.

al was gained from the WV administration, plans progressed for the installation, which was completed last month.

Because AREDN is a “mesh network,” messages can take any route necessary to reach their destination. It is like a roadmap with various routes that can be taken to a particular destination. AREDN has been described as “the internet without Comcast.” No, residents cannot sign up for it! The three antennae are directed to three different points on the compass. One of the antennae is directed toward an antenna at OHSU and another to the police station in Lake Oswego. Any AREDN station can receive and send messages, images, and data to any other AREDN installation. A router in our ham radio room connected to a laptop computer makes this possible. The equipment on the roof and in the ham room will help others keep in touch if a disaster comes.

### Reduce, Reuse, Recycle *by Warren Ford, Green Team*

**Reduce, reuse, recycle** is a motto for sustaining our environment. At WV, we hear a lot about recycling, but if we paid more attention to reduce and reuse, there would not be so much to recycle and to trash. Consider food service. Some takeout food from the dining rooms and Marketplace comes in reusable greenies, but we take out even more in containers that must be disposed of as trash. They are not even recyclable. Let us make greenies the default containers for all takeout food. Ask food servers for greenies or washable dishes when they reach for single-use paper and plastic containers. Another option is to take our own containers to the dining room and after the meal, transfer leftovers to those reusable containers. How to reduce food waste? Ask the server to serve you only the amount you will eat!

### Low Vision Mutual Self Help Peer Support Group

Wednesday, May 10

1:30 – 2:30 p.m.

**Court Family Room — Second Floor**  
This will be the last meeting until September. Please join us for 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*

## Special occasions to honor and thank residents



*The Karbunar family expressed deep emotion while singing their Ukrainian national anthem. Photos by Dale Harris*



*Donna Krasnow snuggles three-month-old Aron Karbunar, the newest member of the Ukrainian family sponsored by the WV Refugee Resettlement Committee.*

Seven members of WV's **Refugee Resettlement Committee** were invited to dinner at the Karbunar family's home on March 27. The family is being sponsored by this resident volunteer group. They are living temporarily in a home on SE Evergreen Street. The homemade Ukrainian dishes were plentiful and delicious, said Committee Chair **Dale Harris**. The family and guests sang hymns together –

*Amazing Grace and How Great Thou Art.* Each group then sang their national anthem in their native language.



Dale brought some of the bread and other pastries to the next morning's Sunday brunch at Riverview to pass around and share with residents.



*Walter Lundberg became an official Royal Rosarian at a Knighting Ceremony on April 1. He is being knighted by Queen Lili Rosebrook.*



*Benno Philippson is a pen pal for an entire first grade class at Oak Grove Elementary School. On March 16,, Benno celebrated his 86th birthday. This birthday card of good wishes was delivered to WV from his pen pal friends.*

**Visit the Portland Art Museum with the Outings Committee.** This visit on Thursday, **May 4**, will be a last opportunity to see the museum's showing of **Sandro Botticelli's** masterpiece, *Madonna of the Magnificat*, on special loan from a private collector. Another highlight is an exhibition of **Human Nature — 150 years of Japanese Landscape Prints**. Entry fee to the museum is \$22. For members of the Portland Art Museum, bring membership card and photo ID. The bus will leave from the Manor front door at 9:30 a.m. and return around 12:30 p.m. For more information, call **Bubbles Lincicum** (6655).

## Save the Date!

### *Rite of Remembrance*

Blue Heron Auditorium  
Tuesday, June 20  
7 p.m.

## Ready to have fun? Carpet bowling to the rescue!

Generations of Willamette View residents have enjoyed carpet bowling — an easy-to-learn, lively activity. It's a great way for men and women to get their exercise in — without even realizing that's what they're doing! Visit the Gallery on the Court 3rd floor in May to get a sense of how much fun carpet bowling is. And keep an eye out for a series of upcoming drop-in opportunities with experienced bowlers. No experience necessary. For more information, call **Don Borjesson** (971-322-7427) or **Mark Troseth** (7220).

## Briefings is returning!

Tuesday, May 23  
Court Family Room  
10 a.m.

Come join us for an open discussion of local, national, and international events. We will meet on the fourth Tuesday of every month.

*by Bibi Momsen*

## In Memoriam

March 22 – April 21

*Everett Arnold*

*Molly Gillcrist*

*Bertha Herald*

*Richard Springer*

*Winnie Thomas*

*Lyle Wilhelmi*

## New Residents — Apartment Move-Ins

March 22 – April 21

|                        | <i>From</i>   | <i>To</i> | <i>Phone</i> |
|------------------------|---------------|-----------|--------------|
| Joyce Adams            | 804C          | 503C      | 6402         |
| Bob and Beth Boyce     | New residents | 305N      | 6601         |
| Al and Penny Greenwood | New residents | 513S      | 6608         |
| Sue Kaalaas            | New resident  | 207N      | 7092         |
| Bob and Marcy Katz     | New residents | 1590RR    | 2736         |

## Hobby Rooms for Special Interests

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

## Rear Window

by Frank Starr

### RAVEN

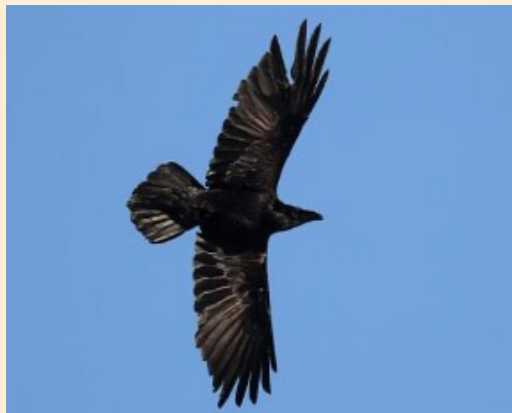
I've seen lots of ravens in Colorado and Alaska, but never in Ohio or Portland, Oregon. Their primary diet consists of the carrion of large animals, such as road-killed deer and other critters, and there's not much road kill in Portland. Ravens are omnivorous scavengers who eat almost anything. Road kill and the remains of hunted game continue to be ravens' primary food, be the hunter human or wolf. Ravens can't get through the hide of a deer or any big animal, so they depend on a wolf or car to open the carcass before they can feed. They aren't particular about their meal, and eat almost any sort of meat – game, mice, small birds, eggs, maggots, arthropods, mussels, seeds – even fruit and donuts. They often cache food by burying it for later consumption.

Ravens are big, glossy, coal-black birds, with very large, heavy bills. They are bigger than a red-tailed hawk and have a wingspan of over four feet. They are as much as 10 inches larger than crows and can weigh three or four pounds. They're shy, alert, highly intelligent, remarkably adaptable individuals, with keen vision. You can tell a flying raven from a flying crow by checking the tail. Crows have straight tails, while the raven's tail is wedge-shaped.

Breeding season starts in February or March, with him doing acrobatic displays of soaring, tumbling, and wheeling. The pair often soar together, wing tip to wing tip. They perch together and preen each other with their bills, reminding me of how much fun we had as teenagers, necking and petting. Ravens don't breed until age four or five, but start flirting and preening a few years earlier. They form strong, long lasting pair bonds, staying together as a couple for life – which can be 20 years or more.

Nests are built high up in tall trees, where the nest is safe from predatory rodents, but may be vulnerable to great horned owls. Branches and twigs are woven together, lined with shreds of bark, and covered with fur. The monogamous pair will repair and reuse the same nest for many years. She will lay a half dozen two-inch, greenish blue eggs, streaked with brown or olive. He feeds her while she incubates the eggs for three weeks. Together they feed the altricial chicks for a month or more. The observant young learn by watching their parents' relationships with birds and mammals – especially their means of acquiring food.

Ravens are cautious feeders, not willing to jump into a new meal until they build confidence. Penny and I have watched them cautiously approach food, stop, jump back, and repeat that several times, before they get the confidence to feed. In winter they form flocks and gather at roosts every evening. Flocks develop a distinct pecking order – the dominant alpha male is paired with the alpha female, and each member of the group knows where it stands in the pecking order, from alpha down to the lowest member.



I've heard stories of wolves and ravens forming real relationships – of ravens leading hunters to deer, so they can feast on the gut pile left by the hunter, and of wolves following ravens to injured or sick elk. Wolves and ravens seem to cooperate in locating game and feed side by side on the results, each benefiting from the relationship.

| 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.           | Court Family Rm.       | 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         |
| Chorus                         | Thursday                            | 1 p.m.            | BH Auditorium          | Sue Bosshardt                      | 6823         |
| 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         |
| 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.                 | 9 a.m.            | Sport Court            | Gary Smith                         | 6454         |
| Ping Pong                      | Monday, Wed., Friday                | 1:30 p.m.         | Court 1st floor        | Robin Bolton                       | 6430         |
| Pool Volleyball                | Monday, Wed.<br>Friday              | 10 a.m.<br>1 p.m. | Pool<br>Pool           | Candace Bradley<br>Candace Bradley | 7201<br>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 Beginner Class        | Tuesday                             | 1:30 p.m.         | Multipurpose Rm.       | Cindy Mahlau                       | 6348         |
| Recorder Intermediate Class    | Tuesday                             | 11:15 a.m.        | Multipurpose Rm.       | Cindy Mahlau                       | 6348         |
| Recorder Consort               | Tuesday                             | 12:30 p.m.        | Multipurpose Rm.       | Cindy Mahlau                       | 6348         |
| Resident Council Meeting       | Second Friday                       | 9:30 a.m.         | Terrace Aud., Zoom     | Ann Glaze                          | 6559         |
| The Roots Memoir Writing       | Fourth Thursday                     | 3 – 5 p.m.        | Heron Lounge           | Karen Gerdes                       | 6435         |
| 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](mailto:mhsoco@gmail.com).