MIRABELLA musings



Autumn Skies

Waitlist Members - Annual Update

Dear Waitlist Members,

As Mirabella enters its 16th year, we want to take this opportunity to thank you for your continued interest in our community.

The past year was one of our busiest, with more new residents moving into Mirabella than we have welcomed in many years. Demand for high-quality nonprofit Life Plan Communities remains exceptionally strong, and available inventory continues to be limited. We commend you for having the foresight to join our waitlist and plan ahead for your future.

If you're seeking a vibrant, engaging, and intellectually stimulating community, you'll find it here. Together, our residents and dedicated team members have created a warm and friendly environment where people continue to learn, contribute, build relationships, and enjoy life to the fullest.

As a nonprofit organization, we remain committed to responsible financial stewardship while continuing to invest in our community, residents, and team members. We are pleased to share that our new fee schedule reflects a 5% increase to both monthly fees and entrance fees, the lowest monthly fee increase we have experienced since the pandemic.

On a personal note, after more than ten wonderful years with Mirabella, I recently transitioned to the role of Regional Sales Director.

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I am pleased to share that you will soon receive an announcement introducing Mirabella's new Sales Director. Our sales team remains committed to providing a thoughtful, consultative, and compassionate experience as we help you navigate your future plans.

We encourage you to stay connected and reach out whenever we can be of assistance. We look forward to continuing the conversation and helping you explore whether Mirabella is the right next chapter for you.

Warm regards,
Renee Hix
Regional Sales Director

Mirabella Portland Fee Schedule

Residence Style	80% Refundable Entrance Fee	Monthly Fee
One-bedroom	$420,400 – $684,700	$6,908 – $6,917
One-bedroom Deluxe*	$748,200 – $787,000	$7,149
One-bedroom w/ Den	$644,600 – $842,600	$7,148
Two-bedroom	$649,700 – $1,036,400	$7,380 – $7,619
Two-bedroom Deluxe*	$872,600 – $1.3 million +	$7,852
Two-bedroom w/ Den	$1,102,200 – $1.4 million +	$8,087 – $8,093
Penthouse	$1,135,200 – $2 million +	$8,094 – $8,332
Second Person	No charge	$1,662

Fees are subject to change. This fee schedule is effective October 1, 2026.
The annual disclosure statement for Mirabella Portland is available upon request.

*Deluxe-style units offer potential premium features, such as larger square footage, corner orientation, or balcony style.

MIRABELLA.
PORTLAND

3550 S Bond Avenue | Portland, OR 97239 | 503-245-4742 | MirabellaPortland.org

Mirabella Portland is a resident-centered, non-profit Pacific Retirement Services community and an Equal Housing Opportunity.

New Resident Profiles

Jim and Carol Zuiches



Jim and Carol Zuiches (pronounced to rhyme with “righteous”) recently moved to Mirabella from their condominium in Northwest Portland. They are delighted to be part of Mirabella’s vibrant community and appreciate its urban setting, proximity to OHSU, and beautiful views.

Carol, a Portland native, has always enjoyed the outdoors. As a teenager, she climbed Mount Hood with the Mazamas and has remained an avid hiker and skier. Jim was born in Wisconsin, grew up in Hawaii, and moved to Oregon as a teenager. The two met while attending the University of Portland.

Together, they raised two sons, Dan and Joe, who both married and started families of their own. Jim and Carol have three grandchildren. Dan and his family live in Maine, while Joe, who passed away in 2017, is survived by his wife and son, who live in Squamish, British Columbia.

Jim began his career as a professor of sociology at Michigan State University and went on to serve as a program officer with the National Science Foundation and the Kellogg Foundation. He also held leadership positions at Cornell University, Washington State University, and North Carolina State University. Carol led the Grants and Contracts offices at Washington State University, the University of Washington, and the University of Chicago.

Upon retiring in 2014, Jim and Carol celebrated the next chapter of their lives by walking the Camino de Santiago. They later spent six weeks in Paris learning French. With a shared passion for archaeology, adventure, and fine dining, their travels have taken them to Iran, Turkey, Egypt, Greece, along the Silk Road, and to Bhutan, Malaysia, Antarctica, Patagonia, and Greenland. Their professional careers also brought opportunities to visit China and Japan.

Retirement opened the door to new opportunities for service. Carol volunteered with CASA and OHSU’s Institutional Review Board, while Jim contributed his time to SCORE, Social Venture Partners, and the Mount Angel Abbey Foundation.

Today, Jim and Carol continue to enjoy the many interests that have enriched their lives, including reading, art, opera, and attending the Oregon Shakespeare Festival. They look forward to embracing all that Mirabella has to offer while sharing their love of learning, culture, and adventure with their new community.

Peter Osborne and Trude Parkinson



Peter Ozanne and Trude Parkinson have been married for 38 years and have called Portland home for most of that time. They met through mutual friends who had known each of them in their previous marriages, beginning a partnership filled with family, professional accomplishments, and shared experiences.

Trude has three adult children, including a set of twins. By the time she and Peter met, her children were old enough that Peter was able to embrace the role of beloved mentor rather than disciplinarian. Today, their family includes eight grandchildren, with two living in Portland, two in Tucson, and four in London.

Born in Berkeley, California, Trude earned her degree in English from the University of California, Berkeley, followed by an MFA from Arizona State University (ASU). She taught at ASU for several years before receiving a visiting artist position at Princeton University. After Princeton, she and Peter moved to Portland, where she established her art studio, taught at Marylhurst University, and became part of the vibrant Pacific Northwest arts community.

Peter grew up in Seattle and attended the University of Washington before earning his law degree from Stanford University. Over the course of his career, he became widely recognized for his work in public policy and criminal justice, contributing to discussions and initiatives across the country. His professional experience also includes serving as a law professor and advising state and federal officials.

Peter continues to enjoy exploring public policy and political theory and welcomes a thoughtful conversation on these subjects. However, given the choice, he would happily trade the discussion for a day of fly fishing.

Trude's interests remain centered on the visual arts and a continuing sense of curiosity. She believes the arts are essential to well-being and continues to explore new creative possibilities. One of her current interests is discovering whether her new cochlear implant will help her hear music again—and perhaps even open the door to singing.

Together, Peter and Trude bring a wealth of experience, creativity, and curiosity to their lives in Portland, embracing the interests and opportunities that continue to inspire them.

MIRABELLA NOVEMBER PERFORMANCES & PRESENTATIONS

Attention Waitlist Members:

We'd love for you to join us for one of this month's fabulous events below! Seating is limited, so please contact us to confirm availability and reserve your spot.
All presentations will be at our Willamette Hall.

NOVEMBER 6 AT 7:45PM

Angella Ahn/ Kenji and Monica Bunch

NOVEMBER 18 AT 7:45PM

Anthea Kreston, violin
"A Life in Music on My Own Terms"

NOVEMBER 23 AT 7:45PM

Front Porch Series:
Oregon Supreme Court Justice
Paul De Puniz (ret)

NOVEMBER 30 AT 7:45PM

MelloMacs
Multnomah Athletic Club's Co-Ed Choir

OREGON AUTHOR'S SERIES

Ellen Waterston

Ellen Waterston was named Oregon's eleventh poet laureate in 2024 by Governor Tina Kotek and reappointed to a second term in 2026. Waterston is a poet/writer, teacher, and speaker who lives in Bend, and her award-winning poetry and prose is inspired by the remote reaches of Oregon's Outback. She has published four poetry titles and three nonfiction titles. She converted the verse novel, "Via Lactea – A Woman of a Certain Age Walks the Camino" to a libretto that premiered as an opera in 2016.

In addition to her writing, Waterston founded Writing Ranch, a literary program offering retreats and workshops for established and emerging writers, and established the Waterston Writing Prize, now a program of the High Desert Museum. She teaches in the MFA Creative Writing program for OSU's Cascade campus.

The Poet Laureate program is a collaborative project of the state's five statewide cultural partners: Oregon Arts Commission, Oregon Heritage Commission, Oregon Historical Society, Oregon Humanities, and the State Historic Preservation Office. The program is funded by the Oregon Cultural Trust and managed by Oregon Humanities.

The Oregon Authors Series Committee coordinated Waterston's appearance at Mirabella. The South Waterfront community is invited to attend.

November 19th at 2 pm



Waitlist Members: Please note the above events are subject to change. Contact Sales & Marketing Coordinator Ivonne Parker at iparker@retirement.org, if you are interested in attending the above performances.

A Look at Mirabella's Committees and Interest Groups

Curious to learn about Mirabella's Committees and Interest Groups, we will showcase one or two every month. Both new and current residents enjoy the comradery and experiences shared within each group. No limit as to how many you want to participate or be involved in.



Ukulele Orchestra

We are residents who play or are learning to play the ukulele and meet twice a week to play together or take lessons. Members of the group play for the monthly Mirabella Birthday Party, for residents in other levels of care and on other special occacions.

Come catch a rehearsal every Tuesday and Friday at 3pm in the Willamette Hall.

Letting Go *by Dorothy Dworkin*

I I've never been a saver. I was a minimalist before the term came into popular usage. My desire to get rid of things may be reaction to my mother who saved everything. After she died, I found a carton in her closet that was filled with memorabilia: my elementary school accomplishments: certificates, awards and honors for academic successes. My high school Arista pin was in her jewelry box and in the rear of the closet was the dress I wore at graduation. On another hanger was the one I wore at my engagement party a year later.

A different carton contained newspaper clippings, year books, special occasion cards and letters, birth announcements, homemade cards from her grandchildren and pressed flower corsages. All this detritus (my opinion) cluttered the closet's shelves and hangers although my parents downsized from a large house to an apartment many years before their deaths. I learned more about my mother from what she saved than I did when speaking to her when she was alive.

If I were to rate my parent on a list of personality traits, I would say she was a "saver." I, on the other hand, am a "throw outer." According to my children, I am notorious for throwing things away or giving them to charity and then sometimes wishing I had them back. Personality traits like mine and my mom's, relate to how a person thinks, feels and behaves. We are all familiar with the extrovert who is energized by being with others whereas the introvert is more content in solitude. In a previous column, I confessed to being a pre-crastinator, preparing well in advance of need while my opposite, a pro-crastinator, puts things off until the last minute.

I don't know which of the traits is more desirable. My Mom was a product of the Great Depression, however, some of my contemporaries and younger friends grew up well past that time and are prone to the same behaviors. The clinical name for extreme difficulty throwing things away that "might just be something they might someday need!" is called disposophobia. George Carlin, the late and great (my opinion) comic, created an entire routine about the importance of "stuff." He questioned whether we own the stuff, or it owns us.

In a book, "Stuff: Compulsive Hoarding and the Meaning of Things" psychologists Gail Steketee and Randy Frost point out that it is a matter of degree. When stuff gets to the point where it interferes with how you live, then it's a problem. They acknowledge that sometimes giving up certain objects is difficult. The owner may fear losing the memory associated with the item. The Swedish, "The Gentle Art of Death Cleaning" (Margaret Magnusson) is a philosophical and practical guide to the Swedish practice of cleaning out unnecessary belongings so they don't become a burden to loved ones, "dostadning."

I justify my "throwing out" trait by believing that I am subscribing to Thoreau's philosophy of the simple life. He believed that accumulating more possessions could result in possessions exerting greater control over one's life.

Matt Paxton, a t.v. cleaning expert advisor, says "keep the memories and lose the stuff." Maybe it's time to check out those Mirabella storage units!!!



Travel Committee

The Travel Committee meets on the 2nd Tuesday of every month in the Park View Room at 3pm.
All residents are welcome to attend.

Sunday Supper Club

November 8 - Salvador Molly's
Depart: 5:30 pm Return: 8:15 pm
Host: Reese B.

November 22 - Eleni's Philoxenia
Depart: 5:30 pm Return: 8:15 pm
Host: Reese B.

Planned Trips
(For Bus/Other Fees: See Travel Binder)

November 12 - Slide Show Tour of Powell's City of Books
Lunch at Emerald Line Restaurant
Depart: 9:30 am Return: 2:00 pm
Host: Geri A.

Mirabella Cinema

Movies are shown on Thursdays at 7:45 pm and Sundays at 2:00 pm in Willamette Hall and on Channel 1981.

NOVEMBER MOVIE SCHEDULE

Dave (1993)
November 1st 7:45pm & 8th 2:00 pm

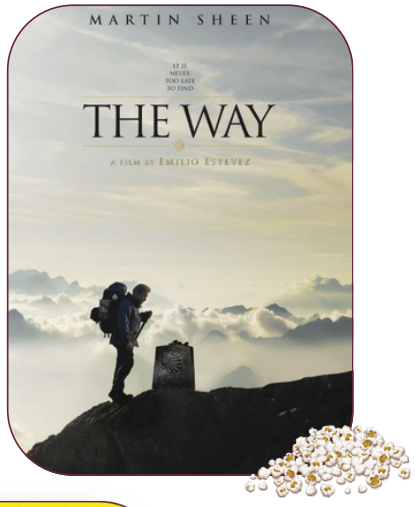
What About Bob (1991)
November 5th 7:45pm & 8th 2:00 pm

McFarland, USA (2015)
November 12th 7:45pm & 15th 2:00pm

The Way (2010)
November 19th 7:45pm & 22nd 2:00pm
(popcorn provided for 11/19th show)

A Man Called Ove (2015)
November 26th 7:45pm & 29th 2:00pm











November 2026 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:15am** Chatter PDX **1:15pm** OR Symphony **2pm** Movie	**2** **9am** Movie Group **2pm** Open Watercolor **4pm** Artist of the Month LOBBY **4:15pm** Mobile Team **4:30pm** Mirabella Chorus	**3** **1pm** Grocery FM & SW **1:30pm** 1st Tue. Book Club **2pm** Bridge **2pm** Basket Weaving Class **3pm** Uke Group **4pm** Beginners Uke Group	**4** **10am** Funds Advisory Comm. **12:30pm** Mah Jongg **1pm** Grocery Bus TJ & NS **2pm** Artist Book Class **2:45pm** Improv Class **3pm** OR Authors Comm.	**5** **10am** Sit & Sew **2pm** Kumihimo Class **2pm** Bridge Class **3pm** Rummikub **3:30pm** Art Committee **7:45pm** Movie	**6** **10am** Duplicate Bridge **1pm** Costco & Winco **1pm** Woodshop Comm. **2pm** Bridge **3pm** Uke Group **7:45pm** Angella Ahn/ Kenji & Monica Bunch	**7** **10:30am** Billiards **2pm** Mah Jongg
8 **2pm** Movie **3:30pm** PDX Piano Intl. **5:30pm** Supper Club	**9** **9am** Movie Group **1pm** Welcoming Comm. **2pm** Security Subcomm. **2pm** Open Watercolor **4:30pm** Mirabella Chorus **7pm** Chamber Music	**10** **10am** Functional Pathways Fit Test **1pm** Grocery FM & SW **1:30pm** B & G **2pm** Bridge **2pm** Basket Weaving Class **3pm** Travel Comm. **3pm** Uke Group **4pm** Beginners Uke Group **7pm** Chamber Music	**11** **10:30am** Spanish Table **12:30pm** Mah Jongg **1pm** Grocery Bus TJ & NS **2pm** Artist Book Class **2pm** Transportation Comm **3pm** Caregiver Support	**12** **9:30am** Powell's Book TRAVEL **10am** Library Comm. **2pm** Bridge Class **2:30pm** MEPS **3pm** Rummikub **7:45pm** Movie	**13** **10am** Allied Art **10am** Duplicate Bridge **1pm** Washington Sq. **2pm** Bridge **3pm** Uke Group	**14** **10:30am** Billiards **2pm** Mah Jongg **7:45pm** Tomás Cotik & Shimyung Rho
15 **9:15am** Chatter PDX **2pm** Movie	**16** **9am** Movie Group **2pm** Open Watercolor **4:30pm** Mirabella Chous **7:45pm** Personal Prism	**17** **1pm** Grocery FM & SW **2pm** Bridge **3pm** Uke Group **4pm** Beginners Uke Group **7:30pm** Resident Birthdays	**18** **10am** RAMP Council **12:30pm** Mah Jongg **1pm** Grocery Bus TJ & NS **2pm** Artist Book Class **7:45pm** Anthea Kreston	**19** **10am** Sit & Sew **11am** Programs Comm. **2pm** Bridge Class **2pm** OR Authors Series **3pm** Rummikub **3pm** BPC Exam 1 **7:45pm** Movie	**20** **10am** Duplicate Bridge **1pm** Costco & Winco **1pm** Green Sub **2pm** Bridge **3pm** Uke Group	**21** **10:30am** Billiards **2pm** Mah Jongg
22 **1:15pm** OR Symphony **2pm** Movie **5:30pm** Supper Club	**23** **9am** Movie Group **2pm** Open Watercolor **2pm** Fitness Comm. **4:30pm** Mirabella Chous **7:45pm** Zidell Front Porch Series	**24** **1pm** Grocery FM & SW **2pm** Bridge **2pm** Dining Advisory Comm. **3pm** Uke Group	**25** **10:30am** Spanish Table **12:30pm** Mah Jongg **1pm** Grocery Bus TJ & NS **1:30pm** Science Group **3pm** RHAC **3:30pm** Art Comm.	**26** **2pm** Bridge Class **2pm** Grounds Sub Comm. **3pm** Rummikub **7:45pm** Movie 	**27** **10am** Duplicate Bridge **2pm** Bridge **3pm** Uke Group	**28** **10:30am** Billiards **10:30am** Parkinson's Convo. Grp. **2pm** Mah Jongg
29 **2pm** Movie 1981	**30** **9am** Movie Group **2pm** Open Watercolor **4:30pm** Mirabella Chous **7:45pm** MelloMacs					

Waitlist Members: Please note the calendar is subject to change.
Contact Sales & Marketing Coordinator Ivonne Parker at iparker@retirement.org, if you are interested in attending events.

November 2026

MIRABELLA

FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM *Morning Stretch* 30 min (Alec)	**9:00 AM** *Cardio Combo* 45 min (Ally)	**9:00 AM** *Aqua Aerobics* 45 min (Alec)	**9:00 AM** *Cardio Combo* 45 min (Ally)	**9:00 AM** *Morning Stretch* 30 min (Alec)	**3:00 PM** *24 Yang Style Tai Chi* 50 min (Regina)
10:00 AM *Stretch and Move to Music* 45 min (Nathaniel)	**10:00 AM** *Better Bones* 45 min (Ally)	**11:00 AM** *Strength Training* 45 min (Alec)	**10:00 AM** *Better Bones* 45 min (Ally)	**10:00 AM** *Stretch and Move to Music* 45 min (Nathaniel)	
11:00 AM *Aqua Aerobics* 45 min (Nathaniel)	**11:00 AM** *Tap* 45 min (Ally)	**12:00 PM** *Yoga Flow* 45 min (Heather)		**11:00 AM** *Aqua Aerobics* 45 min (Nathaniel)	
11:00 AM *Strength Training* 45 min (Alec)	**12:00 PM** *Core Circuit* 45 min (Alec)	**1:00 PM** Advanced Tai Chi for Fall Prevention 50 min (Marlena & Ed)		**11:00 AM** *Strength Training* 45 min (Alec)	
12:00 PM Yoga Flow 45 min (Heather)	**2:00 PM** Gym Office Hours 30 min (Alec)	**2:00 PM** Strength Training 45 min (Alec)		**12:00 PM** *Yoga Flow* 45 min (Heather)	
1:00 PM Seated Tai Chi for Fall Prevention 50 min (Marlena & Ed)	**3:00 PM** *24 Yang Style Tai Chi* 50 min (Regina)			**2:00 PM** Strength Training 45 min (Alec)	
2:00 PM Basic Tai Chi for Fall Prevention 50 min (Marlena & Ed)				**3:00 PM** *Pool Volleyball* Residents	
3:00 PM *Pool Volleyball* Residents					

CLASS INTENSITY GUIDE

All classes can be modified for a variety of fitness levels

- *Gentle*
- *Moderate*
- *Active*

- **Check Miranet or call the front desk x6400 for the most up to date schedule of classes**
- **Interested in having a particular class added to the schedule? Submit a comment card via Miranet or through the comment card line ext. 580**
- **Please contact Alec Rivara (arivara@retirement.org) with questions or concerns with the current class schedule.**