

The Hilltop Herald

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TAIJI? TAI CHI? CHAI TEA?

By Shelby Barnes

Activity Coordinator & Newsletter Editor

In light of the feedback given regarding the calendar, there were a handful of folks that thought my spelling of 'Taiji' to be questionable, and thought my assumption to be insensitive. Given the severity of the accusations and my upmost respect for other cultures, I wanted to take a moment to detail why spelling 'Taiji' instead of 'Tai Chi' is appropriate, and how it came about.

The earliest Romanized spelling of Taiji was developed by scholars from Britain to support the empire in dominating the colonies within Asia, specifically, Hong Kong and other parts of China. Professor Wade and Professor Giles, two key players in the spelling of 'Tai Chi', created the Wade - Giles System. This system gave us Tai Chi, Chi Kung and Tao.

Decades following the creation of the Wade-Giles System, and post civil war in China between the Communist People's Army and the Nationalists, the Pin Yin System was created. This new Romanized syllabic transliteration system developed by Chinese gave the spelling for these three words to be the following; Taiji, Qigong and Dao. The Pin Yin System was later recognized by the The International Association for Asian Studies to be the standard for publication of scholarly works.

In other words, the spelling 'Taiji' is more scholastic, more modern and developed by Chinese linguists. 'Tai Chi' comes from an older British System. Neither spelling is incorrect. And so, I proceed, Taiji will start in February 2020. Start date TBA. Hope to see you there!

SERVICE COORDINATOR:

By Karen Carlos
Service Coordinator

As I glance back at the year 2019, I realize many changes have occurred for me in my personal and professional life. I think it is safe to say the same for residents and staff as well.

As part of our nature as humans, we normally do not like major changes and the fear of the unknown that accompanies change. There is a difference between change and transition. Change is situational. Some changes you may have experienced in this last year have been; leadership at Hilltop, new staff and a gate for our back parking lots. Transitions, however is the inner process we go through to incorporate those changes in our lives. Change does not work unless we go through a process of disorientation and reorientation. Disorientation often brings about chaos. It is when we let go of the past, we can move forward in the future.

“Transitions, Making Sense Out of Life’s Changes,” is a book written by William Bridges. Bridges describes the transitional process is composed of three phases:

1. An Ending
2. A Neutral Zone
3. A New Beginning

In February, I will be facilitating a weekly book group exploring this concept. Keep your eye out for the dates and times to be posted.

THE WORD OF THORNTON

By Thornton Bowman
Executive Director

Welcome to 2020. By the time you read this we’ll be one twelfth of the way through the year. Here are some things written in mid-January that might be good to know by February:

- Sadly, we said goodbye to Betty Gordon and Don Dorfner in January. Betty moved to a place with more supports for her needs. Don Dorfner left this life in the early morning hours of January 6th.
- Unless something has changed since I wrote this, Hilltop is currently fully staffed. Among other things, that allows us to add extra staffing on the weekend. Felicitas will be here on Saturdays. (It’s important to note that her primary language is Spanish.) Exzavier will be here on Sundays. Both will help out some in the dining room. Felicitas will also be attending to some housekeeping tasks and Exzavier will be handling some maintenance tasks.
- We’ve begun looking for companies to help us with the logistics of managing an elevator replacement. There will be more to hear about that later.
- Hilltop’s new website can be found at www.Hilltop-House.org. There are probably a few areas we’re still working on, but let us know what you think.

As Percy Bysshe Shelly asked us, “If winter comes, can spring be far behind?” I’m ready.

BE IN THE KNOW

By Shelby Barnes
Activity Coordinator & News

From our ears to your eyes. Here are the things worth knowing for the month of February:

- The Seattle Fire Department will be doing their annual High Rise Inspection this month. Details will be posted on the boards once we know what those details are (e.g., date, time, whether they need to inspect apartments, etc.).
- HUD requires Hilltop staff to inspect the entire building annually and to address any health and safety or mechanical issues. Hilltop's staff plans to complete this required inspection in early March, 2020. This is different from the REAC inspection we experienced last November. In that inspection only randomly selected rooms are inspected by a HUD official. The REAC inspection will not happen again for 3 years. The annual inspection happening in March will be done by Thornton and other staff. Every resident's room, as well as the lobby, the kitchen, and basement will be inspected. More details regarding the March inspection will be posted in February.
- If you are wanting to know what is happening in your surrounding community, there is an age friendly coffee hour offered on every third Thursday of the month. Starting at 10:30 am, attendees can talk with public officials and fellow neighbors about change happening around the city. If interested, go to <https://www.seattle.gov/agefriendly/events> to find out more information.

Better Safe than Sorry! News you can use

By Laurie Schuster & Demetra Annest
Finance and Operations Dept.

The Emergency Preparedness Committee will soon be rolling out our new updated resident emergency preparedness information, stay tuned!

After doing some research, we found a great program that can provide you important emergency information called AlertSeattle. AlertSeattle is the official emergency notification system used by the City of Seattle to communicate with city residents during emergencies. It is a free service that allows you to sign-up online to receive customized alerts via text message, email, voice message and on social media (Facebook and Twitter). In addition to emergency alerts, you can also choose to receive customizable community notifications. These include notifications about severe weather, safety, health, utility disruptions, major traffic incidents, and more. This service is provided by the City of Seattle at no cost to the public (message and data rates may apply depending on your cellphone provider).

The notifications are sent as official, real-time alerts to the public with information about potentially life-saving actions you might need to take to keep yourself, your family, and your friends safe. So, how does it work? According to the City of Seattle's website, when an emergency occurs that the public needs to be informed about, emergency dispatchers will gather the necessary information about the emergency and push out an alert to the affected area. These alerts can be sent out city-wide to everyone who has opted-in to the system, or the alerts can be sent to a specific area or neighborhood when an emergency is a more localized event.

By signing up for AlertSeattle, you are taking a large step toward improving your personal safety. You can sign up at <https://alert.seattle.gov/>

REARRANGED

By Wendy Susan Lovejoy
Hilltop Resident

Some many months ago I moved from apartment #202 to apartment #204. I have notified Medicare and Social Security via email, snail mail, telephone, and on their website, but for some reason this change has proven to be a challenge for them.

Change is often a challenge for most of us, which is curious because life is pretty much all about change. Sometimes it happens so slowly we don't even notice. Other times it transforms our lives in a split second.

There are some changes we readily embrace. The seasonal changes, for example. We may each have our favorite season, but we recognize that one season gives way to the next and that each season serves a purpose in the natural course of life.

There are some changes we reject. We think they are unnecessary and disruptive. We are uncomfortable, unsure, even confused by them. Sometimes we simply miss the way things were before.

Recently I saw a video on YouTube in which two musicians played the Danube Waltz. The first musician played a classic, $\frac{3}{4}$ time waltz prompting a comfortable, gentle sway. The second musician started with the same waltz, but with the addition of an upbeat tempo and side rifts the waltz became a head bobbing, toe tapping boogie woogie. As I watched the video it occurred to me that the two music styles were analogous to the differences in leadership style between Darla and Thornton.

With Darla at the helm, things here at Hilltop House moved to the sway of a classic, $\frac{3}{4}$ time waltz, regular, predictable and comfortable for the most part.

Thornton, on the other hand, has a very different leadership style. It's still Hilltop House. Food, shelter and community are still the themes, but the tempo and the phrasing are different. Nothing has changed, it has just been rearranged.

IN MEMORIAM: Donald Dorfner

On January 6, 2020, Hilltop's dear resident Donald Dorfner passed away. Donald lived on floor 8, and though kept to himself, was known to be a man who worked to better himself and his health. Donald for most of his career was apart of the Navy. He was a veteran of Word War II, and continued to serve his country well after the war was done.

Hilltop sends Donald's close friends and family well wishes and support during this tough time.



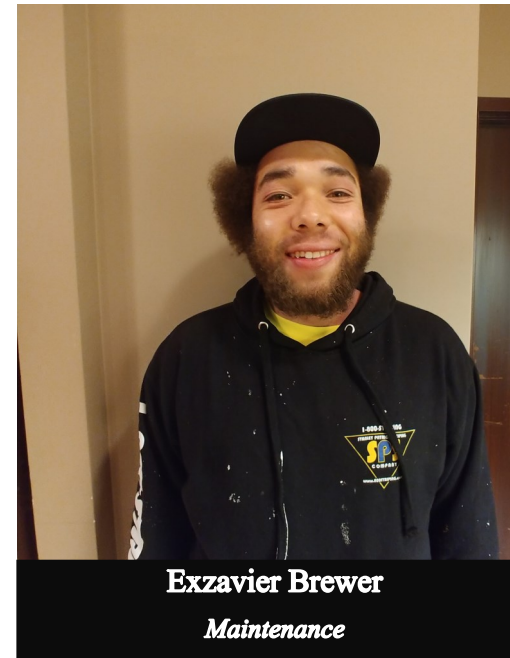
December 5, 1925

—————
January 6, 2020

NEW STAFF AT HILLTOP



Felicitas Cruz
Housekeeping



Exzavier Brewer
Maintenance

QUOTES SUBMITTED BY RESIDENTS

“Clothes make the man. Naked people have little or no influence in society.” -Mark Twain

“But the natural man receiveth not the Things of The Spirit of God: for they are foolishness unto him: neither can he know them because they are spiritually discerned..”

-KJV, Corinthians 2:14

““In the end, we will remember not the words of our enemies, but the silence of our friends.” -Martin Luther King Jr.

“Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.”

-Jack Handey

GUESS WHO?

As part of the Hilltop Newsletter tradition, a resident is picked by random to submit an old photo of themselves, and two to three fun facts that nobody knows about them. With no name attached to it, others then must guess who it is before the release of the next issue, where the individual will be revealed.

If interested in being a participant for future issues, you can submit a request to the front office. Submissions will be chosen in the order which they are received.

FEBRUARY 2020 FEATURED RESIDENT



HINTS

1. Grew up in Central District
2. Graduated with a degree in Fine Art
3. Enjoys working as a carpenter, but prefers to work on old wooden boats

Resident will be revealed in the March issue.

NEW FACES AND OLD FAMILIAR PLACES

January Move Ins

There were no move ins for the month of January.

January Move Outs

Our dear resident Betty Gordon, floor 5, moved out at the beginning of January. We send warm wishes and support as she transitions to her new home.

FROM THE HORSE'S MOUTH

Like most news at Hilltop, it can travel quickly. Whether it be chatting around a dinner table or sending a text to a neighbor, information can be obtained instantly. But sometimes this instantaneous method of news travel results in the spreading of inaccurate information. To clarify what is true, Hilltop Staff has created this section to provide accurate information, AKA, the horse's mouth.

"Laurie is leaving."

WHAT? OH GOD. NO! PLEASE NO!
NOOOOOO! Fortunately, this too is false.
Though Laurie talks about walking off
into the distance and never returning, she
is here to stay.



"Old people can't change."

Maybe some can't, maybe some can.
It's all a personal journey. Remember,
the only thing constant in our life is
change. But again, it is in the hands of
the individual to decide how they
handle it.

*"Hilltop is a public building, not private. So
anyone can enter."*

Ah yes. The reasoning is sweet yet simple.
Unfortunately, it's not that easy. Hilltop is a private
501c3 agency that receives a stipend (subject to ap-
propriation) to provide a particular service. HUD has
a role in the terms of our mortgage, but the business
and the building belong to Hilltop. Thus, we are a
private building.

*"The fish tank will taken out during the renova-
tion."*

Au contraire. Our fishy friends will actually be
staying with us following the renovation. So
don't fret, and instead, just keep swimming.

All activities are subject to change. Please refer to weekly calendar for official dates, times and locations.

Tentative February 2020 Schedule

3Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Bingo
2 SFBC Van	3 Morning Walk	4 Fitness with Alice Eldergrow	5 Grocery Van Yoga	6 Food Forum	7 Koffee Klatsch Book Mobile Grocery Van SW Fitness with Alice Hilltop Happy Hour Computer Tutor, Marty	8 Bingo
9	10 Morning Walk	11 Fitness with Alice	12 Yoga	13 Coffee & Current events Joy Ride	14 Koffee Klatsch Grocery Van SW Fitness with Alice Computer Tutor, Marty Valentines Day Dinner	15 Bingo Valentines Day Dinner
16 SFBC Van Community Potluck	17 Morning Walk **PRESIDENTS DAY. OFFICE CLOSED***	18 Fitness with Alice Eldergrow	19 Grocery Van Yoga	20 Birthday Feast	21 Koffee Klatsch Fitness with Alice Computer Tutor, Marty	22 Bingo
23	24 Morning Stretch Class	25 Fitness with Alice Eldergrow Hilltop Town Hall Alternative Book Club	26 Yoga	27	28 Koffee Klatsch Fitness with Alice Computer Tutor, Marty	29 Bingo
No SFBC Van						

Upcoming Events

- **February 7, 2020, Hilltop Happy Hour (3:30 PM):** First Fridays of the month are dedicated to a good drink and good friends. February's happy hour includes a special mixed drink and small appetizers offered in Garden Café starting at 3:30 PM. This is a great way to meet new residents, visit old neighbors and chat about what is happening. Donations are welcomed and smiles required. Hope to see you there!
- **February 14, 2020, Valentines Dinner (4:00 PM):** Love is in the air! Sharif, Hilltop's award winning chef, will be offering a surf and turf feast. You can be a part of the holiday festivities for \$15 if you haven't already paid for discounted dinners.
- **February 20, 2020, Birthday Feast (4:00 PM):** This one is for all the February birthday babes and those who want to celebrate with them. All are invited to enjoy a celebration with close friends and neighbors. All residents can enjoy punch and dessert, no meal purchase required. February birthday guests are seated at 4:15 and the birthday toast is at 4:30.

February Birthday's

**NOTICE: Van Driver
Absent 02/12 and
02/20-03/01. Schedule
reflects no van trips on
those days.**

Rita White, February 5
Yukie Streeter, February 5
Toni Patterson , February 21
Bonnie Shaw, February 26

Legend

Morning Walks– Monday, 10:00 AM
Coffee & Current Events– 2nd Thursday, 11:00 AM
Fitness with Alice– Tuesday 11:00 AM, Friday 1:00 PM
Koffee Klatsch–Friday, 8:30 AM
Eldergrow– 1st and 3rd Tuesday, 1:00 PM
Book Mobile– 1st Friday, 9:15 AM
Grocery Van– Wednesday 10:00 AM, Friday 10:00 AM
Hilltop Happy Hour– 1st Friday, 3:30 PM
Yoga– Wednesday, 11:00 AM
Computer Tutor, Marty– Friday, 1:30 PM
Community Potluck– 3rd Sunday, 4:00 PM
Bingo– Saturday, 2:00 PM
Food Forum-Thursday, 2:00 PM
SFBC Van– Sunday, 10:15 AM
Hilltop Town Hall—Last Tuesday, 3:00 PM

ASK SHARIF : HOUSE ROLLS

- 746 Grams Flour (3.15 Cups)
 - 1 ½ Cups Milk
 - ¼ Cup Sugar
 - 17 Grams Iodized Salt (1.15 TBSP)
 - 2 Eggs
 - ¼ Cup Ricotta
 - 4 Ounces Room Temperature (Very Soft) Butter
 - 1/8 Cup Yeast
1. Heat milk & sugar to 118° & pour into mixer (should be 110-115°).
 2. Add yeast & whisk until dissolved. Let yeast flower for 5 minutes.
 3. Weigh out ½ flour (373 grams) & add to mix and let sit for 5 minutes.
 4. Crack 2 eggs into a bowl and add eggs + ricotta + butter.
 5. Mix with dough hook for 4 minutes at low speed in a mixer or by hand with a large spoon.
 6. Add salt to second ½ of flour (373 grams) and pour into mixing bowl.
 7. Mix with dough hook for 4 minutes at low speed or by hand with a large spoon.
 8. Mix with dough hook for 15 more minutes at medium speed or knead dough by hand until elastic and smooth (dough should be slightly sticky).
 9. Grease a big bowl lightly and place dough inside.
 10. Cover tightly with plastic wrap and let rise to double size.
 11. Form into shapes and glaze with a mixture of 2 egg yolks + ½ cup of cream.
 12. Bake at 350 until golden brown 7 to 15 minutes.
 13. This recipe makes about 16 rolls. Enjoy!

TIPTOE THROUGH THE TULIPS

Hello fellow earthlings and Happy New Year (we made it),

As I write this, Seattle is under a snow warning. “Be warned” said the multiple emails from my boss. And, as I walked the grounds this morning, it seems every passerby was looking up to the sky.

I hope it snows for days enough for me to make snowballs (beware). If we do get snow it means most of our plants in our boxes will be toast. Don't fret though. It is a natural breakdown that is a part of nature, and I can assist you in prepping your garden boxes for the snow.

Thank you for keeping the garden looking swell. I would ask you, my fellow gardeners, to please keep the weeds off the ground next to your plots. This would be so helpful in not only keeping our community space tidy, but safe.

Given this is a garden update, I wanted to welcome four new gardeners to our group. David Ledbetter, Tong Huynh, Anita Li, and Novell Dewald. We are glad you're here! If you haven't heard from me concerning plots or extra plots, it means for you, everything is the same. Please welcome our new gardeners and show them what we're made of.

If you have any questions please ask. I'm only a few plots away!

By AJ
Head Groundskeeper

ANOTHER MAN'S POISON

Well, Gentle Readers, 2020 certainly started off. Let's recap the year so far. Australia burned down. Congress returned to their swamp and stared viciously at each other while drawing lines in the sand (There's sand in the swamp?). It rained in Seattle for 40 days and nights or less. Trump did things that were this then that and then not that but something else, but it's all explained in a tweet.

Meanwhile, back at the ranch, there was the Great Calendar Fiasco of 2020 which proved many things to some and different things to others (Yours Truly is hoping some of that is sorted out by this edition of the Herald). Mary Burt spent time alone on the elevator (sorry, Mary). And I had a chance to pontificate to staff (who fell asleep) about colonialism related to the Wade-Giles romanization of the term Tai Chi, and how it is scholastically more proper to use the Pin Yin term taiji (a Chinese martial art I have studied for 40 years).

But let me return your attention to the old days, 2019. During the final Town Hall of 2019, a comment was made that I've addressed before but feel I should again. The comment was that staff "are here to serve the residents." I disagree with that. However, my reaction might be a bit hyperbolic; so, I thought to offer some insight into my thinking.

Merriam Webster notes that a synonym of "serve" is "slave". The transitive form of the verb includes definitions: (a) to be a servant to; (b) to give the service and respect due to a superior; (c) to comply with the commands or demands of. For better or worse, people have "served" their God (in Christianity, better equals something like Habitat for Humanity; worse equals something like the Inquisition)

(CONTINUED ON PG. 14)

COUGAR'S CORNER

Hello to all my Valentines at Hilltop House! Yes, cats celebrate Valentine's Day too. You didn't know that I bet. I used to send out cards to all my "lady friends" but, when they found out about each other they each broke it off with me. Now, I'm a single cat living the dream. Too high maintenance for me anyway. I can't help it if I'm irresistibly handsome and quite the kitty magnet! In my day I was quite the Casanova. No doubt there's probably many cats out there in the world with my amazing good looks!

Anyway, these days I'm much more interested in napping, cat treats and an occasional jaunt outside. I've had my fun and even a serious relationship or two over the years.

For those of you who have someone special in your life, Don't take each other for granted. People don't have as many lives as cats do!

As usual, I'd like to end with a few cat jokes, so here they be:

What kind of sports car does a cat drive?
A Furrari.

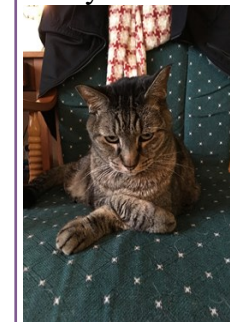
What do you call it when a cat wins first place at a dog show?

A cat-has-trophy.

And in honor of St Valentine:

A cat is making a declaration of love to his beloved. "I'd die for you!" he tells her.

She looks back at him skeptically and replies, "Oh yeah? How many times?"



Cheers!

By Cougar Schmidt
Duke of Hilltop

THE MORNING BREW CROSSWORD

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20										21				
				22			23	24	25					
26	27	28	29			30						31	32	33
34						35						36		
37					38				39	40	41			
42					43	44	45	46		47				
48			49	50						51				
			52							53				
54	55	56						57			58	59	60	61
62					63	64	65							
66					67						68			
69					70						71			

Across

- 1. Annika Sorenstam's org.
- 5. Japanese city
- 10. Chicken spice
- 14. The I of I.M. Pei
- 15. Giant killer
- 16. Baking chamber
- 17. Despondent
- 19. Angelic aura
- 20. Kitchen implement
- 21. Levi's father
- 22. Hula move
- 26. Nailing, as a test
- 30. Coming around
- 34. Um preceder?
- 35. St. Philip
- 36. Miniature

- 37. Twits
- 39. Sully, as a reputation
- 42. Countdown start
- 43. NASA "walks"
- 47. Downtimes
- 48. Neighbor of Paraguay
- 51. "Abandon hope ____ who enter here..."
- 52. Macintosh
- 54. Nerd
- 57. Christmas star site
- 62. Flyer, for short
- 63. Renewed energy
- 66. Inch, foot or yard
- 67. Watery swelling
- 68. Wry Bombeck
- 69. Calligraphy writers

- 70. Explorer Vasco ____ de Balboa
- 71. Children's author Ennis ____

Down

- 1. Ad ____ (improvises)
- 2. Emulate a chick
- 3. "The Naked Maja" artist
- 4. Tennessee Williams title phrase
- 5. Peculiarly
- 6. Desertlike
- 7. Small Macao coin
- 8. Currency of Laos
- 9. Ending for block or lemon
- 10. First name in fugues
- 11. Disaster area operation, for short
- 12. Move, in the realty biz
- 13. Radio dial
- 18. Denver player
- 21. "Shoeless" Jackson
- 23. Leave speechless
- 24. Road goo

- 25. " ____ you not!"
- 26. ____ Hill
- 27. Secret device
- 28. "Of thee" follower
- 29. Modernist
- 31. " ____ Survive" (Gloria Gaynor hit)
- 32. Nervous ____
- 33. Canadian birds
- 38. Star-gazing gp.
- 40. Jubilant
- 41. Ending of hope and wonder
- 44. Wine, in Oise
- 45. Very old (abbr.)
- 46. Principe's partner
- 49. Builds
- 50. Snatch
- 53. Ball mate
- 54. Ample bra size

- 55. Epcot International Food & ____ Festival
- 56. Ireland, poetically
- 58. Vase-shaped pitcher
- 59. Lose energy
- 60. Treater's words
- 61. iPhones, briefly
- 63. Legislator (abbr.)
- 64. Web address ending
- 65. One hundred yrs.

ANOTHER MAN'S POISON (*Continued*)

and they have served their commanders (in the US military better means something akin to the Navajo code talkers; worse means the bombing of Dresden). The point is that “serve” is a demonstratively powerful word. Any staff who felt their role was to serve a resident, or collective residents, might soon put Hilltop’s existence in jeopardy.

I serve at the pleasure of the Board. But my service is assigned to the mission of Hilltop - to continue providing affordable housing to people 62 and older for the next 35 years and beyond. Honestly, as much as I love my job, I hope I’m not still in this job 35 years from now. (As an aside, for those of you who think I know nothing of older adults, in just a hair over a year, I can apply to live here. Both my sisters could already live here. I held my mother’s hand when she died. I was my father’s POA and was there with him for the last 6 years of his life. I reject the assertion, even if I still make mistakes.)

So, if the job extends beyond my employed service to Hilltop’s mission, what is my role? It certainly includes customer service to current residents. That, I think, is what is intended by the comment about serving. That is fair. But one logical conclusion of bending to serve every resident with their different commands is chaos. Ultimately, something will stray afoul of fair housing laws and threaten the sustainability of Hilltop.

Instead, I will continue to read the trends, and direct my staff to think about the future. I am sorry so many fight change when that is all any of us have ever had. I cannot stand in the way of change. Perhaps I can find better ways to make the changes more palatable. Maybe that is what the comment means / requests. But there is no one reading this who is still the child fresh from the womb. At best, we’re a modification of who we were when we first awoke.

I love John Prine. He’s kind of a Dylan of the not-so-serious country ilk who sometimes pulls profundity from his empty beer bottles. I recently have been stuck on a song of his. It’s not a well known song. The second verse begins:

“The harbor’s on fire
With dreams and desires
Of a 1000 young poets
Who failed ‘cause they tried”

Because they tried. They failed because they tried. Not trying is a choice too. Every staff person here is trying to continue this mission for long after all of us are gone. We’ll make mistakes, but, I believe, we’re still part of something that is more than this moment in 2020.

By Thornton Bowman
Executive Director

