



Heritage Happenings

MAY 2020

Marianna Pieck enjoying a sunny morning in the garden

Dry Cloth Face Masks!

If you would like to make cloth face masks, reach out to Katrina Kleine, Assistant Director of Community Life, at: Kkleine@heritage.org or 415-202-0341.

Morning Exercise Classes

Sit and Be Fit with Mary Ann Wilson

Daily, Monday through Friday, 9:30 – 10:00 am on Channel 17

The Heritage Channel 998 for *Seated Yoga with Ilya Kaltman*

Tuesday and Thursday, 9:30 – 10:00 am

Also Channel 998 for *10 Minute Meditation*

Saturday, at 9:30 am

A Daily Dose of Music

Every day at 3:00 pm on Channel 998

Live concerts including

our favorites - Ian Scarfe, pianist, and Charles Akert, cellist,

In a Special Mother's Day Concert

Sunday, May 10, at 3:00 pm



Friends at the Heritage:

When my colleague Charles Akert and I discovered that all of our concerts were being canceled due to the ongoing pandemic, what was our response? "THE SHOW MUST GO ON!"

So, in mid-March, before the restrictions were too severe, we got together and recorded our first Digital Concert program.

It is my hope to produce at least one of these each month for the foreseeable future. I hope you find this Mother's Day brings joy and enjoy this great music.

Ian Scarfe

Special Lunch Programs

Tuesday, May 5 **Cinco de Mayo Lunch** with Margaritas
Sunday, May 10 **Mother's Day Lunch** with beer and wine
Monday, May 25 **Memorial Day BBQ lunch** with beer and wine



Surprise door to door treats
Friday 5/1, 8, 15, 29; Wednesday 5/20
from 2:00 – 3:00 pm

Check out the **2020 Kids Art Exhibit** in the Tony Lawrence Gallery!

They Came, They Entertained, Then They Were Gone

The Fromm Institute Courses, taught at USF, have always been popular with Heritage on the Marina residents. Those who attended raved about them and discussed them endlessly. Jean Fowler, particularly, was a huge fan and always made sure that new residents knew about the Fromm program.

In April, thanks to the efforts of Margaret Jacobs and Katrina Kleine, the lectures came to Heritage on the Marina. The first lecture drew an enthusiastic group to the McGinley Room. Then the need for social distancing necessitated moving the lectures to the Fitness Center and limiting the audience to ten persons. This dissuaded some enthusiasts, but there were still eight eager residents at the final lecture.

Then, again due to the Coronavirus, all activities were canceled, including the Fromm lectures. We enthusiasts are disappointed but Karina has assured us that when life returns to normal, the lectures can be resumed.

Katherine Conley

Editor's note: On April 21, the Fromm Institute announced that Frommcast lectures are available to non-members and members alike through July 30. If you are not a current member, you can sign up at: <https://forms.gle/aRNaNrVsRacS6RP86>. Frommcast will create an account for you and reply to you within two business days with your personal login. For help in setting up your account, see Margaret Jacobs, or reach out to Katrina Kleine at Kkleine@heritage.org or 415-202-0341.

Corona Virus Caper

It crept in on silent cat's feet and then grabbed us by the throat,
It hung around and grazed the land like a voracious billy goat;
It liked it here at The Heritage as it determined how we behaved—
This damned invisible virus invader was most definitely depraved!

It tried to capture all the residents with assorted dirty tricks,
But it encountered here a community built with very solid bricks—
A community of folks who represented the wisdom of the ages
Who (usually!) listened to its leadership and respected sages.

So its folks dutifully donned masks—creative, functional or plain,
To repel this pesky virus invader with a spirit strong and sane.
Despite restrictions placed upon their freedom to move about
Heritage folks found creative ways to pretend they'd broken out!

They gathered in the Porter garden for sun and conversation
While imagining they'd gone to the beach for a short vacation!
Pretending that the wrought iron chairs were comfy loungers,
They watched the sparrows, crows and other garden scroungers.

These wise folks who are the backbone of our fine community
Knew how to maintain with grace and dignity the quality of unity;
They knew when to be serious or silly, when to laugh or cry,
When to accept without question and when to doubt or deny!

I'm so grateful to have had the wisdom to chose our Heritage
As the home where I could grow old with dignity as I would age;
Where I would find new friends with whom I could age with grace,
In a landmark Julia Morgan building, in this lovely historic place!

Begrudgingly, I'm somewhat grateful for this Corona virus infection
For it has called upon us once again to take time out for reflection;
To remind ourselves once more we have much to be grateful for—
For this very caring community inside our Heritage front door!

Jean Fowler

Stephen's Traveling Activities Cart

Due to the Corvid-19 lockdown on residents coming together for fun and enjoyable activities, the Cottage program had to be put on temporary hold. The new orders to keep social distances of at least six feet from one another and to refrain from gathering in groups left a real gap in what residents could do with all their time. Stephen Camarota, the Cottage program Activities Leader, decided *"since residents could no longer visit the Cottage during the pandemic, why not bring the Cottage to them?"* And thus we now have the Traveling Activities Cart.

Stephen makes his rounds through the hallways of both Morgan and Perry on the floors where residents live. You'll find him Monday through Friday, between 9:00am and 5:00pm. In the Cart, he has a collection of some of the favorite pastimes for residents:

Puzzles: Check out the Crosswords, the Sudokus, the Mazes, Word Finders, and Rebus (name the cryptic picture)

Artistry: Make your activity colorful with Adult coloring pages.

Memories: Test yourself with Brain Teasers, Trivia, and Riddles

Games: Cards, Dominos, Backgammon, Scrabble (Borrow games to play in your room with imaginary people – you play for all of them)

Books: There are a few books with short biographies of famous people: movie stars, writers, scientists, etc.

DVDs: For residents who have their own DVD players, there's a collection of DVDs from TV shows and some full-length movies.

All of these items can be borrowed from the Travelling Activities Cart. For the puzzles, Stephen will make photocopies of the pages for the resident. In the 11 months that the Cottage program has been open, Stephen has come to know the preferences of many residents and can suggest new items for them as they become available. He can also be very helpful to those approaching the Cart for the first time. **Watch for the Cart in your hallway!**



Stela Voyles	5/01	Shirley Ertola	5/18
Patsy Hulting	5/04	Isabel Fletcher	5/28
Elizabeth Jordan	5/09	Marianna Pieck	5/28
Betty Dowell	5/12	Eleanor Burke	5/29
Emma Bertacchi	5/18	Edward DeWath	5/29
Martha Raymondos	5/30		

An Open Letter to Hanh Ta

Dear Hanh,

We, the residents of Heritage on the Marina, wish to express to you our deep appreciation for your efforts to keep us healthy and safe from the coronavirus. You have a huge responsibility which you are handling with intelligence and courage.

Oh, yes, some of us grump and gripe, others whine and complain. Some of us question your instructions, others ignore them; but we all know that you are dedicated to keeping us healthy, and we appreciate your efforts.

We know that you have good support from the Administrative staff, Mel, Ken, Joe, and Janet, with additional support from Sandra Peret, but the heaviest responsibility is yours.

Stay healthy, Hanh, stay strong, and keep doing your best to help us get through this pandemic. We are grateful.

Signed: The Residents of Heritage on the Marina

President's Corner

Dear Fellow Residents:

With Covid19 cases and being shut in, it has been a trying time. I realize how bored many of you are. Remember, this too will pass. We appreciate your wearing masks, using hand cleanser and gloves when necessary. The staff has been diligent about wiping railings and elevator buttons frequently.

Anything you can do to help your housekeeping staff is appreciated, as they have much more to do for us.

The dining room staff is doing a great job of bringing some of us our special drinks or other items when asked. They too deserve all our accolades.

Check the house monitor and TV station for activities. Some regular exercise classes that can be done in our rooms have been added.

Please contact me with any suggestions and questions.

"bernieburke@comcast.net" or 415-425-0082. We need to communicate as often as possible. Being locked down makes that difficult.

Enjoy our beautiful garden in this Spring weather, but remember distancing.

Bernie Burke

I Am Grateful For -

I am grateful for many things in my life but one thing that I am grateful for is very mundane. It is for hot water.

As I stand in the shower each morning with the hot water pouring over me I am reminded of a phrase in Rupert Brooke's poem "These I Have Loved". In it he talks of "the benison of hot water".

When we were first married, my husband and I lived on the top floor of a Victorian house in suburban London, another young couple lived below us and our elderly landlords lived on the ground floor. We shared the rudimentary bathroom with the couple below us. It contained an old-fashioned bath with a gas water heater over it and a small sink. The toilet or "loo" was on the landing between us.

Other than bathing - certainly not every day - for all our hot water needs we had a cold water faucet and a trusty electric kettle in the kitchen. But we were young and newly married so we took it all in our stride, and we became good friends with the other couple. In fact, although we only met once after leaving England, we exchanged Christmas cards and letters about our families and their doings until fairly recently.

One night as I was washing my hair under the faucet over the bath, I glanced up to see the water heater enveloped in flames. My husband to the rescue, of course, as well as the downstairs neighbors.

The heater was immediately shut off. Our elderly landlords were not in a hurry to fix things so no baths until we went to visit either parents - showers were unheard of in those days. We greeted our parents with "Hello, nice to see you can I have a bath! "

Since then I have always had access to running hot water unless camping in the wilderness. I realize that most people on the planet do not have hot water and I am very grateful that I am not one of them.

By the way, my preferred nightcap is a mug of hot water. Soothing and delicious.

Jane Standing



You Asked:

Will our instructions on the POLST be honored if I contract the corona virus?

Answer: If a Heritage resident is sent to the hospital, the POLST goes with you. If you specified 'no intubation or ventilation', the hospital staff will honor your choice. Equally, if you specified 'Full Treatment – primary goal of prolonging life by all medically effective means', that will be done.

Hospital reports indicate that at least 80% of seniors put on ventilators do not survive. The other 20% may suffer significant damage from the procedure.

Physician Orders for Life-Sustaining Treatment (POLST) is a form that gives seriously-ill patients more control over their end-of-life care, including medical treatment, extraordinary measures (such as a ventilator or feeding tube) and CPR. Printed on bright pink paper, and signed by both a patient and physician, nurse practitioner or physician assistant, POLST can prevent unwanted or ineffective treatments, reduce patient and family suffering, and ensure that a patient's wishes are honored.

Timely: This may be a good time to review your POLST and consider whether you want to make changes. It is also a good time to discuss your decisions with the person(s) whom you have designated to make decisions. should you be incapacitated.

If you have never filled out a POLST, you can obtain a form from the Health Center or on-line and discuss your choices with a medical professional.

Have you called Tara yet?

Are you finding time hanging heavily? If you, like most of us, love talking about yourself to an excellent listener, you will want to respond to the request to sign up for an extended conversation with a graduate nurse who is specializing in gerontology. It's easy. Call Tara at **206-331-1818** to make a telephone or Zoom appointment. During the appointment, she will ask questions covering your health history and present situation.

This is a very personal opportunity to make a valuable contribution to the training of these wonderful people who will devote their professional careers to treating seniors.

The UCSF School of Nursing students have been coming to The Heritage for several years under the direction of our new Board of Directors member Laura Wagner. It has been our privilege to participate in this important training.

Memo to Heritage Residents from Association Executive Committee

SAN FRANCISCO FOOD BANK URGENT NEED



The San Francisco Marin Food Bank is a well-known local charity. (501c3 charitable deduction with IRS.) They buy, warehouse and distribute food to many local food pantries and soup kitchens. 95.6% of donated resources go directly to support their programs. Every dollar donated provides two meals.

They also have a smaller program that distributes groceries directly to individual families in need. That program has encountered a massive increase in demand from the coronavirus epidemic resulting in so many job losses. The monthly need in March 2019 was 1,500 meals. These meals are delivered to the neediest of the needy, well below the poverty line.

The recession has raised that need to 14,000 meals in March 2020, a 900% increase.

The SFMFB web site (sfmfb.org) provides further information. Heritage residents who want to donate funds can use the web site for donations using your credit card. They report that every dollar donated can provide 2 meals because of their volume purchasing power with wholesalers.

The direct delivery to family requires many more volunteer drivers. Obviously few Heritage residents can supply this need but there may be local relatives or friends who might be interested. The details are explained on the website. You register, are given a schedule and map of your route (always in the same general neighborhood). You pick up at their location, they load deliveries for 15 homes, and delivery takes generally between 1 to 2 hours.

We ask that you consider the SFMFB in your charitable giving this year.

Thank you,

Executive Committee: Bernie Burke, Fred Wentker, Gary Scootsky and
Martha Torres

TESS GOLDMAN

Thursday mornings there is an air of anticipation with some residents, for that afternoon Tess will be coming. She will be ensconced in the McGinley Room waiting to help residents with their problems on their computers, I Pads, and smart phones. She has been sorely missed these weeks of our shutdown.



Tess was born and raised in Sacramento and graduated with a degree in medical technology from Humboldt State. She was always interested in science and medicine and worked as a medical technologist in hospital laboratories for ten years. Tess then went back to college and got her Master's in Public Health at UCLA.

Her first job after getting her degree was as director of medical records in a small hospital in the San Fernando Valley. After she and her husband moved to San Francisco, Tess went to work for a small medical records consulting firm.

Tess became interested in personal computers as a hobby early on. When her husband's firm had a portable computer it no longer needed, he brought it home for her to try out. It was portable in the sense it had a handle but weighed about 30 pounds. Tess started having fun fooling around on it, but the only thing she ever created was a very basic address book.

A few years later, word processing started to be used in transcribing doctor's dictations instead of typewriters and computerized databases that kept track of records. Tess learned a lot and developed her skills further.

After her son was born when she was 41, Tess decided not to go back to work. Instead she became engaged in volunteer activities and kept busy with volunteer work at her son's schools. Tess also found herself developing a list of clients who needed help with their technical issues.

When her son left for college, Tess asked a friend if she knew of someplace where she could volunteer to help. Luckily for us, her friend suggested The Heritage. Tess called Doug Kaplan, who quickly agreed that there was a need for her expertise. She became part of The Heritage community in April, 2011. We have been lucky to have her with us the last nine years. Tess says she'll be back as soon as she's given the "all clear" for she misses everyone. We eagerly await that day.

Martha Nell Beatty

NEW BOOKS IN THE LIBRARY

Robt. Galbraith	The Cuckoo's Calling
Leslie Baily	Gilbert and Sullivan
Patrick Keefe	Say Nothing
Ted Kopek	Lights Out
Morris Dees	A Lawyer's Journey - the Morris Dees Story
Tom Cotton	Sacred Duty
P. Rucker & C. Leonnig	A Very Stable Genius
Alan Lichtman	The Case for Impeachment
Sarah Broom	The Yellow House
Ken Follett	Norte Dame
Lynne Olson	Citizens of London
Cita Stelzer	Dinner with Churchill
Victoria Sweet	God's Hotel
G. B. Harrison	Shakespeare's Tragedies
Lee Child	The Midnight Line
Ann Patchett	Dutch House
Ann Patchett	Commonwealth
Charles Cumming	The Moroccan Girl
Adrian McKinty	The Chain
Tracy Chevalier	A Single Thread
Ursula Hegi	Stones from the River
Jillianne Hoffman	Retribution
Andrea Levy	Small Island
Miriam Pawel	The Browns of California



Message from Eleanor Burke:

There are 77 sketches of residents in the hallway of the Morgan Bldg, 2nd floor, top of the stairs and turn right. There are ballots for those who think they really do know everyone and who are good at interpreting a mediocre painter's interpretation of the people here. Prize will go to the person with the most right answers. Be sure to put your name on the list you submit. Ballots are in the envelope underneath paintings 1 and 2.