



Heritage Happenings

JUNE 2020

HEROES WORK HERE indeed!
Staff celebrate Nurses' Week

The Activities Department Plans for June National Holidays

The month of June is here, and as we say goodbye to spring, we wave hello to summer! Stay tuned for surprises as we honor the following National Holidays in June:

Alzheimer's and Brain Awareness Month

Doughnut Day

Nail Day

Iced Tea Day

Nature Photography Day

Virtual Vacation Day

Flag Day

Rose Day

Father's Day

Virtual Lecture Series: Inequality Rising Presented by David Peritz

Mondays at 3:00 pm on Channel 998



This series focuses on the stunning re-emergence of social inequality in the US over the last 40 years, its diverse and complex causes, its consequences for individual, social and political health, and possible remedies.

Gratitude Community Project: You are an Important Piece of the Puzzle

Inspired by Jane Standing's "I am Grateful For" story in the May *Heritage Happenings*, we are asking all residents to participate in our very own Gratitude Community Project! In a time of uncertainty, discover what others are thankful for and reflect on what you are grateful for in your own life.



You will receive a puzzle piece to decorate with words and/or pictures reflecting what you are grateful for. Stephen Camarota and Irving Carrillo will collect all the pieces and assemble the puzzle for display on the Porter Library puzzle table. And then we will see - We All Fit Together!

Author Melody Beattie:

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow."

A Daily Dose of Music

Daily at 3:00 pm on Channel 998
(except Mondays)



Live concerts from SF Symphony Connect, San Francisco Conservatory of Music, San Francisco Opera, different organizations, schools and artists.



Special Fathers Day Lunch Sunday, June 21

Connect with Frommcast

Free Online Lectures on Art, History, Music, Literature and More



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@heritagesf.org or 415-202-0341.

FREE PHOTO COPIES AND FAXING

Effective Monday, June 1, the Front Office will no longer charge Residents for small photo copy requests (up to 10 copies per request) or for domestic/local faxes (international faxing is not available). This includes black and white or color copies. The Front Office will do their best to accommodate requests on the spot, however, in the event a Team Member is involved in another task, you may be asked to wait (or come back at a later time). Thank you for your cooperation.



The 2nd Floor welcomes Aggie Hoff to her new home in Apartment 213P.

Winners of Eleanor's Sketch Contest!

There were two first prizes –

Nurses: Heidi-Lynn Gutierrez
Jocelyn Garcia

2nd Prize – Katy Loo

3rd Prize – Stella Voyles

4th Prize – Sheila Moore



Morning Exercise Classes

Programs on channel 998

Every day at 9:15 am
10 minute Meditation

Every Monday, Wednesday and Friday at 9:30 am

Seated Exercises with Ann Rieger-Matthews

Tuesday & Thursday at 9:30 am

Seated Yoga with Ilya Kaltman

Every day at 10:30 am

National Institute on Aging 20-minute Seated and Standing Exercises

Optional exercise programs on Channel KPIK (Channel 17)

9:00 am-9:30 am Monday thru Friday

Classical Stretch-The Essmonde Technique
(Intermediate to Advanced level workout)

9:30 am-10:00 am Monday thru Friday

Sit and Be Fit with Mary Ann Wilson

(Beginner to Intermediate level workout)



Kristine Skootsky	6/07	Doris Howard	6/19
Marie Mattson	6/09	Fred Wentker	6/22
Antoinette Canepa	6/13	Yvonne Benedict	6/24
Tony Hanley	6/13	Anne Morris	6/27
Karl Leichum	6/29		

"How old would you be if you didn't know how old you are?" – Satchel Paige

Meet Mel Matsumoto

The arrival of our new Interim CEO, Mel Matsumoto, was a most pleasant diversion from the boredom of quarantine. Mel's friendly manner and interest in Heritage on the Marina make him a most welcome addition to the staff. Additionally, Mel's daily chats on Channel 998 are informative as well as helping us to get acquainted.



Mel was born in Yokohama, Japan, but the family moved to Hawaii a few years later. He grew up in Hawaii, attended Iolani High School, then earned a BA at Yale University.

A woman whom he never met got him interested in gerontology. After she died, Mel was hired to fix up her apartment in San Francisco and learned her history from a neighbor who chatted with him while he worked. She was wealthy, but had no family with her only human contact being the neighbor and a caretaker who came in daily. She was wheelchair-bound for the last few years of her life and left fingerprint stains on corners and door frames as she propelled herself around the apartment. As he painted over those stains, Mel reflected on the sadness of her life and concluded that a life ending as hers did was just not right. He soon enrolled in the gerontology program at SF State and earned a Certificate in Applied Gerontology.

Mel has worked with the elderly ever since - as an Administrator at Bethany Center in San Francisco, as an Assistant Administrator, then Administrator at The Redwoods in Mill Valley, as Vice President of Operations at Northern California Presbyterian Homes and Services in San Francisco, as Vice President of Project Development at New Life Management & Development in Mount Laurel, New Jersey, as Executive Vice President of Masonic Homes of California in Union City, and finally Executive Director and CEO at Channing House in Palo Alto.

Mel is married to Carol who worked as the Chief Clinical Dietitian at California Pacific Medical Center and the Veterans Administration for ten years each. She is now retired. They have a daughter who works as a copy writer for Survey Monkey.

As an English major Mel has a love of reading, particularly the classics, although he also appreciates modern works, plus he writes short stories.

Mel describes his job at Heritage on the Marina as follows: "As a steward for this transitional moment for Heritage on the Marina - someone who doesn't decide if our destination should be Des Moines, Iowa or Miami, Florida, but

who has a duty to make sure our car is well serviced, the transmission fluid is replaced, the brake pads are new, the tires are sound, so that when the board and permanent CEO is in place, we'll be ready to go."

No doubt he will succeed and we who live and work here eagerly anticipate the journey.

Katherine Conley

PRESIDENT'S CORNER

Another month in lockdown and meals in our rooms has passed. Unfortunately we do not know how long this will last. San Francisco is beginning to ease some restrictions, so let us hope we will be part of that.

The wait staff are working hard to deliver our meals and meet some special requests. A big thanks to them.

I know we all want to get back to our dining room and enjoy the socialization. So many of you have expressed a need for mixing again. We hope management somehow can get us back into the dining room soon. Meals in our apartments is not nearly the same.

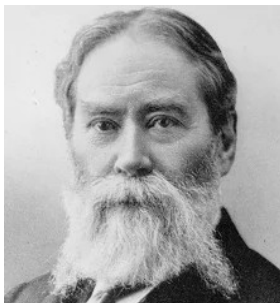
Thank you to the residents who donated items to St. Anne's Home. Sister Theresa expressed her gratitude.

Our beautiful garden is getting well used now that the weather is better and the flowers are blooming. We are so lucky to have that wonderful space to enjoy. A special thanks to Marcia, Gary, Kay, Steve and Eleanor who are pruning and doing other gardening chores.

Fortunately we are generally all healthy and that is the important thing. Stay well and enjoy June.

Please don't forget to wear your pendants.

Bernie Burke



From
The Vision of Sir Launfal
by James Russell Lowell

And what is so rare as a day in June?
Then, if ever, come perfect days;
Then Heaven tries the earth if it be in tune,
And over it softly her warm ear lays:
Whether we look, or whether we listen,
We hear life murmur, or see it glisten;
Every clod feels a stir of might,
An instinct within it that reaches and towers,
And, groping blindly above it for light,
Climbs to a soul in grass and flowers;

THE MAGIC CART

On the garden path I hear the wheels
They're bringing us our daily meals
The elevator is at our floor
The cart can't get out the door
Servers have worked out a way
One gets out with the tray
While the other will stay
It's almost a ballet.
For breakfast there's the hot meal
Options for fruit and always oatmeal
Then there is de-caf or regular coffee
And oh yes water, juice or tea
For lunch, soup before the main meal
Which always seems to appeal
For dinner: soup or salad to start
And then a main meal off the cart
For dessert often ice cream
Sometimes strawberry which is my dream
And on Fridays
And special holidays
A glass of wine?
That suits me fine.
Servers ask if there is anything more
Before they depart our floor
My efforts to diet are foiled
But I do like being spoiled

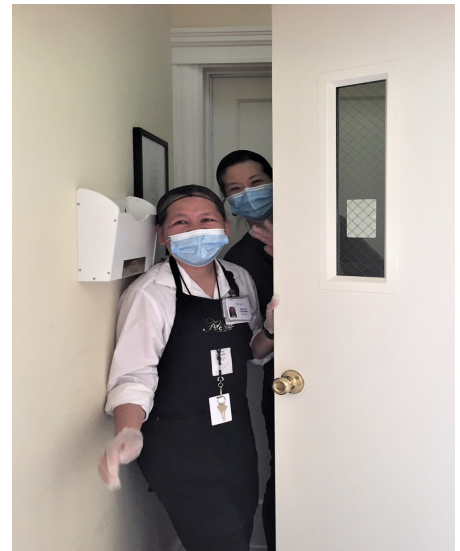
Martha Nell Beatty



Addendum: I was sent a cartoon saying we should wear masks inside to keep from eating. But I quickly abandoned this idea.

ART EXHIBIT: Tuesday, June 30, at 2:30.
Another fabulous show, featuring Eleanor Burke's
San Francisco drawings opens in the Tony
Lawrence Art Gallery. Be there or be square!

Doris



Dancing Lights

We were tired, crabby and wallowing in self-pity. We longed for our beds, but there had been no rooms available at the first lodge we tried, nor the second, nor the third. We'd given up, eaten dinner and were now trying to sleep in the car.

My brother Paul, my sister-in-law Barb and I were driving down the Alaska Highway in the early 1950s. Paul had just completed a tour at Elmendorf Air Force Base near Anchorage. His new assignment was in San Antonio, Texas. He and Barb had decided to drive down the Highway to Seattle, then across several northern states to our home in Sioux Falls, South Dakota, then go on to Texas. They had invited me to go with them and I had accepted and booked a flight to Anchorage.

Now it was Sunday, the third day of our trip. We had gone to church that morning so got a late start. In those days there were no motels along the highway, there were only lodges – large two-story structures with a bar and restaurant on the first floor, and bedrooms and a bathroom or two on the second floor. When we reached a lodge about 4:00 pm, our usual stopping time, we hadn't driven very many miles, so decided to drive on to the next lodge. By the time we got there, it was full, as were the next two, so we decided to try to sleep in the car.

That didn't work, so eventually Paul started driving again. Soon we were climbing up a mountain on a narrow, twisty, winding road which didn't do a thing for our dispositions. But as we finally arrived at the top of the mountain, so did the lights – exquisite green and white ribbons which Paul and Barb immediately recognized as the Northern Lights. Paul pulled off the road, stopped, and for the next three hours we leaned against the car with our necks craned upward watching as the lights danced, played, rippled, rose and descended, leaped and frolicked in a glorious display of what God can do with His lights when He is feeling playful. We were awed and completely spellbound.

As dawn approached the lights faded, then disappeared. We got back in the car, drove down the mountain to a town large enough to have a motel, checked in, fell into our beds and dreamed of lights dancing in the sky.

Katherine Conley

A Tidbit of Naval History

The USS Constitution (Old Ironsides), as a combat vessel, carried 48,600 gallons of fresh water for her crew of 475 officers and men. This was enough to last six months of operations at sea. On July 27, 1798, she sailed from Boston with a full complement of men, carrying also

- 48,600 gallons of fresh water
- 7,400 cannon shot
- 11,600 pounds of black powder and
- 79,400 gallons of rum



Her mission: "To destroy and harass English shipping."

Making Jamaica on October 6, she took on 826 pounds of flour and 68,300 gallons of rum. Then she headed for the Azores, arriving there on November 12. She provisioned with 550 pounds of beef and 64,300 gallons of Portuguese wine. On November 18 she set sail for England.

In the ensuing days she defeated five British men-of-war ships, and captured and scuttled 12 English merchant ships, salvaging only the rum aboard each. By January 26, her powder and shot were exhausted. Nevertheless, although unarmed, she made a night raid up the Firth of Clyde in Scotland. Her landing party captured a whiskey distillery and transferred 40,000 gallons of single malt Scotch aboard by dawn. Then she headed home.

The USS Constitution arrived in Boston on February 20, 1799, with

- no cannon shot
- no food
- no powder
- no rum
- no wine
- no whiskey

and 38,600 gallons of water.

A further note: When the Navy was going to scrap the USS Constitution, it was saved by public response to the poem *Old Ironsides* by Oliver Wendell Holmes in 1830:

Ay, tear her tattered ensign down!
Long has it waved on high,
And many an eye has danced to see
That banner in the sky;

Eleanor recommends for your reading pleasure:

Fiction:

The June Book Group selection is *Stones from the River*, by Ursula Hegi. "Stones from the River" is a daring, dramatic and complex novel of life in Burgdorf, a small fictional German town, between 1915 and 1951. The protagonist, Trudi Montag, a *Zwerg* -- the German word for dwarf woman, is set apart, the outsider whose physical "otherness" has a corollary in her refusal to be a part of Burgdorf's silent complicity during and after WW II.

A Journal of the Plague Year (Daniel Defoe) ...one man's experiences of the year 1665, when the bubonic plague struck the city of London in what became known as the Great Plague of London, the last epidemic of plague in that city.

The Winter Soldier (Daniel Mason) "A Rifle-Wielding Nun, a Medical Student and a Crackling World War I Tale..."

Boys of Africa (Linda Pierce Plues) Eric and Adam are two normal American boys-except they are growing up throughout Africa. Even though their mother tries to keep their enthusiasm in check, the boys seek adventure in every single country they live. With a diplomat for a father, there's always somewhere new to go.

The Book Woman of Troublesome Creek (Kim Richardson) "...a hauntingly atmospheric love letter to the first mobile library in Kentucky and the fierce, brave packhorse librarians who wove their way from shack to shack dispensing literacy, hope, and — just as importantly — a compassionate human connection."

16 Trees of the Soame (Lars Mytting) "...a mystery novel that fits together like a piece of fine marquetry. Edvard Hirifjell is a young mountain farmer haunted by a smorgasbord of family secrets: the strange death of his parents when he was a child, a missing inheritance and an unexplained feud between his grandfather and great-uncle that dates back to the second world war."

Non-fiction:

Troublesome Young Men (Lynne Olson) "...A riveting history of the daring politicians who challenged the disastrous policies of the British government on the eve of World War II."

The Splendid and the Vile (Erik Larson) ...an intimate chronicle of Winston Churchill and London during the Blitz—an inspiring portrait of courage and leadership in a time of unprecedented crisis

JONATHAN

O Jonathan Jonathan! Wherefore art thou Jonathan!! We are desolate and desperate as our hair is longing for your tender loving care.

We miss those stylish waves and curls that you so magically produce and the sleek smooth styles that you conjure up. But most of all we need a good cut. Just as pictures need beautiful frames surrounding them, so our faces need beautiful hair.

The more adventurous of us have taken scissors and had a snip here and there but most of us are fearful of a pierced eye or or a piece taken out of an ear.

Jonathan we hope you are well and that neither you nor your family or friends have contracted CORONA 19. We think of you and talk of you frequently and eagerly anticipate your return the way we anticipate Christmas.

We can't wait to see you walk through that door. There will be a tidal wave of us with hair waiting for your attention. PLEASE COME BACK SOON.

Jane Standing

(Actually I talked to Jonathan this morning - May 21st. He is well, not working of course, and as eager to return to see us as we are to see him)

"I think that the most important thing a woman can have- next to talent, of course- is her hairdresser." – Joan Crawford

"A good stylist is cheaper than a good therapist." – Anonymous

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