



# Heritage Happenings

## February 2020

### Super Bowl

Sunday, February 2, at 3:30 pm in the McGinley Room

Let's go Niners, let's go! Watch the San Francisco Niners versus the Kansas City Chiefs in the Super Bowl with your fellow residents. Refreshments will be served.

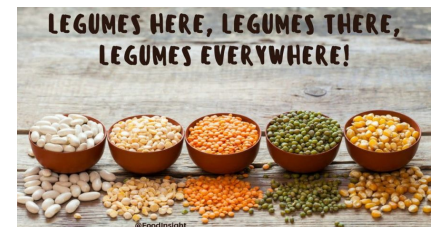
### **Students from Stuart Hall will be visiting us Tuesday, February 11, at 10:15 am in Friendship Hall**

Please join us to support these young students as they share their spring crafts and read to us. If you have never taken part in this delightful hour with these six- and seven-year old boys, consider giving yourself a treat.

### **Superfood Demo: Legumes**

Wednesday, February 12, at 2:30 pm in Friendship Hall

Presented by Chef Kevin Eichensehr  
and Dietitian Christina Fusilero-Savoie



### **Grief Support Group**

Thursday, February 13 at 3:00 pm in Friendship Hall

The group will be lead by Jamie Kimmel, a hospice chaplain with Suncrest Hospice, who works in San Francisco. He has his Master of Divinity (MDIV) degree from the Graduate Theological Union in Berkeley, and did his clinical training at UCSF. All are welcome to come to an intimate and private grief support group, where we will explore the many different aspects of grief, how it works, and what healing from grief looks like.



### **Ian Scarfe Plays Romantic Favorites**

Thursday, February 13, at 7:15 pm in Morgan Hall

In celebration of Valentine's Day, pianist Ian Scarfe will play "Romantic Favorites" featuring music by Chopin, Brahms, Puccini, and more.

### **Sweets & Treats**

Friday, February 14, at 2:30 pm in Friendship Hall

*Happy Valentine's Day!*

Join us for an afternoon of sweets, treats, tunes and trivia!

# Happy Chinese New Year

Wednesday, February 19th

Special Chinese New Year Dinner

5:30 pm performance by Leung's White Crane Association



## **SF Community Center Music Performance**

Sunday, February 23, at 3:00 pm in Friendship Hall

Students of San Francisco Community Music Center violin/viola faculty member, Heidi Kim, will present a matinee of classical music. A passionate educator, Heidi Kim is a former SFCMC Chamber Music Camp Director and was previously on the violin faculty at the Interlochen Arts Camp and Cleveland School of the Arts. HK Studio presents monthly community outreach concerts through partnerships with local community organizations. HK Studio hopes to share their love of music with every single neighborhood in San Francisco.

## **Gustavo Romero returns for Classical Music Performance**

Monday, February 24, at 3:00 pm in Morgan Parlor

"Mexican-American pianist Gustavo Romero has a stellar reputation for both the technical brilliance and interpretive depth of his playing, as well as his commitment to in-depth exploration of individual composers."



Tuesday, February 25, at 2:30 pm in Morgan Hall

## **Ash Wednesday Service**

Wednesday, February 26 (time TBA) in the chapel

## **Tuberculosis & Lung Health**

Presented by Mollie Hudson, RN

UCSF Gerontology Program

Thursday, February 27 at 3:00 pm in Friendship Hall

## MEET YVONNE BENEDICT



"A breath of fresh air" is how our newest resident, Yvonne Benedict, has been described. Full of Irish sass and wit, she is a delight.

Born in Dublin, Yvonne was placed in a convent school at the age of four when her mother died. The nuns gave Yvonne and her sister a good education and a pleasant life. Following graduation Yvonne enrolled in the Kerrysford Teachers' Training School where she learned to be a general elementary teacher. She also entered a religious order, the Irish Sisters of Charity and spent the next thirteen years teaching in the Order's elementary schools. Then the Order sent her to Southern California to study for her BA and Teachers' Credential at the University of San Diego. While doing this she also taught at St. Hedwig's school in Los Alamitos.

After six years she was sent to the University of San Francisco to finish her credential, get her BA., and begin work on her MA. There she met Ed Benedict who was at USF studying gerontology. Yvonne left the religious life and married Ed.

The Benedicts began married life in Petaluma where Ed was working in a home for the elderly. Yvonne worked as a secretary, then managed a workforce training program for people in the business world.

After five years, the Benedicts returned to San Francisco as Ed began working as the manager of Martin Luther Towers while Yvonne taught the sixth, seventh and eighth grades at St. Cecilia's School. Then Ed spotted a newspaper ad for the administrator position at Heritage on the Marina. He applied for the job and was hired. While Ed worked here, Yvonne became very familiar with many residents and the overall operation of our home. This pleasant arrangement came to an end after nine years when Ed suffered a heart attack and later retired. He died in 2006.

Yvonne had returned to teaching as a substitute teacher at St. Thomas More school, and remained there until she retired in 2017. During this period, she was living contentedly at The Grove, a condominium complex at 19th and Sloat Streets in San Francisco. However, this year the condominium owners' fees increased substantially, plus there was a large assessment pending, so Yvonne deemed it time to sell her condo and join us.

Yvonne is getting settled in Perry 318 and rapidly getting acquainted with all residents. She can be reached at 415-652-3163. Her email address is: [yvonne.benedict@sbcglobal.net](mailto:yvonne.benedict@sbcglobal.net).

*Katherine Conley*

**SATURDAY MOVIES** at 7:15 pm in the McGinley Room.

**CINEMA PARADISO** (1988 ) Feb. 1  
A filmmaker recalls his childhood when falling in love with the pictures at the cinema of his home village and forms a deep friendship with the cinema's projectionist. Stars: Philippe Noiret, Enzo Cannavale, Antonella Attili

**JERSEY BOYS** (2014) Feb. 8  
The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons. Stars: John Lloyd Young, Erich Bergen, Michael Lomenda

**LILLIES OF THE FIELD** (1963) Feb, 15  
A travelling handyman becomes the answer to the prayers of nuns who wish to build a chapel in the desert. Stars: Sidney Poitier, Lilia Skala, Lisa Mann

**LILY** (1953) Feb. 22  
An orphaned young woman becomes part of a puppet act and forms a relationship with the anti-social puppeteer. Stars: Leslie Caron, Mel Ferrer, Jean-Pierre Aumont

**Harriet** (2019) Feb 29  
The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. Stars: Cynthia Erivo, Leslie Odom Jr., Joe Alwyn

**MOVIE MATINEE** Sundays at 1:30 pm in Friendship Hall

**Casablanca** (1942) Feb 2  
Rick Blaine (Humphrey Bogart), who owns a nightclub in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor Laszlo (Paul Henreid). Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country.

**Judy** (2019) Feb 9  
Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband.

**Harriet** (2019) Feb 16  
From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.

## **SCOTT HINDES** A New Board Member

Scott Hinds officially joined the Board of Directors of The Heritage in January. He brings with him an impressive history of the Hinds family's four-generation involvement and interest in The Heritage.



It started with Scott's grandmother, Saretta B. Hinds, who was on the Board of Managers for many years. I'm not sure any of us knows that our cottage was named the Saretta B. Hinds Cottage when it was reconstructed in 1957 in her memory. The work was done with gifts from the Barrett and Margaret Hinds Foundation.

In 1959, The Ladies Protection and Relief Society merged with the Crocker Old People's Home. At the time, Scott's father, Captain Barrett Hinds, was President of the Board of Trustees. The Board (luckily) decided they needed a new name for the combined organization. After considering over 100, they voted on Captain Hinds' suggestion, The Heritage.

One day in 2007, when The Hinds Foundation was having a meeting in the McGinley Room, Scott's brother, Peter, commented how important it is for residents in a community like ours to be able to get out on excursions. And the idea for Out and About came into being. They coordinated with Marla Hastings on the work.

The family felt proper transportation was needed for these excursions. They decided that The Hinds Foundation would donate a van that would accommodate seven passengers with space for a wheelchair. They chose a Mercedes Sprinter, which was purchased in Chicago, and then sent to Elkhorn, Indiana, where it had to be specially outfitted. Scott and his wife, Nancy, volunteered to drive it back and personally deliver it to the residents. They flew to Elkhorn, and on the return trip arranged their stops so that they could play golf along the way. On Friday, March 16, 2007, the Hinds and the van were greeted in the parking lot followed by a reception in Morgan Hall.

Out and About was first funded by The Hinds Family Foundation, and the Foundation has continued to support the excursions from income generated by the Foundation.

In February 2009, The Hinds Foundation took another step to make life at The Heritage better by funding the installation of the wireless internet network.



A further contribution to The Heritage was made by Peter who donated his favorite painting, which is by a Dutch painter and hangs over the fireplace in the Stucky Library.



We have all benefited by the Hindes family's largesse and continuing interest in The Heritage. Now Scott is joining the Board to help the community as it faces the present challenges of continuing care communities.

*Martha Nell Beatty*

## **OBITUARIES**

by Aggie Hoff

One thing is for certain – we will all die – be we lawyers or vegans. Because I am the healthiest person I know, having a hangnail is enough to send me into thoughts of my mortality.

Recently, I broke my arm and shoulder in a bike crash. Too much time on my hands has led me a step beyond morbid thoughts. I have taken up reading the obits. This has given me an utter inferiority complex. It seems as if not a single person has departed this world, who was not dearly loved and fondly remembered.

I pray that my favorite correspondent from traffic court will not be asked to add his two cents' worth when my time comes. Describing me as a "Fascist terrorist cross-dressed in the cloak of justice" might jolt the average reader's sensibilities. I think I even prefer that my obituary include the graffiti from the bathroom wall at the Hall of Justice, which read "Judge Hoff, Jesus Loves You, But The Rest Of Us Think You Are An Asshole."

The sanitized obituaries in the newspapers aren't nearly as much fun as the things people blurt out before they put their brain in gear at memorial services. Not long ago, I attended a gathering, bringing together those who knew my first husband, the father of my children. An elderly gentleman approached my youngest son, whom he had not met before. He introduced himself, shook hands and declared, "Your father was a real S.O.B., you know!" Though my son smiled and quietly replied, "I know," my children chose to leave that line out of their father's obit.

I must confess that over the years I've had occasion to help compose the obituaries of friends who have died and that I have been at a loss as to how to capture certain quirks of the departed.

My friend Claire lived out the final eight years of her life at St. Anne's Home for the Aged. Oh, how she hated that name inscribed over the front door of

her residence. She was feisty until the day she died at eighty-one, and she never came to terms with being “aged.” She locked horns with St. Anne’s administrators over dietary requirements, her ability to come and go as she wished, and numerous other concerns. Should Claire’s obituary have read, “She never aged?”

Or how might I have captured the time she was summoned to a meeting with the nun in charge, Sister Peter Rose and her assistant, Sister James, which was a quintessential Claire moment? Claire called me late one afternoon, beseeching me to accompany her to what she termed the inquisition. “They want to throw me out of this dump,” she said. No amount of cross-examination on my part gave me a clue as to the possible cause for Claire’s threatened expulsion. I showed up for the meeting to lend my friend moral support.

“The State Accreditation people are coming to inspect St. Anne’s next week,” Sr. Peter Rose informed us.

“You must get rid of the newspapers before then,” Sr. James added, looking expectantly at Claire.

Claire sat solemnly in an overstuffed chair, facing Sister Peter Rose’s desk but said nothing. The chair just about swallowed up Claire’s tiny frame, and her feet dangled a few inches above the floor.

“What’s this about newspapers, Claire?” I asked, utterly mystified by the conversation.

“There are piles of Chronicles all over Claire’s room,” Sister James told me. “We couldn’t get a gurney in there if it became necessary.”

“The rules are very strict about gurney access to residents’ beds,” Sister Peter Rose added.

“Why on earth are you saving all those Chronicles, Claire?” I laughed.

Claire, who had been fighting diabetes for sixty years, and was tickled pink when someone younger than she was predeceased her, gave us an impish grin and replied, “I haven’t had time to read the obits.”

Would schadenfreude – the perfect word for one who delights in someone else’s misery – have been an appropriate word to use in Claire’s obit? I settled for her having “fought diabetes for sixty years,” instead.

I suspect that most obituaries are composed by guilt-ridden folks, since no matter how they try to treat the nearly-departed with compassion, there’s always something left undone at the time of someone’s death.

Claire and I had a long-standing deal that she would call me when she felt her death to be imminent. She had fought the good fight against diabetes during all of her adult life, adhering to strict dietary requirements. It was her dream, before she died, to have a giant hot fudge sundae with nuts, whipped cream and not one, but three cherries on top.

She called me one evening around 8:30, and all she said was, "It's time for my hot fudge sundae." "Do you want it right now, Claire?" I asked. "No, I've got too much to do to enjoy it tonight. Bring it in the morning," she instructed.

The next morning, I was at Mitchell's Ice Cream at eleven on the dot, right when they opened. I ordered the sundae made with three scoops, one each of chocolate, coffee and vanilla, per Claire's instructions, not forgetting about the three cherries. The clerk gave me a quizzical look when he heard about the cherries, so I explained. "It's the last request of a dying eighty-one-year-old diabetic friend, who hasn't eaten ice cream in sixty years." "It's on me," the clerk smiled. "There is no charge."

I drove across town to St. Anne's as fast as I could, to keep the ice cream from melting. When I reached St. Anne's and signed in at the front desk, writing Claire's name in the column marked "Person You Are Visiting," the nun manning Reception looked up and said quietly, "Claire passed away during the night, dear."

I hope those who read Claire's obituary smiled when they came to the line, "In lieu of flowers, please savor a hot fudge sundae with three cherries on top."

## **Bringing History to the Present**

At least 17 years ago, the basement was a dank, dark place. The mailbox area was lit by hanging light bulbs. A resident committee was formed that requested new lighting and the opportunity to design a bulletin board opposite the mailboxes. And so it came to pass.

Flourescent lighting was installed, and a multi-paneled bulletin board was put in place. The committee designed a purpose for each section. The first section, closest to the elevator, was an open forum on which residents were encouraged to post notices, opinions, jokes, even political messages or cartoons, as long as they were in good taste. They were permitted to remain for one week.

The bulletin board has fallen into general disuse, except for an occasional obituary. I propose that we make a conscious effort to bring this board to life. The original rules for its use are still posted there. If you need help preparing your material, especially to put it in large print, please let me know. Make it a habit to watch the board for new postings.

*Margaret Jacobs*





Jane Brymner	2/02	Ivy Lee	2/10
Mary Roper	2/04	Steve Swietlicki	2/12
Jane Standing	2/06	Flora Zagorites	2/16
Katie Loo	2/09		

Birthdays will be celebrated on Friday, February 14.

## WEEKLY ACTIVITIES

Art with Yvette	9:30am	M, Th	A&CR
Tai Chi	10:00 am	M	FC
Chair Aerobics	9:15	M, F	FC
Second Friday	9:00 am		FC
Sit and Be Fit	9:15 am	W	FC
Backgammon	10:30 am	W	BCM
Walking for Health	1:30 pm	W	Porter Lib
Balance Class	11:45 am	M, T, Th, F	1 Fl Perry
Ann Rieger-Matthews Stretch	10:00 am	T	FC
Second Session	11:00 am	T	FC
OUT & ABOUT		T	Porter Lib
Yoga Basics	9:30 am	Th	FC
Chair Yoga	10:45 am	Th	FC
Meditation	1:00 pm	Th	Chapel
Tech Support with Tess	1:30 pm	Th	BCM
Chair Pilates	11:00 am	Sa	FC
Saturday Shorts	3:00 pm	Sa	BCM
Saturday Movies	7:15 pm	Sa	BCM
Episcopal Eucharist	10:30 am	Su	Cedar Rm
Sunday Matinee	1:30 pm	Su	FH
Coffee Time	3:00 pm	daily	Dining Rm

\* No exercise classes on Monday, February 17. There will be a makeup Tai Chi class on Wednesday, February 19.

## PRESIDENT'S CORNER

Fellow residents, Eleanor and I recently returned from visiting family in Ho Chi Minh City and received a very warm welcome home. Thank you. We feel very fortunate to be part of our wonderful community. I learned about the work done in the garden while we were gone and took the opportunity to look at the new fencing, lighting and plantings. It all looks terrific. The number of buds waiting to bloom is very exciting. We are all so fortunate to have access to that wonderful space. The integration with the new Octavia property has been done very well.

On a table near the back of the dining room hallway is a binder with lists of 2020 committees. Please review it and if there is any committee that appeals to you, please sign up for it. We need active participants. There are some committees with no or low interest. The executive committee will review the list before our next resident Council meeting to see if some can be combined or done away with. Your input is very much appreciated. (berniebuke@comcast.net).

The Morgan lobby area and bathrooms are up for renovation this year. The bathrooms are very old and need modernizing. Some of the lobby furniture is worn and in some cases too low, or too deep. The lamps have all been updated with new shades and finials.

Eleanor and I are sorry we missed the Japanese New Year party. Reports are that it was a wonderful dinner and party.

If you have any suggestions for new books for the library, please do not hesitate to let the Library Committee know.

If anyone finds the missing 3rd floor coffee maker, housekeeping would be very happy. We wish you all a very Happy Lunar New Year.

Also, don't forget to wear your pendant, especially in your apartment.

*BernieBurke*

**Mardi Gras** is French for "Fat Tuesday", reflecting the practice of the last night of eating rich, fatty foods before the ritual fasting of the Lenten season. In England, where the event is also known as Pancake Tuesday, festivities include flapjack-related activities. The pancake race held by women in Olney, Buckinghamshire, dates back to 1445. Legend says that the idea started when a woman cooking pancakes lost track of the time. When she heard the church bells ring, she rushed out the door to attend the shriving service while still wearing her apron and holding a skillet containing a pancake.

*I think that I may say that an American has not seen the United States until he has seen Mardi Gras in New Orleans. –Mark Twain*

## **HERITAGE HISTORY: The Legacy of Edward Benedict**

This dive into the archives has been sparked by the arrival of new resident Yvonne Benedict, a.k.a Mrs. Edward Benedict, the widow of a former Administrator (chief executive) of The Heritage from 1984-91. During his tenure as the administrative head of the house, Edward Benedict was cited by the Board of Managers for his very effective management during and after the 1989 earthquake.

In Ed Benedict's time there were two governing boards: the all-female Board of Managers who were responsible for the management of the house, including personnel, and the all-male Board of Trustees who kept a close eye on fiscal management. They were merged into a single Board of Directors in 1999.

When Benedict was hired in 1984 as Administrator; Marla Long was his assistant, best known and fondly remembered by many of today's Heritage residents as Marla Hastings. After Benedict's retirement in 1991, his successor as Administrator was Barbara Cox (later Barbara Cox McGinley). Marla moved on to become Administrator of Aldersly, a retirement community in Marin, later returning to The Heritage until her own retirement five years ago.

The late Edward Benedict was a gift that keeps on giving—his effective management legacy, and now his wife!

\* \* \* \* \*

The very detailed minutes from Board of Managers meetings are maintained in bound volumes in a glass cabinet at the south end of the Heritage Library. They are an excellent resource for researching Heritage history, and at times a fascinating, and sometimes amusing, read. Where else might I have discovered that a guard had once been hired to keep a homeless man from sleeping on the compost pile behind the stone cottage?

In one of my previous lives, I was Assistant Corporate Secretary, a legal officer of a major corporation in San Francisco. Company philosophy at the time was the less said in minutes, the better—they only wanted to see conclusions, preferably stated in one sentence! I, for one, am very grateful for the usually detailed Heritage meeting minutes as they are not only a rich and interesting historical resource, but often a fascinating read as well.

*Jean Fowler*

## 2020 New Year Resolutions

Starting a new year with goals to make life fuller and more meaningful is a worthwhile endeavor. Many of my students express a desire to improve their balance and agility. Band and Strength class on Tuesday mornings is designed to help students improve their balance and agility with a relatively easy workout that incorporates the whole body. Everything from your head to your toes, gets involved in the training. We use exercises that strengthen your feet and ankles so you will have better control of your feet. Leg strength is essential to helping you get up out of chairs or walk long distances with less fatigue. Band and Strength class focuses on building strong arms, not only for a firmer look but to help you hold onto stair rails or pull yourself up. We work on fast twitch muscle fibers to speed up your response time and quicken your walk. Tai Chi is used to improve your agility. The focus of the class is to improve your balance through weights, bands, ballet, Tai Chi, physical therapy exercises, and range of motion work. Come join us! It's a fun work-out that I think makes a difference, no matter what level of exercise you currently do.

Details about the class: Band and Strength class is appropriate for anyone because I will help you to modify your workout to fit your needs and any medical limitations. There are two classes on Tuesday morning, one at 10:00 am and the other at 11:00 am. We meet in the fitness room in the basement. The first class does not have music for those who would like to work out in a quieter atmosphere and the second class includes music. What is the proper attire? Wear whatever you would like, something comfortable to move in. (I wear jeans, so students don't feel compelled to have a particular outfit.) Shoes should be non-slip and should not fall off your feet easily (if possible, understanding that foot conditions sometimes dictate what's on our feet).

The classes are 45 minutes long with a very short break for water after the first 30 minutes. Everyone has a chair to sit in or use as support as needed. Band and Strength class is fine to join as a new student, there are no prerequisites or experience needed. The class is easy and effective.

*Ann Rieger-Matthews*



"A bear, however hard he tries, grows tubby without exercise."  
— A.A. Milne, Winnie-the-Pooh

## FEBRUARY SPECIAL EVENTS

Watch the Super Bowl	Sun Feb 2	3:30 pm	McGinley Rm
Book Club	Mon Feb 3	11:00 am	Stucky Lib
Tigges Jewelry	Mon Feb 3	1:00 pm	Morgan Hall
Sing-Along with Phil	Wed Feb 5	3:00 pm	Friendship Hall
Jane's Birthday Party	Thu Feb 6	2:30 pm	Morgan Hall
Catholic Mass	Fri Feb 7	10:30 am	Chapel
Stuart Hall Students	Tue Feb 11	10:15 am	Friendship Hall
Bridge Class	Wed Feb 1	1:00 pm	Fitness Center
Super Food Demo	Wed Feb 12	2:30 pm	Friendship Hall
Grief Support Group	Thu Feb 13	3:00 pm	Friendship Hall
Ian Scarfe Concert	Thu Feb 13	7:15 pm	Morgan Hall
Residents' Council	Fri Feb 14	9:30 am	Dining Room
Sweets and Treats Party	Fri Feb 14	2:30 pm	Morgan Hall
Birthday Celebration	Fri Feb 14	5:15 pm	Morgan Hall
Jason Myers	Tue Feb 18	3:30 pm	Friendship Hall
Sing-Along with Phil	Wed Feb 19	3:00 pm	Friendship Hall
Chinese New Year Dinner	Wed Feb 19		
Leong Lion Dancers		5:30 pm	Dining Room
Community Music Concert	Sun Feb 23	3:00 pm	Friendship Hall
Gustavo Romero Concert	Mon Feb 24	3:00 pm	Morgan Hall
Mardi Gras Party	Tue Feb 35	2:30 pm	Morgan Hall
Ash Wednesday Service	Wed Feb 26	TBA	Chapel
Bridge Class	Wed Feb 26	1:00 pm	Fitness Center
Tubercuclosis & Lung Health	Thu Feb 27	3:00 pm	Friendship Hall
Card Bingo	Thu Feb 27	7:15 pm	Friendship Hall