



# Heritage Happenings

SEPTEMBER 2019

## Celebrate Labor Day

Monday, September 2

with a BBQ lunch and The Moonglow Trio  
3:00 pm in Morgan Hall



## HOSPICE OR COMFORT CARE?

Rescheduled for Tuesday, September 3, at 3:00 pm in the Fitness Center  
Bring your questions for Karina, Cindy and Sandra.

## All San Francisco Concert

Thursday, September 5

Those who have signed up for this SF Symphony concert at Davies Hall,  
meet at 7:00 pm in the Porter Library.



## Meet and Greet with Leif Dautch, Candidate for SF District Attorney

Friday, September 6, at 3:00 pm  
in the Stucky Library

## History of California Wines and A Wine Tasting!

Thursday, September 12, at 3:00 pm in the Fitness Center

Presenters: Colin Johnson, PhD, Professor of Hospitality and  
Tourism Management at SF State University and  
Dave Chambers, wine merchant



**HEARING AND SPEECH CENTER**

a non-profit clinic, school & community

## Presents: Age-Related Hearing Loss

By Clinical Practice Manager, Jessie Johnson  
Monday, September 16, at 3:00 pm in the Fitness Center



## A Happy Hour Honoring Doris Howard

Thursday, September 19, at 3:30 pm in Morgan Hall

On behalf of the staff and residents at The Heritage, we will take this opportunity to thank Doris Howard for all her contributions, organization, commitment, time, planning and coordinating of our weekly *Out and About* Program for the past 10 years! Come one and all to show your appreciation.

## Francisco Street Open Doors

September 20, 1:00 – 4:00 pm

## Autumn Piano Recital by Ian Scarfe

Monday, September 23, at 7:15 pm in Morgan Hall

He will perform classical favorites by Mozart, Schubert and Chopin.



## Annual Dinner with the Board of Directors

Wednesday, September 25

5:15 pm cocktail hour in Morgan Hall

6:00 pm Dinner



## Coffee and Conversation with Chesa Boudin

### Candidate for SF District Attorney

Friday, September 27, at 3:00 pm in the Stucky Library

## One City, One Book

For 15 years, the San Francisco Public Library has chosen a book for the whole San Francisco community to read at the same time. This year's selection is *There There* by Tommy Orange.

*There There* tells the story of Native Americans living in Oakland and depicts a compelling, heartbreaking and urgently real landscape of the Native experience in the Bay Area, from the past to present day. This engaging read grapples with complex and painful histories of 12 characters from Native communities. As the characters each make their individual journeys to the Big Oakland Powwow, they discover truths about themselves—and eventually each other—long buried but ready to be brought into the light.

Throughout October and November, there will be many events at the Main Library and a city-wide celebration of First Person heritage and the 50th anniversary of the Alcatraz uprising.

## **Worxhub: An Improved Way for Placing Maintenance and Housekeeping Requests**

Heritage on the Marina has launched a new maintenance management system by the name of *Worxhub*. Designed specifically for senior living communities, this computer program assists residents in placing electronic requests to Housekeeping and Maintenance departments. This will allow each department staff person to manage and stay on top of tasks from their own computer or tablet.

The Worxhub system will soon be available to all residents at Heritage on the Marina. If you do not have a computer, the paper requests will still be available. This program will make tracking the requests more efficient.

A training session in the use of Worxhub will be announced for mid-September., and will be conducted by Brandon Maderios from Maintenance. Watch the TV channel 998 (Touchtown) for the date.

Janet

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## **Cottage Day Program**

Have you visited the Cottage Day Program? If not, you should think about it as an opportunity to have some fun, rather than watch TV. There is a misconception about the Cottage Program: that it is centered only on memory care. Not so! It is an expansion. Do daily activities that will be of interest to you. Starting at 9:30, Monday to Friday, there is morning stretch followed by history or current events. There is gardening, art, flower arranging, board games, music, movies and many other activities. A favorite is the day they finish at 4:00 pm with meditation and massage. Don't miss out on a good thing.

Tony

## **Learn to Play Backgammon**

Every Wednesday, beginning on September 4, at 10:30 am  
in the McGinley Room

Pat Rush and Martha Torres are experienced backgammon players and would like to teach interested residents how to play. There is a sign-up sheet in the dining room.

Backgammon is one of the world's oldest known board Games, with roots in the Roman Empire. After a lengthy tour of the game through the Middle East and Asia, it showed up in England in the 16th century.



## A Couple and Their Dog

A brief furor erupted recently when Pat Rush and Martha Torres moved into the Perry Building - they brought their dog with them!

Bella, a beautiful and beautifully-behaved cocker spaniel is probably the first dog ever to live in the Perry Building and she is here only temporarily. As soon as the Octavia Street apartments are ready for occupancy, Bella and her owners will move there.



Pat and Martha both have interesting backgrounds. Pat was born in Chicago and immediately adopted. Four years later when his adopted father died, he was adopted by another couple who moved to La Mirada, California, where Pat experienced a normal childhood.

Then ensued a series of jobs including two years in the Marine Corps, stints working as a "mud hop" and a teletype operator for the Santa Fe Railroad, a job rowing tourists around Tom Sawyer's Island at Disneyland disguised as an Indian, (Blackfoot Tribe) and several sales jobs.

Fortunately he was offered a job selling cable. eventually becoming National Sales Manager, Electronics Division, of the Carol Cable Co. At a point when Pat tired of the traveling the job involved, his boss sold him his contract and Pat was able to establish his own business and run it successfully until he was ready to sell it to his employees and retire.

Martha was born in East Los Angeles the fourth of five daughters to parents who taught their children to be hardworking and honest. Martha spoke Spanish before she spoke English and is the only one of her sisters who went to college. When she was ten years old Martha, with other children, was invited by a group called Project Open Future to spend the summer at Claremont College in the hope that exposure to the college atmosphere and life would inspire them to go to college. Very quickly she was being urged to attend the Westridge School for Girls in Pasadena where she could receive a much better education than in a public school. So at the age of ten Martha left home and moved to Pasadena. Upon graduation from Westridge she received a full scholarship to USC, where she earned a degree in Spanish and Sociology.

Martha's first job was helping to hire personnel for the new Bonaventure Hotel in Los Angeles. After eighteen months the hotel transferred her to the St. Francis Hotel in San Francisco where she was Employment Manager. After two years of strenuous work and long hours she took a job as Office Manager for a dentist. Then Martha and Pat met - at an Indonesian cooking class at the San Francisco Bay Club. Their first date was for coffee at Pier 21 to which they traveled on Pat's scooter! They married and soon moved to San Luis Obispo, intending to spend the rest of their lives there. But when Martha began investigating retirement communities she found none that fit their needs outside of San Francisco. Being familiar with The Heritage, she contacted Janet, investigated The Heritage and here they are.

Martha and Pat are presently living in Apartment 403 in Perry. They are busy getting acquainted with other residents and preparing for their move to their Octavia Street Apartment. We will miss them when they move.

*Katherine Conley*

## **Dogs Tap Into Mother Love**

Oxytocin is a brain chemical that is all about bonding. When a mother spends time with a baby, oxytocin flows in the brain, creating a strong emotional bond between the mother and child. New research shows that when our canine pals stare into our eyes, they activate the same hormonal response that bonds us to human infants. The study—the first to show this hormonal bonding effect between humans and another species—may help explain how dogs became our companions thousands of years ago.

"It's an incredible finding that suggests that dogs have hijacked the human bonding system," says Brian Hare, an expert on canine cognition at Duke University in Durham, North Carolina. Hare says the discovery might lead to a better understanding of why service dogs are so helpful for people with autism and post-traumatic stress disorder. "A finding of this magnitude will need to be replicated because it potentially has such far-reaching implications."

Dogs are already renowned for their ability to interact with humans. It's not just the walks and the Frisbee catching; canines seem to understand us in a way that no other animal does. Point at an object, for example, and a dog will look at where you're pointing—an intuitive reading of our intentions ("I'm trying to show you something") that confounds our closest relatives: chimpanzees. People and dogs also look into each other's eyes while interacting—a sign of understanding and affection that dogs' closest relatives, wolves, interpret as hostility.

## Revisiting Heritage History

Viewing the new Heritage website ([www.heritageonthemarina.org](http://www.heritageonthemarina.org)), has rekindled my fascination with our history. Last month I wrote about Horace Hawes' gift of property for our first permanent home. Hawes' portrait is one of three that grace the Morgan stairwell wall. Who are the two ladies? Read on! Herewith I begin an occasional series of tidbits about our history and invite others to bring me questions or subjects to research further.

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In the early 1950s, The Heritage, a.k.a. The San Francisco Ladies Protection and Relief Society, entered into discussions with another early charitable organization: The Crocker Old People's Home. The purpose: to explore a possible merger in order to establish a larger co-ed home for the elderly.

In 1875, Mrs. Charles Nelson (Meta Clausen) and her sister Mrs. Seabury Peterson (Marie Christine Clausen), wives of two Danish sea captains whose homeport was San Francisco, were concerned about the plight of aging folks without families in their "sunset years". Like the Ladies Protection and Relief Society, they raised funds to establish a home for their constituents. The first home was leased space on Francisco Street between Powell and Stockton. When by 1884 they had outgrown this space Mrs. Charles Crocker was prevailed upon for funding as well as a lot at the corner of Pine and Pierce Streets for a new facility; it was named the Crocker Old People's Home to honor the memory of her late husband. However, by the late 1940s, this building was condemned by the Fire Department because it was suffering from structural issues.



(Eleanor Burke drawing)

There was synergy between these two organizations with similar origins, and many of the same original funders. In 1954 they negotiated a merger and hired architect Warren Perry, emeritus head of the Department of Architecture at the University of California, Berkeley, to build an addition that could accommodate the residents of both communities. In November 1957, 67 residents from the Crocker Old People's Home moved into the expanded—now coed—space at 3400 Laguna Street. Much of the furniture from the Crocker Home living room came too, including the two tables in the Morgan entry hall which were remodeled to fit around the pillars. And so, too, came the portraits of Crocker Home founders Marie Christine Clausen Peterson and Meta Clausen Nelson who keep company on the Morgan staircase with Horace Hawes (see history story in August *Happenings*). Portraits of Charles and Mary Deming Crocker appear in the hall around the corner at the bottom of the staircase.

Jean Fowler



Dick Karrenbrock	9/06	Nancy Stent	9/22
Barbara Anderson	9/10	Mary Liz Harris	9/24
Marcia Forman	9/14	Gloria Learned	9/25

This month's birthdays will be celebrated on Friday, September 13, at 5:15 pm in Morgan Hall. Sing-along around the piano begins at 5:30.

## MOVIES IN SEPTEMBER

All movies are shown on Saturday at 7:15 pm in the McGinley Room.

<b>INGRID BERGMAN, IN HER OWN WORDS</b> (2015)	Sept 7
A captivating look behind the scenes of the remarkable life of a young Swedish girl who became one of the most celebrated actresses of American and World cinema. Stars: Ingrid Bergman, Alicia Vikander, Pia Lindström	
<b>California Suite</b> (1978)	Sept 14
Misadventures of four groups of guests at the Beverly Hills Hotel. Stars: Jane Fonda, Alan Alda, Maggie Smith	
<b>The English Patient</b> (1996)	Sept 21
At the close of WWII, a young nurse tends to a badly-burned plane crash victim. His past is shown in flashbacks, revealing an involvement in a fateful love affair. Stars: Ralph Fiennes, Juliette Binoche, Willem Dafoe	
<b>White Crow</b> (2019)	Sept 28
The story of Rudolf Nureyev's defection to the West. Stars: Oleg Ivenko, Ralph Fiennes, Louis Hofmann	

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There are resident volunteers who will take clothing and other items to Goodwill on the third Wednesday of each month.  
Please phone Eleanor Bissell: 628-223-3558 or Doris Howard: 415-567-5609 when you have items to donate.  
Clothing must be clean, folded and in a bag.

Starting September 1, Gail Lindlow and Carm Arburua will be the point of contact for planning and coordinating the weekly *Out & About* Tuesday trips. All residents who enjoy these outings are grateful to them for stepping into this role. Suggestions for destinations are always welcome.

## THE GHOST RIDER

The old rusty freighter, loaded with containers, sounded its horn as it passed under the Golden Gate Bridge. I saw its name, Obake Noruhito, across its bow as I pedaled across from San Francisco to Marin at sunrise. Curious about the Japanese name, I later asked a friend to translate. She told me that the closest she could come to it in English would be The Ghost Rider. As I continued on, winding my way down the bike path towards Ft. Baker, a biker was heading the opposite way on the 12% grade. As we passed each other, I saw his sinewy muscles straining to make the hill. He gave me a cheery good morning as we passed, and I noticed that he was very old. His face wrinkled by time appeared chiseled, and from under his helmet a shock of gray hair protruded, emphasizing his steel-blue eyes. His smile indicated that he was at peace with the world, and his greeting cheered me. Fewer and fewer riders bother to say hello to me; sometimes I think I am becoming invisible, as my own hair turns gray, and the age gap widens between most riders and me.

After breakfast in Sausalito, I headed back towards the bridge and home. Halfway up the hill I noticed the same old man, again pedaling towards the crest. "Where are you headed?" I asked as I pulled alongside. "I am going up and down the hill to train for a trip across the Pyrenees in the spring," he replied. "I have trouble getting up the hill just once in a day, yet alone going up and down it for hours," I said with admiration. "It's simple," he said. "Never look up to see how much farther you have to go, and put out of your mind any idea that you can get off." He paused, "Besides, it's the journey that counts..." We rode together to the top and he told me he was 82 and had been riding bikes all his life. I wished him luck on his upcoming trip, and his eyes sparkled as he wheeled around to go back down the hill and start again.

The old man rode with me now and then in my imagination. I found hills easier to pedal when I didn't look up or think about getting off. Most of all, I just enjoyed the journeys. I wondered if he had made it across the Pyrenees. Three years later, I saw him again. He was lying on his back on the pavement, close to the top of the hill, on the same path where we had met. A Highway Patrol car shielded his body, and a couple of people had stopped to help. The old man was lying still, his eyes closed. There was a smile on his face. I did not stop to ask what had happened because it came to me with absolute certainty that his journey had come to an end.

Continued on the next page

Is there a special heaven for bikers? If so, I hope to go there someday because for sure the old man is there. If there is no such place, I hope he had been headed downhill, enjoying the ride when he died.

As I rode onto the bridge, a blanket of fog rolled through the Golden Gate. A fog horn sounded its mournful lament. The mists swirled just over the surface of the bay and the outline of a ship appeared. I could barely make out the words "Obake Noruhito" on its hull before the fog enveloped The Ghost Rider once again.

*Aggie Hoff*

## **OPEN DOORS ON FRANCISCO STREET SEPTEMBER 20**

Some things will change for the Open Doors on Francisco Street because of the logistical difficulty of getting in and out of our elevator and down our narrow hallways.

1. To make visiting our apartments work smoothly, we will have timed tickets. They will be issued for specific times—six residents (with one walker) every 20 minutes.
2. And we will expand the hours from 1:00 to 4:00pm.
3. Tickets, which will be \$10, will be sold at the Front Desk starting on Monday, September 9.
4. If there are any tickets remaining, they will be sold the day of the event starting at 1:00 pm in the Porter Library.

There are eight residents who have already bought tickets for the three events. The front office will contact them before the 9th so that they can have the chance to get their tickets first. Ticket holders, who don't mind two flights of stairs, will also be able to enter through the front door of 1530. Serving tables will be set up in the Porter Garden for the reception. We will be serving wine, iced tea and snacks.

We Francisco Street residents look forward to welcoming you. We only hope that our event on September 20 will be as successful as the previous two.

*Martha Nell Beatty*

"Patience is the calm acceptance that things can happen in a different order than the one you have in mind" David Allen

## PRESIDENT'S CORNER

What another great month we had in August! Drawings of New York neighborhoods by Eleanor Burke in the Tony Lawrence Gallery on the 2nd floor. Check it out. The National Senior Citizen Day bingo in Morgan Hall, organized by our creative activities group—an outstanding event. Beach Blanket Babylon before it will close in December. This is a great place to live. Speaking of National Holidays for September, there are too many food holidays, but on September 6 are National Coffee Ice Cream Day and September 12, National Chocolate Milk Shake Day.

We celebrate California's 169th anniversary of admission to the Union on September 9th.

Coming up on September 20 is our last Open Door event at the Francisco Flats. Don't forget to get your ticket.

Do you think Friendship Hall will be finished this month? Can Martha and Patrick and Bella finally move into their Octavia flat? Will Laguna Street paving be finished?

Don't forget to return those library books when you are finished.

Before I move on to more serious discussions, I want to pass on this instruction to you. "If your eyes hurt after you drink coffee, you should have taken the spoon out of the cup."

We lost a good friend, Jack Merrill, last month. While we will miss him, we know that he is working out daily in Heaven's Olympic Club.

Take care of your neighbor and take care of our home. Remember two things: GET an ADVOCATE and BECOME DEPENDENT on your PENDANT.

Tony

### ***By Request***

3:00 – 4:00 pm on Sundays

The *Reading Aloud* program, previously held on the last Sunday of the month, has morphed into a variety program called *By Request*. Those of us with free time on Sunday afternoons are gathering in the McGinley Room to request a favorite singer or music performance, watch movie excerpts, read some favorite poetry, or just enjoy what may be presented or the sharing of memories. The computer is hooked up to the TV and with my favorite site – **youtube** - available to fulfill most of your requests. Join us.

. "In the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed." ~ Khalil Gibran

## WEEKLY ACTIVITIES

Art with Yvette	9:30am	M, Th	A&CR
Tai Chi	10:00 am	M	FC
Handcrafts Group	2:00 pm	M	MH
Chair Aerobics	9:15	M, F	FC
Second Friday	9:00 am		FC
Sit and Be Fit	9:15 am	W	FC
<b>Learn Backgammon</b>	<b>10:30 am</b>	<b>W</b>	<b>BCM</b>
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
<b>By Request</b>	<b>3:00 pm</b>	<b>Su</b>	<b>BCM</b>
Coffee Time	3:00 pm	daily	Dining Rm

## RELIGIOUS SERVICES



Episcopal Service of Holy Communion is celebrated every Sunday at 10:30 am in the Cedar Room in the Health Center. Everyone is welcome.

The Rev. Terry Davis celebrates Roman Catholic Mass on the first Friday of every month in the chapel at 10:30 am.

## SPECIAL EVENTS IN SEPTEMBER

Moonglow Trio	Mon	Sept 2	3:00 pm	Morgan Hall
Hospice vs Comfort Care	Tue	Sept 3	3:00 pm	Fitness Center
Sing-Along with Phil	Wed	Sept 4	3:00 pm	Morgan Hall
Catholic Mass	Fri	Sept 6	10:30 am	Chapel
Meet Leif Dautch	Fri	Sept 6	3:00 pm	Stucky Lib
Book Club	Mon	Sept 9	11:00 am	Stuckey Lib
Food Committee	Mon	Sept 9	1:30 pm	McGinley Rm
Bridge Class	Wed	Sept 11	1:00 pm	Fitness Center
History of Calif. Wine	Thu	Sept 12	3:00 pm	Fitness Center
Residents' Council	Fri	Sept 13	9:30 am	Dining Rm
Birthday Celebration	Fri	Sept 13	5:15 pm	Morgan Hall
Hearing Loss	Mon	Sept 16	3:00 pm	Fitness Center
Jason Myers	Tue	Sept 17	3:30 pm	Morgan Hall
Sing-Along with Phil	Wed	Sept 18	3:00 pm	Morgan Hall
Happy Hour for Doris	Thu	Sept 19	3:30 pm	Morgan Hall
Francisco Open Doors	Fri	Sept 20	1:00 pm	
Ian Scarfe Piano	Mon	Sept 23	7:15 pm	Morgan Hall
Jason Myers	Tue	Sept 24	3:30 pm	Morgan Hall
Bridge Class	Wed	Sept 25	1:00 pm	Fitness Center
Bd of Directors Dinner	Wed	Sept 25	5:15 pm	Morgan Hall
Card Bingo	Thu	Sept 26	7:15 pm	Fitness Center
Meet Chesa Boudin	Fri	Sept 27	3:00 pm	Stucky Lib

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