



Heritage Happenings

July 2023

Special Events

Highlights of events for July at Heritage on the Marina

Carolyn Jayne ~ Fourth of July Sing-Along

Tuesday, July 4 at 3:00 in Morgan Hall

Celebrate the holiday with songs, drinks & refreshments.

Jason Myers: "Seems Like Old Times" Sing-Along

Wednesday, July 5 at 3:00 in Friendship Hall

A favorite returns: Jason Myers, pianist and composer, brings his interpretations of popular music for listening and a sing-along.

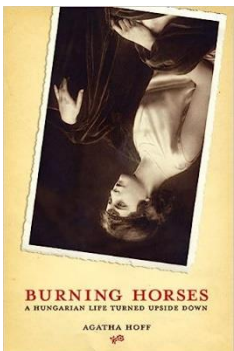


Resident Agatha Hoff reads from her book:

Burning Horses - A Hungarian Life Turned Upside Down

Monday, July 10 at 3:00 in Friendship Hall

This fictionalized account of real-life occurrences chronicles one woman's remarkable survival of the Hungarian Holocaust. Through the author's creative first-person telling of her mother's life—based on her mother's written and oral observations and her own childhood memories—a portrait of the excellent Eva Leopold.



Asian Art Presentation: Jade - Stone of Heaven

Thursday, July 13 at 3:00 in Friendship Hall (Virtual)

If you thought diamonds were forever, consider jade. This stone has been valued, revered, and imbued with meaning for millennia. Join us for a fascinating and beautiful exploration of jade, from its physical characteristics to its symbolic place in Asian cultures.





Maya Meska ~ Bastille Day Party

Friday, July 14 at 3:00 in Friendship Hall

Maya Meska sings a combination of jazz and French tunes



de Young Museum Presentation:

The Tudors: Art and Majesty in Renaissance England

Monday, July 17 at 3:00 in Friendship Hall

From Henry VIII to Elizabeth I, the monarchs of England's Tudor Dynasty have captured the public imagination for five hundred years. "The Tudors: Art and Majesty in Renaissance England" is the first major American exhibition of Tudor portraiture and decorative arts. Featuring paintings, sculptures, tapestries, and stained glass by some of the finest European craftspeople of the sixteenth century, this talk takes you back to the lavish court of the Tudors. It shows how the arts flourished under their patronage.



Stephen Camarota

Slide Presentation "Together Through the Years"

Wednesday, July 19 at 3:00 in Friendship Hall

Enjoy the photos of residents and activities taken over the years.



The Rev Thomas Nibbe:

"Spirit Care - Interdenominational Chat with Music"

Thursday, July 20 at 10:30 in Friendship Hall

The purpose of Spirit Care Ministry to Seniors is to serve the spiritual and emotional needs of the elderly living in long-term care. The ministry serves people of any religious background - or none at all.



Jay Greene, Attorney:

"Comprehensive Estate Planning"

Thursday, July 20 at 3:00 in Friendship Hall

Protect your legacy with expert legal solutions with a well-designed estate plan. Come with your questions!



Pianist Ian Scarfe

Monday, July 24 at 3:00 in Morgan Hall

Ian is a pianist and lives in San Francisco, where he enjoys juggling a performing career as a soloist and ensemble musician and teaching at the San Francisco Conservatory of Music.



Stephen Camarota ~ Happy Hour Sing-Along

Wednesday, July 26 at 3:00 in Friendship Hall

Karaoke theme "Singing through those lazy summer days".



Allen Isidro: Line Dancing Class

Monday, July 31 at 1:30 in Friendship Hall

Allen Isidro has taught this fun approach to low-impact exercise for years at senior centers. He will show a variety of musical forms that let you get lively, move confidently, and stay fit while enjoying yourself, eg country line, waltz, boogie, cha-cha, tango, rumba, and more!



Out & About Trip

Lindsay Wildlife Hospital in Walnut Creek

Tuesday, July 11, 11:30. Eat lunch in a local restaurant or bring lunch



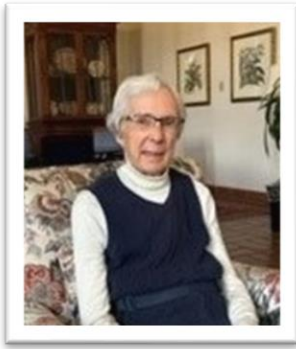
Lindsay Wildlife Rehabilitation Hospital is the first and one of the largest wildlife rehabilitation centers in the United States. It treats more than 5,500 injured and orphaned wild animals each year. The hospital is a pioneer in wildlife rehabilitation.



The hospital aims to provide the best medical and husbandry care to regional wild animals in need. Supervision takes place on-site and at the homes of trained volunteers. Approximately 350 volunteers donate 60,000 hours of service in the hospital each year.

Meet Margaret Missiaen

By Margaret Jacobs



Margaret (*née* Branham) finds it amusing that her mother was considered a geriatric pregnancy at age 38, requiring her and Margaret to go to Indianapolis to be close to an obstetrician. Her mother was a teacher in a small rural school and was Margaret's teacher for the 1st and 2nd grades.

Margaret graduated from Indiana University in Bloomington (60 miles from home), majoring in Political Science.

She then went into the Peace Corps and spent two years (1964-1966) in Senegal. She worked in a mother-child clinic where the nurses were willing to teach her the necessary medical skills, but she felt incompetent and sought other avenues of service. Teaching language, reading, and writing was not feasible because most women were illiterate. Instead, she and a coworker taught the women to sew. Electricity was unreliable, but the women could make their everyday clothing with a treadle sewing machine.

Margaret had studied French for several years at university, but, as she said, "The well-educated Senegalese who spoke French had very little tolerance for me trying to stumble through French, so I learned the local language which I loved."

In choosing a career, Margaret knew she had a strong interest in science and had received an award in biology. Still, in the 1950s, the options for women, particularly if not aggressive, were minimal. She also loved politics and was active in her university campaigns. She remembers with pride helping to elect the first African American president of the student body. She also was strongly influenced by President Kennedy, responding to the call to serve in the Peace Corps.

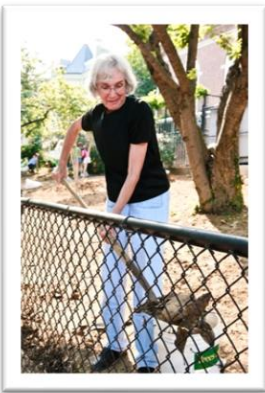
Home again after her service, not wanting to live in a small town, she went to Washington, DC, hoping to continue her interest in Africa. After a first job at the Library of Congress and a continuing search, she landed a job in the Department of Agriculture with the title of agricultural economist, working with an ethnic anthropologist who was doing a unique study on identify-

ing food preferences in African countries because the US was donating commodities that were not familiar to Africans. With multiple binders of every study that had been done on food preferences in Africa, and a report that was never issued, Margaret became an expert archivist, able to put her hands on any book that was required.

While living in Foggy Bottom in Washington DC, Margaret met her husband Ed, also an agricultural economist, and they found an apartment in Capitol Hill where the view from the bay windows was the back of the Supreme Court. This proximity to the Mall also gave her easy access to the protests she delighted to participate in.

In 1975 Margaret's husband, who had been in the Peace Corps in Colombia, was assigned to the embassy in Brazil, where Margaret enjoyed learning to speak Portuguese. Four years later, they returned to Washington. Margaret retired in 1996 after 23 years of service.

Margaret has two sons; one lives a few blocks from here, and the other with his family in Medford, Oregon. She has two granddaughters and two grandsons. Margaret and Ed had planned to move to Heritage on the Marina, but he died in January.



Margaret's interest in growing things began in childhood when she spent her summers helping her mother grow vegetables and put food by for the winter. In Senegal, she discovered that mint tea was the favorite drink, and she maintained a patch of mint. She set up a garden again in Brazil, and when they returned to Washington.

When Margaret retired, she volunteered at the US Botanic Garden and completed a certificate in horticulture. We read online that "She was widely known as the 'Tree Lady of Capitol Hill', was awarded a 2010 Community Achievement Award largely for her devotion to pruning and nurturing neighborhood trees." Also, "we read about how Margaret Missiaen became a "guerrilla gardener" and so much more on Capitol Hill beginning in 1995. Some 20 years later, she put down her trowel and relocated to San Francisco." Helen Jackson, a nearby homeowner, picked up that garden tool for a while and now places it in our hands. Guerrilla Gardeners of Washington DC is privileged to be the caretakers of this space and is naming it 'Margaret's Garden' as a tribute to her legacy."

In San Francisco, Margaret joined the Aquatic Park Senior Center, which has a plot at the Fort Mason Community Garden. They were looking for a caretaker for the garden plot. She said, "I was in the right place right time!"

Margaret and Ed were tireless in their contributions to their community. In 2007 Margaret and Ed were founding members of the Capitol Hill Village, a network of neighbors helping neighbors, where volunteers help older adults age comfortably in their own homes. Ed would do everything from changing light bulbs for folks to major projects.

Always adventurous, Margaret and Ed applied and were hired to be lighthouse keepers in Apostle Island National Lakeshore for one summer in northern Wisconsin. Living conditions were primitive but presented no problem because the skills they had developed camping and hiking all their married life made no plumbing and limited electricity no problem.

Margaret always appears ready for new things and is already engaged in many resident activities. You may find her in apartment 412P. Her phone number is (415) 515-8697; her email is margaretnissiaen@gmail.com.

This is a bare-bones description of Margaret's life. For a more detailed interview with her done by the Capitol Hill History Project in 2010, go to:

<https://www.capitolhillhistory.org/interviews/margaret-missiaen>

Heritage on the Marina Walking Group



Finally, A River Cruise

By Martha Nell Beatty

Ever since the winter of 2019, I had been no further than Sacramento. In the spring of 2020, my daughter and I had planned to take a Danube cruise. This was canceled due to Covid. We moved it forward to 2021. Again, it had to be canceled. Then again in 2022. Finally, in April 2023, we left for our river cruise on the *AmaPrima*. This time it was on the Main and Rhine Rivers. We added stays in Prague pre-cruise and Amsterdam post-cruise. As I traveled, I thought about the elements that drew me to travel.

Unique Experiences

A Foodie Walking Tour with stops at five dining venues in Old Prague.

Soaring in a gondola over vineyards with the Rhine in the background.



Sandwiches



Gondola

Food Beautiful Food

In hotels - the Almanac X Hotel in Prague restaurant has a chef who introduced Plant Forward, a dining concept featuring many plant-based foods. My favorite dishes were BBQ cabbage and catfish with radish and trout caviar.



The cuisine on board our ship was prepared by an Indonesian chef and served by our waiter from Kazakhstan. Asian flavors were introduced into more traditional dishes.



Waiter from Kazakhstan



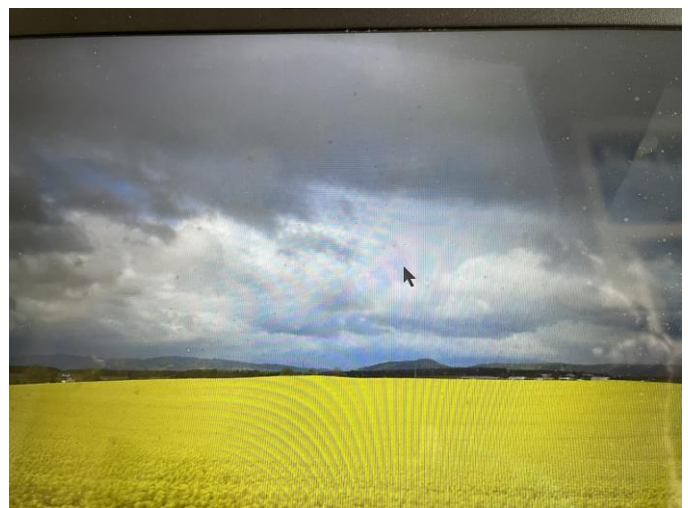
Horseradish panna cotta with smoked trout and cucumber coulis

Scenery

The expected beauty of the tulip fields at Keukenhof, outside Amsterdam, where 7,000 bulbs are planted every year



Tulips



Canola field

The Cultural Institutions

This time in Amsterdam, it was not the Rembrandts that beckoned at the Rijksmuseum but the Vermeer show, which had twenty-eight of his thirty-four extant paintings. Over 4,300 people a day for five months visited the exhibit. The nearby Van Gogh Museum certainly did not lack customers. Glad so many appreciate art!



The unique character of places

Canals are a distinguishing characteristic of Amsterdam. But so are the swarms of bicycles on the city's streets. Perhaps with a sense of humor, an in-room amenity of our hotel, The Pulitzer, was the bicycle repair kit.



Canal in Amsterdam



Bicycle kit

A Better Understanding of the History of a Place

We had never been to a concentration camp or heard of Terezin outside Prague. With our guide, we spent a morning at the camp. Although it only served as a way station to the extermination camps, many died of starvation and disease.

Above its entrance, as in most Nazi camps, are the cruel words, "Work Makes Us Free," which offered false hope.



Camp entrance

On the wall of Terezin are poems written by children who were being held. One tells a poignant story:

*A little garden
Fragrant and full of roses
The path is narrow
And a little boy walks along it.*

*A little boy
Like that growing blossom
When the blossom comes to bloom
The little boy will be no more.*

Travel is many things...

All The Beautiful Things. In the Garden

By Martha Nell Beatty



Not only does our Porter Garden look beautiful, but so does the Rose Fox Noll Garden, situated at the corner of Laguna and Francisco. The terraces at the Francisco end of the second, third and fourth-floor corridors of the Perry Building are also attractive spots. And the McGinley Room terrace is a delight. There is beauty surrounding us at Heritage on the Marina.

Recently Nancy Bryan, Deacon at St Mary the Virgin, donated a lavender plant in memory of Mary Charlotte Roper. Significant gifts for the garden have also been given in memory of Eleanor Burke and

Dominique Gaspar, who was a private patient in the Health Center. Camellia trees will be planted in the Porter Garden with funds from these donations.

We are used to crows swooping around Heritage. But the Porter Garden is home to a crow family. Every spring, the couple can be seen building their large nest. Lillemor Leichum has been a keen observer of the parents and then their two chicks. She spotted one of the chicks sitting on a branch soon after it was hatched while its parents went wild, flapping their wings and making a great commotion. Now, the chicks are flying around the garden without the parents being vigilant. The parents always fly purposefully, but the chicks seem to fly for fun.

Note: Never agitate a crow, for if they take a dislike to you, they will remember and hold a grudge against you and might even attack you.

We thank Marcia Forman and Kay Narron for the Porter and Rose Fox Noll Gardens and Paula Cornyn, Gene Graham, Kay Tim and Maureen Perron for the corridor and McGinley Room terraces.

The gardens and terraces are waiting for you to enjoy. And remember to admire the tiles on the Porter Garden wall, all made by residents using our now dormant kiln.

Five Ways To Boost Mental Health Now

From Sutter Health, edited by Trish Otstott and Theo Armour

With the unrelenting demands of dealing with aging - our mental and emotional well-being can take a back seat to other concerns. Mental health is an essential facet of overall wellness. Left unaddressed, mental health issues trigger other health problems, including diabetes, heart disease and stroke. Here are five things you can do to uplift your mental health.

1. Step Outside

Getting outside immediately shifts your perspective, bumps up your mood and gives your mind a break. Research has shown that spending just 20 minutes interacting with nature lowers levels of the stress hormone cortisol, lifts mood and improves our ability to focus. Why not walk around Porter Garden, enjoy the McGinley Terrace, or sit on the front lawn bench?

2. Find Gratitude

No matter what is happening in your life, practicing gratitude helps shift your focus away from negative thoughts. Stop what you are doing right now and think of one thing, big or small, that brings you a feeling of gratitude. It takes just a few seconds. Can you donate to the Employee Appreciation Fund, thank the garden committee, or donate a book to the library?

3. Talk to Someone

We are social beings, neurologically wired for connection. Feeling isolated can intensify anxiety and stress. Feeling connected to others is good for our mental and physical health. Why not chat with a staff member you do not know well or visit with a new Resident?

4. Get Moving

It is proven that exercise immediately transforms mood, reduces anxiety and depression, and improves cognitive functioning. Can you walk to Fort Mason, down Chestnut Street, or exercise in our fitness center?

5. Embrace Stillness

Mindfulness is a non-judgmental awareness of the present moment. It can be a powerful tool to lower stress, enhance mental functioning and improve mood. Do you ever meditate in the garden, sit quietly in the chapel, or simply listen to your favorite music?

Book Corner ~ New Acquisitions ~ June 2023

Pictures of a Gone City: Tech and the Dark Side of Prosperity in the San Francisco Bay Area (2018)

Richard A Walker

Living Joy: 9 Rules to Help You Rediscover and Live Joy Every Day (2020)

Chris Stefanick

Cutting for Stone (2005)

Abraham Verghese

Ethiopian-born physician Verghese sets his first novel in his native country. The book explores the lives of twin orphaned boys. There are descriptions of medical procedures and explorations of the human side of medical practices. It was on the New York Times bestseller list for two years when it came out. Verghese is currently practicing medicine at Stanford.

The Best Strangers in the World: Stories from a Life Spent Listening (2023)

Ari Shapiro

Shapiro is the host of NPR's *All Things*. In the book, which is both witty and poignant, he talks about the various people he has met in his career.

Beyond That, the Sea (2023)

Laura Spence-Ash

A novel written from eight points of view. This love story is about two families living in the UK and the States during World War II.

When We Cease to Understand the World (2020)

Labatut Benjamin

The author grapples with science's moral quandaries. In 2021, the book was shortlisted for the Booker Prize.

Asian American Matters: A New York Anthology (2021)

Asian American and Asian Research

A 50-year study of Asian American studies.

Sister Noon (2001)

Karen Joy Fowler

Based on historical facts, *Sister Noon* is about Lizzie Hayes, a member of the San Francisco elite who volunteers at The Ladies Relief and Protection

Society home. The ill-reputed African American Mary Ellen Pleasant appears at the “Brown Ark,” and Lizzie is drawn to her.

After the Lights Go Out (2022)

John Vercher

A harrowing story about the complications of mixed-race relationships and the price athletes pay to entertain.

Letters to My Grandchildren (2015)

David Suzuki

Suzuki is a Canadian academic, science broadcaster and environmental activist. He has a lot of knowledge and wisdom to share.

Good Night Irene: A Novel (2023)

Luis Alberto Urrea

Urrea’s mother joined the Red Cross in 1943 as a “Clubmobiler,” one of 240 women who accompanied General Patton’s troops through France and Germany. Irene is her fictional counterpart.

All the Beauty in the World (2023)

Patrick Bringley

The author, who is deeply knowledgeable about art, writes of his experiences as a guard at the Metropolitan Museum of Art. A fascinating tale about what it’s like to be in his position. (See Trish Otstott’s book review elsewhere in this issue.)

If you have suggestions or questions, please get in touch with a Library Committee Member: Martha Nell Beatty, Yvonne Benedict, Pam Fischer, Gene Graham, or Kay Narron.

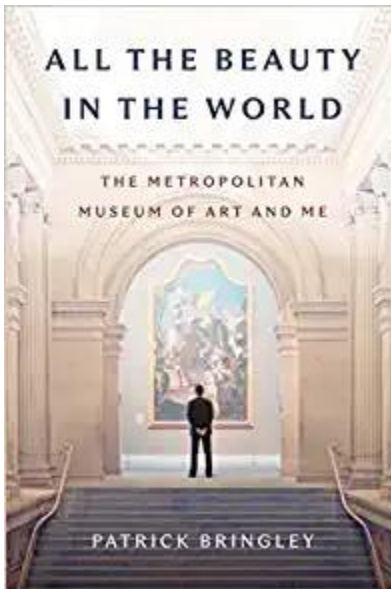
Doll costume knitted by Doris Howard



***All The Beauty In The World* by Patrick Bringley**

Reviewed by Trish Otstott

A national bestseller book that is a must-read!



After Patrick Bringley lost his brother, Tom, at an early age due to cancer, he craved solace, calm and beauty. He quit his job at the New Yorker magazine and ran to the haven of all things beautiful - the Metropolitan Museum of Art on Fifth Avenue in New York. He accepted the job, trained, and began a ten-year career as one of the museum's uniformed security guards. Every day the security supervisor assigned each guard a gallery or room to guard by standing while observing or by watchfully moving around the space. "A twelve-hour day standing on wood is like an eight-hour day on marble. An eight-hour day standing on wood is like nothing. Your feet will barely hurt."

This book is full of Patrick's joy of standing for hours and contemplating rare Egyptian artifacts, old master paintings, modern art, ancient relics, and art from around the world. The museum offers pieces that represent 5,000 years of world culture.

In his narrative, Patrick observes all the diverse types of visitors (visitors from out of town, locals, repeats, students), and he enjoys seeing families visiting with children in tow. One day Patrick had to warn a little boy not to touch the ancient marbles. The boy looked around at the bits and pieces of Egyptian sculptures and statuary and asked, "Did all this damage happen in here?"

While on duty, Patrick is asked for directions and common and bizarre questions. My favorite: "Where is the Mona Lisa?"

This book is an elegant read, and you will enjoy it. The printed version is currently in the Stucky Library. If you can access the audio version, you will be delighted to hear the author's voice reading the text.

Foster by Claire Keegan

Reviewed by Gardner Haskell ~ Heritage alumnus

Foster is a long short story recently republished as a standalone novella. It is the basis of the 2022 movie *The Quiet Girl*. A young child narrates this first-person memoir that takes place in 1981. Her impoverished family has sent her to live on a farm with distant relatives to ease the burden of feeding and caring for her while her mother prepares for the arrival of yet another baby. Keegan's writing technique has been compared to what we now call the minimalist style that began with Chekhov, furthered by Hemingway, Carver, and Hempel. Details are not explained to the reader. We become involved with the interpretation. Much lies below the surface of this book about love and loss. The child tells us directly what she sees without adult recollections or judgments. The story begins when the child's father drives her after Mass one summer Sunday "...deep towards the coast where my mother's people came from." She has no idea what to expect - whether she will be worked hard or treated kindly. She does not know when she will be brought home again.

Keegan portrays the swings of mood. For example, she sees clean kitchen tiles and daisies on the table. The aroma of disinfectant and bleach and the rhubarb tart in the oven strike her as remarkable. With the loving guidance of the Kinsellas, the girl transforms. She finds affection and warmth. Slowly, in their care, she begins to blossom. Mrs Kinsella bathes her and cleans her filthy fingernails. When Mrs Kinsella starts to see the effects of their care, she says, "All you need is minding." The reader understands that the girl was a victim of neglect. Keegan shows how painful unaccustomed love and tenderness can be because they accentuate what has been lacking. Walking to the beach with Mr Kinsella, he thoughtfully adjusts his strides to the child's and takes her hand. She notes, "My father has never once held my hand."

The story gets complicated when the girl's mother writes to the Kinsellas, saying she wants the girl back. This child is not the all-talking Anne of Green Gables constantly describing her world. The girl in *Foster* tells only what she sees, somewhat like a movie camera, so we, as an audience, can participate in viewing this book. Often, the crisis of the plot and the protagonist's character arc comes before the ending, and then we have a resolution. However, Keegan's book grips us with its last sentence.