



# Heritage Happenings

AUGUST 2020

Photograph by  
Gary Skootsky

## August National Holidays Bring Treats

On the Roaming Carts that come to your room  
between 2:30 pm - 4:00 pm

National Watermelon Day - Monday, August 3

National Root Beer Float Day - Thursday, August 6

**WESTERN DAY** - Thursday, August 20



Giddy-up for a special Western lunch and afternoon treats!  
Tune into Channel 998 for the Best of John Wayne at 3:00 pm

National Senior Citizen Day - Friday, August 21

## Other National Holidays

National Fresh Breath Day - Tuesday, August 4

National Left-Handers Day - Thursday, August 13

National Dog Day - Wednesday, August 26

**David Peritz Current Events Lecture Series  
will continue Mondays, 3:00 pm, on Channel 998  
Theme: Inequality Rising**



Monday, August 3 Lecture 10: From Inequality to Injustice: Why it's harmful & objectionable

Monday, August 10 Lecture 11: Why We Are Equal: The philosophical rounds.

Monday August 17 Lecture 12: Why Inequality Matters?

Monday August 24 Lecture 13: Reasons to Reject & Policy to Combat Inequality

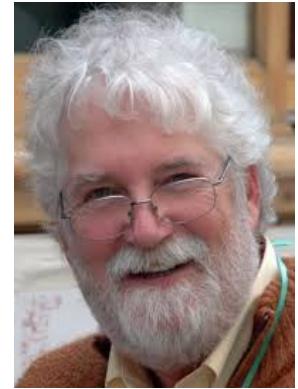
**Note:** Daily Dose of Music will continue to air at 3:00 pm on Channel 998, daily except Mondays.

## **Lecture Series by Dr. Patrick Arbore, Ed.D**

### **Lecture 1- Loneliness**

Channel 998 on Wednesday August 12 at 3:00 pm

Dr. Patrick Arbore, Ed.D., a nationally recognized expert in the field of elderly suicide prevention and grief services, has devoted his life to increasing awareness of isolation, loneliness, and depression in older adults. Dr. Arbore's presentations promote better-informed and healthier communities whose members have increased understanding of the issues of aging, inner loneliness, sorrow, stress, and anxiety, and reach out to listen, make connections, and support each other as we adjust to the experiences of older age.



### **Vacation Memories Exhibit**

"Memories are timeless treasures of the heart"



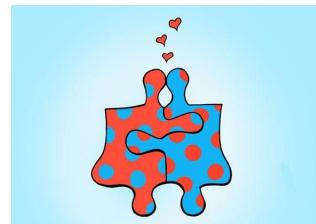
What is the most memorable vacation you have been on? Capturing our travel memories today may be a bit different than in the past, but there is one thing that hasn't changed. It's the need to relive our vacation/travel memories lest we forget them! We encourage residents and staff to submit a memorable travel/vacation photo, along with a memory, for display in the Tony Lawrence Art Gallery no later than August 19. Please include your name, location, year and memory of vacation/travel experience when submitting to the Front Office—Activities, or email to [kleine@heritagesf.org](mailto:kleine@heritagesf.org).

All photos will be exhibited in the Tony Lawrence Art Gallery in September and copied and returned back to you!

### **Gratitude Community Project**

A Heartfelt Thank You!

Thank you to everybody who participated in this project! You are an important piece of the puzzle; each and everyone plays a unique role in our community! We are truly grateful to be living and working at Heritage on the Marina.



The Gratitude Community Project is now on display in the Porter Library.

*The Activities Staff*

## **Interested?**

Sign-up sheets are located by the main dining room.

## **Social Distancing Friendly Zoom Game Anyone?**

Do you have a computer or smart device? Interested in connecting via zoom with your fellow residents in a fun afternoon Bingo/Jeopardy game? Sign up for a new experience.

## **Pair Up With a Pen Pal!**

Volunteers from local schools and organizations would like to connect with you via letter writing! All age groups varies, please sign up if you are interested.

## **Virtual Zoom Intergenerational Summer Reading Program**

Pair up with a first grader and engage in some summer reading fun via Zoom! The child will select the book ahead of time and share it on the screen so you can read and assist along the way. The mission of this program is to inspire the love of learning through human connection!

### **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)

**Do you have zoom** and would be interested in joining Ann Reiger Matthews' zoom exercise classes? If so, please let Karina Tapia, Director of Social Services, Wellness & Community Life at 415-202-0135 or email her at [ktapia@heritagesf.org](mailto:ktapia@heritagesf.org).

## IT'S A SMALL WORLD



As I walk from Morgan Hall through to the dining room I stop and look in the glass fronted chest to see the latest display. I often feel there must be a story attached to it all as I eagerly await the change of seasons. From Christmas, New Year, Easter, Mother's Day, Baseball, Football or what-ever-at the moment it is, the Beach (one of my favorites probably because I would like to be there) and Fourth of July. Each one is in exquisite detail with appropriate symbols of the season whether it is turkey or hamburger, champagne or beer and always coordinating place mats, flowers, rug and furniture.

They are the gift of Effie Garvin, a long time resident here who died at 102. She left detailed instructions and photographs of how each tableau should be put together. Patty Gallagher assisted by Andrea Nicholson faithfully does this. Although Effie is gone, we are now lucky to have her daughter Linda and son-in-law Tony as residents. They have both added much to the life of our community.

I did not really know Effie, but when I was first here it was suggested that I meet her, and I met her twice near the end of her life when she was bed-ridden.

When I was ushered into her room, the first door on the left as you enter the Health Center, she was holding court. She was charming and apparently a lot of fun; the only person I know who could look beautiful, elegant and aristocratic from bed. I felt as if I was meeting the Pope or, at least, the Queen. Across from her bed was a magnificent large doll

house lit up and fully furnished. I was enchanted, and for a moment I was a child again. I could have stayed all afternoon exploring every detail.



The second and last time I saw Effie was at one of The Heritage's parties, probably a birthday party... I don't remember. It was rumored with great excitement that she was coming, and suddenly there she was in a wheelchair, elegant as ever in black lace. I think she died soon after that.

The doll house was auctioned off for charity. It did not stay at The Heritage; but meanwhile we do have those fascinating displays.



Thank you Patty and Andrea for looking after them and changing them regularly so we can look and admire and remember Effie Garvin.

Jane Standing



P.S. If it's not a secret, will you tell me how you got my dollhouse inside our living room last Christmas? I know its too big to fit down the chimney. I measured.



Erika Coughlan	8/09
Carmelita Arburua	8/12
Marion Wake	8/15
Joyce Frankenberg	8/21
Robert Segrin	8/23

## **MAYA HOVEY**

Administrative Assistant

The first person most people meet when they enter The Heritage lobby is Maya. She has been at her job for a year and a half and brings to her position a need to be helpful and no fear to tackle any situation or issue.

Although Maya was born in Missouri, she was raised in the East Bay, especially enjoying the barefoot, tree-climbing summers in the Oakland Hills.



Since the age of two, it had been her dream to attend St. John's College, which is especially known for its Great Books curriculum. Giving up a lovely Ocean Beach apartment, she moved to Santa Fe and was lucky enough to have a year living in the same town as her beloved grandmother Carmen. After realizing mathematics was her chosen path to wisdom, she returned to San Francisco to complete her undergraduate years at the University of San Francisco, graduating with a Bachelor of Science in Mathematics.

After college, she went into IT, designing and programming databases for several startups. Inspired by an argument with her father about genetics, she went back to school and became a student teacher and assistant at City College. Having organized and streamlined much of the state reporting for the various bio-tech programs at CCSF, she left education to direct membership at a bio-tech trade association. Once that project was under control and easy to hand over, she moved on to a law firm, managing the wireless accounts for over 750 lawyers around the United States.

Maya's lifelong love of Mexico started with having lived in Guanajuato until the age of two. In 2011, Maya's job at the law firm was outsourced along with all the rest of IT, so she moved to Mexico City where she enjoyed the delightful street food, the numerous museums and almost every MetOpera broadcast at the massive Auditorio Nacional with friends from around the world she had met through volunteering.

After five and a half wonderful years, she returned to San Francisco to teach Algebra at Wallenberg High School. Exhausted with the 90-hour work-weeks of teaching public school, it was time for a change. Having volunteered with homebound seniors, she was delighted to find a position at The Heritage.

Maya has a very active life outside of work. She was inspired by her grandmother, an immigrant from Spain, to be involved in her community. She thought it especially "cool" that her tri-lingual grandmother volunteered as a translator at several Miami hospitals. After years of trying out various volunteering jobs and not finding much fun or fulfillment, she observed an usher at the War Memorial Opera House who was really enjoying himself. She signed up to volunteer as an usher the next day. For her, the best part of interacting with people new to opera and ballet is making them feel that the house is their house. She loves relating the story of why the house was built with so many entrances. To mix it up, she also volunteers in the Symphony Store at Davies Hall where she delights in thanking every patron who makes a purchase for supporting the Symphony.

From time to time, Maya is able to take a vacation day and volunteer in the courtroom of the Hall of Justice for StopCrimeSF. It's not Perry Mason, but it is one small step in keeping our justice system accountable. And that's not all she does.

Whether busy or not, Maya enjoys the interaction with residents and assisting in any way she can.

*Martha Nell Beatty*

## **Questions about COVID-19**

Why is our oxygen level measured daily?

sometimes people with COVID-19 have low oxygen levels even before they have shortness of breath or feel any level of discomfort.

How is the oxygen level measured?

A beam of red light is passed through the fingertip by using a device called a pulse oximeter. Oxygen level, or saturation is determined by measuring how much light is absorbed as it passes through the fingertip.

When you breathe, oxygen from the ambient air travels through your nose, down your windpipe and into your lungs where it enters the bloodstream. It then travels through the blood bound to hemoglobin – a protein found in red blood cells – to oxygenate the cells, tissues and organs of your body. What is measured is the concentration of oxygen in the blood, or the percentage of hemoglobin molecules that are saturated with oxygen. One hemoglobin molecule can carry 4 oxygen molecules.

## **Meet Irving Carrillo**

The dullness and quiet here at The Heritage, due to the coronavirus quarantine, were brightened when Irving Carrillo arrived. Irving is the new Activities Leader for the Health Center, but rather than quarantine him in the Health Center immediately, he was allowed to spend time getting acquainted with the rest of the residents-all of whom found him delightful and a most pleasant addition to the staff. Additionally when it was discovered that he possessed excellent tech skills and was eager to help those of us who were sorely missing Tess, appreciation for him increased.



Irving comes from San Diego where he was born into a family of nine children - five boys and four girls. Irving was the youngest of the boys. According to Irving, "It did get hectic at times but I wouldn't trade my experience for anything in the world. I believe it made me who I am today."

Prior to working at The Heritage, Irving worked at another facility as an activity assistant. He also received training as a care-giver and med-tech. According to Irving. "I honestly have an interest in helping people in general, but I've really enjoyed working with the older community. I've learned so much from being around my elders and it has been an amazing journey so far."

Irving is presently attending San Francisco City College working toward a degree in fire science. His goal is to become a medic for the San Francisco Fire Department.

Irving is now working exclusively in the Health Center but looking forward to the day when this quarantine ends and he can work with all residents. Residents, too, eagerly await the day when we can again mingle freely with each other and with Irving.

*Katherine Conley*

Editor:

Margaret Jacobs

Editorial Committee:

Martha Nell Beatty, Katherine Conley,

Barbara Anderson, Jean Fowler

Jane Standing

Proofreaders:

Katherine Conley, Mercedes Van Den Berg,

Midge Mansouri

## A Generous Donation



Heritage on the Marina would like to extend a special thank you to Board member Leslie L. Van Houten for the generous donation of craft supplies! Her donation will benefit exercising creativity and connection amongst residents. All supplies, including stamps, ink, paper, embellishments and cards will be stored in the Cottage for card making and craft activities. We encourage residents to reach out to Stephen Camarota, Activity Leader at [SCamarota@heritagesf.org](mailto:SCamarota@heritagesf.org) or the cottage at ext.241 for card making!

*Karina Tapia*



## A Lighthearted Look at an Invasion

Rose Amy Fyleman (1877–1957) was an English writer and poet, noted for her works on the fairy folk for children. Her poem *There are fairies at the bottom of our garden* was set to music by English composer Liza Lehmann. She wrote the children's favorite poem about mice.



### MICE



I think mice are rather nice;  
Their tails are long, their faces small;  
They haven't any chins at all.  
Their ears are pink, their teeth are white,  
They run about the house at night;  
They nibble things they shouldn't touch,  
and, no one seems to like them much,  
but, I think mice are rather nice.

## **President's Corner**

Fellow Residents: Another month of relative quiet has passed. We are now into our fifth month of "shut down" and meals in our rooms. While we are allowed to go for walks and dine out, we must remember to wear our masks, use gloves provided and social distance. We have maintained our healthy environment because of following proper precautions.

Maintenance is trying hard to control the mouse invasion, (one has been caught) but we need to be diligent in having proper food storage and cleanliness. Having all meals in our rooms does make this difficult, but try to be careful.

The Octavia property is now full and we have a dog and cat in the new residence. Hope they don't meet, but if they do, that the cat is nice to the dog.

Keep enjoying the garden on good weather days. Kudos to those volunteers who work hard keeping it beautiful. August summer in San Francisco brings fog, so layer up for the garden.

Those of you who get email have probably noticed that Mel Matsumoto's daily messages are being emailed to all of us as well as shown on 998. Enjoy and learn more about our wonderful home and how it is run. The accidental two-minute limit turns out to be just right. Thanks to Mel for doing these enlightening messages.

Staff does try to cheer us up and break the boredom with surprise visits, usually mid-afternoon. Thanks again to them for keeping us cheerful.

Do not hesitate to contact me with any issues. Stay safe; get checked twice a day and wear your pendant.

*Bernie Burke*

## **A Bit of History: August 20 - The Mona Lisa is stolen in France**

Leonardo da Vinci's famous painting was stolen from the Louvre in Paris on this day in 1911. Italian handyman Vincenzo Peruggia decided to steal the 16th-century painting after being employed by the Louvre to construct protective glass cases for some of the museum's most famous works, which included the Mona Lisa.

After spending the night in a closet, Peruggia was able to remove the painting with ease, hide it under his clothes and leave the building – he was let out by a plumber after finding the doors were locked.

The painting was not reported missing until 24 hours later. After this, the newspapers were filled with stories about the stolen masterpiece. It was not until two years later, December 1913, that the painting was finally recovered. Peruggia received a seven-month jail sentence.

"Every time I imagine a garden in an architectural setting, it turns into a magical place. I think of gardens I have seen, that I believe I have seen, that I long to see, surrounded by simple walls, columns, arcades or the facades of buildings – sheltered places of great intimacy where I want to stay for a long time."

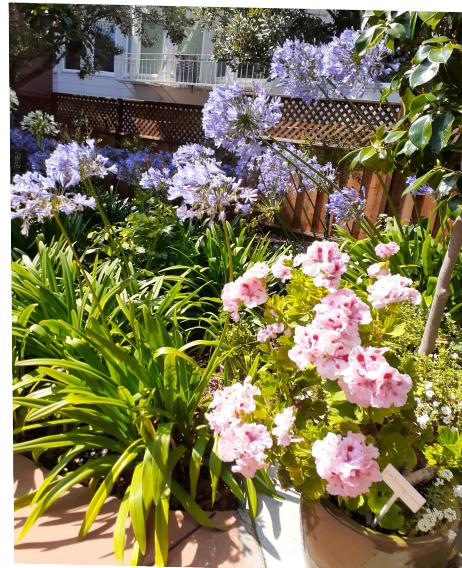
Peter Zumthor



"Flowers are happy things."  
P. G. Wodehouse



"Coffee. Garden. Coffee. Does a good morning need anything else?"  
Betsy Cañas Garmon



"Our mind is a garden, our thoughts are the seeds, you can grow flowers or you can grow weeds." — Ritu Ghatourey



"Where flowers bloom, so does hope."  
Lady Bird Johnson

Photos by  
Gary Skootsky