



Heritage Happenings

JANUARY 2020

New Year's Resolutions

Wednesday, January 1, at 10:30 am in Friendship Hall

Come and share your funniest resolutions, real changes you want to make, successes you've had and sure failures. Some weight loss examples:

I will lose weight by hiding it somewhere you'll never find it.

I will find a more accurate scale.

I will stop buttering my doughnuts.

The custom of making New Year's resolutions has been around for thousands of years, but it hasn't always looked the way it does today. The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They made promises to the gods to pay their debts and return any objects they had borrowed. If the Babylonians kept to their word, their (pagan) gods would bestow favor on them for the coming year. If not, they would fall out of the gods' favor—a place no one wanted to be. Julius Caesar established January 1 as the beginning of the new year circa 46 B.C. Named for Janus, the two-faced god who symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.

According to recent research, only 8 percent who make resolutions are successful in achieving their goals. But that dismal record probably won't stop people from making resolutions anytime soon—after all, we've had about 4,000 years of practice.

Three Kings Day: A Twelfth Night Celebration

Sunday, January 5, at 3:00 pm in Friendship Hall

The twelve days of Christmas end with this celebration of the arrival of the three kings (or Wise Men) at the manger. Hear the story of the fourth wise man, sing songs about it, snack on king cake and find out who gets crowned king or queen for the occasion.



Art Exhibition Opening

Wednesday, January 8, at 2:30 pm in the McGinley Room

Shown will be recent paintings by the usual suspects,6 and collages by some old and some new artists. Enjoy wine and cheese and conversation after touring the gallery.

Lloyd and Marion: A Documentary

Thursday, January 9, at 2:30 pm in Friendship Hall

In this documentary, Lloyd and Marion Wake discuss the sacrifices they had to make to build a happy family and a strong community life following their experiences in internment camps during WW II, an experience that would impact their entire lives. Lloyd answered the call to pastoral ministry and civil rights activism. Marion devoted her life to serving ethnic minorities as a mental health counselor.



"I made this documentary to weave the Japanese-American strand into the American story." Amelia Chuja, the director and producer of *Lloyd and Marion*, said. "*Lloyd and Marion* will challenge Asian-American stereotypes. They speak out, they're funny, they show their emotions and they're on the forefront of social justice work. This is not your typical love story."

Activity Planning for 2020

Wednesday, January 15, at 10 am in the Fitness Center

What programs do you want to see? What type of music would you like us to book? Are there any particular classes you would like to add? Come and share your activity ideas and suggestions for the new year.



Presented by Lauren K. Chin: Oral Health

Thursday, January 16, at 3:00 pm in Friendship Hall

Lauren is a registered dental hygienist in alternative practice (RDHAPP). A dental hygienist licensed in California with a baccalaureate degree (or the equivalent) can, after completing a board-approved continuing education course and passing a state licensure examination, practice independently. With diverse interests, she not only earned a B.S. in Dental Hygiene from University of the Pacific, but also obtained B.A. degrees in journalism and industrial arts, with emphasis in print and digital media from SFSU. When Lauren isn't treating patients, she is an instructor of periodontics and dental hygiene at the UOP dental school. She is also Executive Administrator of the Beyond Faces Foundation, a national nonprofit organization for children requiring facial reconstruction.

The Moonglow Trio

Monday, January 20 at 3:00 pm in Friendship Hall

The Moonglow Trio has captivated listeners with its smooth baritone vocals and vintage swing style. They perform selections from the Great American Songbook, including the great songs of Gershwin, Rodgers and Hart, Arlen, Berlin and others.



A Japanese Dinner to Celebrate the New Year

Wednesday, January 22

New Year (shogatsu or oshogatsu) is the most important holiday in Japan. Most businesses shut down from January 1 to January 3, and families typically gather.

Bonenkai parties ("year forgetting parties") are held with the purpose of leaving the old year's worries and troubles behind.

Richard Fey Offers a Classical Cabaret

Thursday, January 23, at 2:00pm in Morgan Parlor

In an expressive baritone, Richard sings operatic arias, sophisticated art songs and musical theater favorites. To enhance theatricality, he employs costumes for both dramatic and comedic effect. Not to be missed!

Tuberculosis/Lung Health: Presented by Mollie Hudson, RN, UCSF Gerontology Program

Monday, January 27, at 3:00 pm in Friendship Hall

Celebrations of Life



Renee Moscovici

Saturday, January 4, in Morgan Hall
10:30 am-12:00 noon

Ruth Rus

Tuesday, January 7
2:30 pm in the chapel followed by a Concert and
Reception in Morgan Hall

Ida Hodes

Saturday, January 11
2:30 pm in Morgan Hall

2019—In the Rear View Mirror

With the end of the year upon us—and the end of another decade,
'Tis a good time to reflect upon the differences in 2019 we made:
The good times and the sad, the mundane, poignant and profound—
Memories from The Heritage, the home to which we are all bound!

All hail newcomers* **Marianne, Terry, Fred, JoAnn, Bart** Goodfella,
Kathy, Karl and **Lillemor, Pat** and **Martha**, and la bella **Bella**!
The latter five moved into the newly opened Octavia Street flats,
Where new residents can now bring along their pet dogs and cats!

We pause first to remember those who have passed from our scene,
On to a better place where, sooner or later, we may all meet again:
Rolando, Jack, Pat McC, Anna B, Doris K, Wade, Terry, Renee,
Mary Jo, Ruth and **Ida**—at 105 she was the longevity idol of our day.

Elmer and **Mattie** now set the high-water mark as centenarians—
As they are pushing toward 103, they are our resident antiquarians!
To others reaching for the century mark, we gaily cheer for all of you:
Antoinette, Betty Dowell, Edward, Lucretia, Maria, Mollie, Harry too!

Thanks to officers **Tony, Bernie**, scribe **Gail** and bean-counter **Katie**,
To **Marcia** and the house wardens for keeping *Our House* very stately;
To **all** who helped rebuild the much depleted Residents' Council Fund
With popular events staged through the year, from serious to jocund.

Hail to our new officers: President **Bernie** and Vice President **Fred**,
Secretary **Gary** and Treasurer **Martha T**—in 2020 we shall be well led!
With Margaret, Tony as well as Bernie now on the Board of Trustees,
We, the residents, will be very well represented: vote for lower fees!

The opening of the Cottage Day program was an instant success,
Attracting some two dozen participants each week—more or less,
For a broad gamut of daily activities ranging from exercise to art
To keep brain and body engaged, good for the soul and the heart.

Enid and **Mary Charlotte** come around most days to play Scrabble,
Some come to challenge them, several others come around to dabble
In games, puzzles, massage, meditation, also arranging flowers—
Flower power engages **Jane S, Marion** and others for many hours!

Bouquets to artists **Zoe, Pat B, Gloria**, and gallery curator **Doris**,
To **Antoinette, Mary Liz**, and others in the birthday party chorus—
To our perky and playful pianists **Mary Charlotte**, and **Mercedes**,
For your willingness to share your time and talent, thank you ladies!

To **Stela, Jan, Erika**, and all others who knit warm caps and lids
And fill Christmas stockings every year for less fortunate needy kids.
Dave returns each December to play Santa—he cherishes this role—
Then he disappears again for twelve months, back to the North Pole.

Praises to the talented **Eleanors—Bissell** and **Burke** who write, shoot,
And with minimal urging take on many community projects to boot;
The Assisted Living Council thrives because of the devotion of one,
And the other's work to improve the Library collection is never done!

Sing praises for the Book Club regulars, among them **Carm, Gene**,
Barbara C., Flora, June, Kay—and occasionally others join this scene.
We implore the library guardian angels to help find the missing books,
To refill the shelves with the tomes lost or stolen by wily book crooks.

We are most grateful for your efforts on our behalf, dear **Joyce**,
For bringing the nifty SF Symphony store to our abode—twice;
And for your flare for decorating many an elegant birthday table
With your partner **Linda H.**—also artistically talented and able.

Thanks to **all** who helped to make the Open Doors days so much fun,
All three events were financially successful when all was said and done;
To all who contributed behind the scene—namely cash and know-how,
For your unrecognized efforts, we offer profuse appreciation now.

Three cheers for **Margaret** for her stellar contributions every day:
Saturday Shorts creator and counselor to many along the way,
Also, Editor of *Happenings*—its articles written by **Martha Nell**,
Barbara A., Katherine C, me (**Jean**) and guest writers as well.

Margaret ensures its appeal, as well as veracity, variety and verity
Proofreaders **Midge, Mercedes, Betty W.** ensure its accuracy, clarity,
And when errors slip through, the readership responds with haste—
It's an astute audience here at The Heritage, quick to lambaste!

Kudos to resident green thumbs who maintain the beauty of our space,
To **Kay, Marcia, Martha R, Marianna, Steve**—gardeners at our place;
They keep the McGinley Balcony ablaze with flowering potted plants
As well as the Porter Garden whose flower beds they tend and enhance.

Accolades to **Carm** and **Jane S.**—hosts of the afternoon Kaffee Klatch;
They invite all to join them at 3:00 for the daily conversation match.
From "**A**" **Antoinette** to "**Z**" **Flora Zagorites**, all the regular habitués,
Thank them very much for enabling these engaging breaks in the days!

Bouquets to artists **Zoe, Pat B, Gloria**, and gallery curator **Doris**,
To **Antoinette, Mary Liz**, and other singers in the birthday chorus—
Their repetoire includes many golden oldies—they sing, they shout,
And "When the Saints Come Marching In", on cue, they march out!

Felicitations to the residents in the Francisco Flats less often seen:
Peripatetic **Monique**, bridge fanatic **Patsy, Richard** and **Marlene**;
To **Dorothy O.** and **Ernie**, frequent partners when they dine,
To **Rich** and **Anne**, whose dinners always include a spot of wine!

Greetings to community table regulars **Nancy, Gisela, Jane B,**
Elizabeth, Shirley, Sheila, Sisi, Rita, Vivian, and **Aggié**.
And to the stable table in the rear with **Isabel, Marion, Betty Dy**
And the lady with the artistic ropes of ceramic beads, **Ivy Lee**.

Where oh where are the missing menfolk in our stable?
Harry is searching for missing pieces at the puzzle table,
While **Robert** may be nearby reading in the Porter Library,
And **Al** may be writing limericks in his 4th floor Perry aerie!

Tune in at the same time next year if you want to find out
Where we will all go next, and what 2020 will bring about.
But for now, please join with me in raising a glass of cheer
To wish all our fellow Heritage dwellers a very

Happy New Year ♡

Jean



* **Yvonne Benedict** is scheduled to move in December 30

Meet Oleg Korsunsky

Oleg Korsunsky, the new Director of Maintenance, is a most welcome addition to our staff. Already he has impressed most residents with his warm, friendly ways, and his willingness to listen. It won't be long before we will benefit from his concern and ability.



Oleg was born in Dniepr, Ukraine, the son of a structural engineer, his dad, and a doctor, his mother. He has one sibling, an older sister. In 1992, shortly after the disintegration of the USSR, Oleg and his extended family, consisting of Oleg's great grandmother, grandparents, parents and sister, emigrated to San Francisco.

Once in San Francisco, the family adapted with his father becoming an interior designer and his mother becoming an x-ray technician. Oleg, who didn't know a word of English, was enrolled in the Hebrew Academy, (now extinct), then attended Lowell High School and went on to U.C. Davis where he earned degrees in philosophy and biology.

Although he had planned to attend medical school, he got a job working on the loading dock of the Jewish Home and Rehab Center and discovered he liked working with old buildings and senior citizens. Learning on the job, he eventually became Assistant Director of that facility. Recently, at a luncheon, he met Hanh Ta who was so impressed she recruited him for Heritage on the Marina.

Now Oleg is concentrating on getting acquainted with the residents, learning the culture here, and familiarizing himself with the buildings. He has made a good start by cleaning out and organizing his office, and has other ideas and plans for improvement. One of his skills is problem-solving and he anticipates having plenty of problems to solve.

Oleg met his wife, Andrea, at the Jewish Home and Rehab Center where she was employed as a social worker. She now works for Jewish Family Child Services. They have two children, ages 6 and 2, and 2 dogs.

You can contact Oleg via email at: okorsunsky@heritagesf.org, or fill out a work order, submit it either to the Front Desk or electronically, and expect to receive a prompt response.

Katherine Conley

For a wonderful interview with Martha Nell Beatty, go to the website:
<https://sfseniorbeat.com/2019/12/09/at-86-veteran-travel-agent-still-cruising-along-with-special-advice-for-seniors/>

ANGIE LAM

Assistant Director of Dining Services

Angie was born and grew up in San Francisco. However, she headed to Southern California for college. First she graduated from UC Irvine, where she received her BA in Economics. Angie had jobs in the accounting field but found that working at a desk wasn't quite right for her. At the same time, she was becoming more interested in healthy eating because of issues in her family.



At

Angie went back to college at Loma Linda University, where she received her Masters in Public Health Nutrition. She was then eligible to take the exam to be a registered dietitian. She passed and was certified in 2016. Angie decided to return to the Bay Area and to work in retirement communities. Morrison hired her as a dietitian at Villa Marin in San Rafael.

From Villa Marin she went to The Sequoias in San Francisco as a dietitian for the whole community. And then Morrison brought Angie to The Heritage. Here they expanded her role, making her Assistant Director of Dining Services. She manages the dining staff and has input with the menu. Her background as a dietitian certainly helps.

Angie also works with the dining staff in Friendship Hall, where the approach to dining has changed to be more like that in the dining room. Instead of residents in the Health Center having to fill out a menu for the week ahead, they now have choices each meal. They are given the same menu as is served in the dining room. The staff includes three diet aide s, Dinorah, Lisa and Yi.

A passion of Angie's is running, which calms her mind. She has now run in four marathons and twenty-five half marathons.

We are fortunate to have Angie with her skills at The Heritage.

Martha Nell Beatty

Be happy in the
moment,
that's enough.
Each moment is
all we need,
not more.
-Mother Teresa

President's Corner

Happy New Year fellow residents. As we go into a new decade let's look forward to new adventures.

Thank you to Tony Hanley for guiding us the past two years, dealing with problems, and helping management better understand our needs and desires. Outstanding job Tony!! We appreciate your being a Heritage board member and are very glad you are walking normally. Also thanks to Gail and Kathie for their work for the Council this past year.

We mourn our nine fellow residents who died this past year and welcome the nine new residents who joined our community in 2019. We hope they enjoy a long, fruitful life here. Also welcome to Bella, who has brought many smiles to our faces.

A big thanks to our entire staff for such wonderful holiday meals and entertainment. The Christmas Party was a huge success. Patti, thanks for the beautiful tree. The Holiday decorations add so much to the warmth and enjoyment of our home. Also, thanks to the administrative and maintenance staff who care and look out for our well-being and maintain our home.

Thanks to all of you who worked on any committees or did any other volunteer work around our residence. Your efforts are greatly needed and very much appreciated.

Please remember to watch over your cooking popcorn so as not to burst our ear drums with an alarm going off.

Eleanor and I will be in Vietnam until Jan. 9th. While available by email, (bernieburke@comcast.net), please contact Fred Wentker with any immediate concerns.

Happy New Year to you all!!

Bernie Burke

Yes, You Can

Three years ago a patient, Mrs. I, at UCSF Memory and Aging center was encouraged to join the Alzheimers art class as a way to connect with other patients. She refused and said she can't draw or paint. The head doctor also mentioned UCSF was studying the brain activity of their Alzheimer patients and what potentially stimulates growth. Mrs. I agreed to the study and begrudgingly went to the art class. She dabbled a bit and realized that it was actually fun and she was not feeling stressed when she was painting. About a year and a half later they re-measured her brain and found that the activity on the areas not affected by Alzheimer's was growing! She also found she loved to paint and started getting many requests for paintings.

When we create, our brains are firing on both sides. The brain reacts as if it is learning yet relaxing. Come and let your brain go to work!

See you Monday *Yvette*

SATURDAY MOVIES

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

Wild Rose (2019) Jan 4

A troubled young Glaswegian woman dreams of becoming a Nashville country star. Stars: Jessie Buckley, Matt Costello, Jane Patterson

Downton Abby (2019) Jan 11

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century. Stars: Michelle Dockery, Matthew Goode, Maggie Smith

A Man for All Seasons (1966) Jan 18

The story of Sir Thomas More, who stood up to King Henry VIII when the King rejected the Roman Catholic Church to obtain a divorce and remarry. Stars: Paul Scofield, Wendy Hiller, Robert Shaw

The Great Lie (1941) Jan 26

After a newlywed's husband apparently dies in a plane crash, she discovers that her rival for his affections is now pregnant with his child. Stars: Bette Davis, George Brent, Mary Astor

MOVIE MATINEE

Sundays at 1:30 pm in Friendship Hall

Prince Philp (The Plot to Make a King) (2015) Jan 5

This documentary recounts efforts by England's elite to deny power to royal consort Prince Philip due to his German roots and ambitious family.

Mr. Deeds Goes to Washington (1936) Jan 12

A simple, small town man inherits a massive fortune, making him the target for scammers and publicity-seekers. Overwhelmed by the turn his life has taken, and awoken to another use for his new-found fortune, he makes a momentous decision. Stars: Gary Cooper, Jean Arthur, George Bancroft

The Greatest Showman (2017) Jan 19

Celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Stars: Hugh Jackman, Michelle Williams, Zac Efron

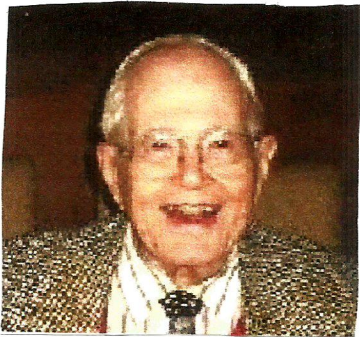
Little Women (1949) Jan 26

Four sisters come of age in America in the aftermath of the Civil War. Stars: Saoirse Ronan, Emma Watson, Timothée Chalamet

FROM THE ARCHIVES...

Our community is fortunate to have Heritage Happenings to keep us informed of life as it happens one day at a time. Each month dates and times of activities, birthdays and other special events make it onto our personal social calendars. Items of interest relevant to our health and wellness, random essays by contributors, photographs, wisdom and wit add to our reading pleasure. Jean Fowler even created a series of Muni Adventures with Heritage residents in mind. These adventures were published in the Happenings and now have their own binding in our Archives.

Remember when you were interviewed and your 'biography' was included in the Happenings?



Each edition of the Heritage Happenings has been saved in loose leaf binders, along with the biographies of residents past and present. Our resident historian and archivist, Elmer George, has made sure we have access to our stories and shared experiences. It is interesting to read past issues of the Happenings to know what has changed and what has stayed the same. Look for the Happenings and Biographies in white binders on our new shelves in Porter Library.

Elmer is approaching 103 years of age and is practicing saying he is retired. He is however still invested in preserving our memories.

Barbara Anderson has organized the Biographies in new binders for easy access. The Biographies are arranged in alphabetic order by first name in binders designated for current and for former residents.



Thank you for the memories, Elmer, and for inspiring us to keep our history intact. Thank you, Barbara, for keeping our Biographies up to date and to Katherine Conley for writing the Biographies as new residents join our community. A big shout out to Margaret Jacobs who keeps the Happening happening!

Thanks to Doris Howard who has kept the butterflies flying in the DeBatz Gallery. Doris has been keeping the butterflies safe along with the story of the 2006 Butterfly Experience. Look for the book recording the full history and program of the Butterfly Experience by Elmer and his wife Marty.

Eleanor Bissell





Kay Narron	1/04
Linda Hanley	1/22
Lillemor Leichum	1/26
Barbara Clevenger	1/27

This month's birthdays will be celebrated on January 10, at 5:15 pm in Morgan Hall. Join the holiday sing-along at 5:30 pm.

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

* There will be chair aerobics on January 1 and 8.

JANUARY SPECIAL EVENTS

Sharing New Year's Resolutions	Wed	Jan 1	10:30 am	Friendship Hall
Sing-Along with Phil	Wed	Jan 1	3:00 pm	Friendship Hall
Catholic Mass	Fri	Jan 3	10:30 am	Chapel
Renee Moscovici Memorial	Sat	Jan 4	10:30 am	Morgan Hall
Three Kings Day	Sun	Jan 5	3:00 pm	Friendship Hall
Book Club	Mon	Jan 6	11:00 am	Stucky Lib
Tigges Jewelry	Mon	Jan 6	1:00 pm	Morgan Hall
Food Committee	Mon	Jan 6	1:20 pm	McGinley Room
Ruth Rus Memorial	Tue	Jan 7	2:30 pm	Chapel
Bridge Class	Wed	Jan 8	1:00 pm	Fitness Center
Art Exhibit Opening	Wed	Jan 8	2:30 pm	McGinley Room
<i>Lloyd and Marion</i> Documentary	Thu	Jan 9	2:30 pm	Friendship Hall
Residents' Council	Fri	Jan 10	9:30 am	Dining Room
Birthday Celebration	Fri	Jan 10	5:15 pm	Morgan Hall
Ida Hodes Memorial	Sat	Jan 11	2:30 pm	Morgan Hall
Activity Planning for 2020	Wed	Jan 15	10:00 am	Fitness Center
Sing-Along with Phil	Wed	Jan 15	3:00 pm	Friendship Hall
Oral Health	Thu	Jan 16	3:00 pm	Friendship Hall
Moonglow Trio	Mon	Jan 20	3:00 pm	Friendship Hall
Jason Myers	Tue	Jan 21	3:30 pm	Friendship Hall
Bridge Class	Wed	Jan 22	1:00 pm	Fitness Center
Japanese Dinner	Wed	Jan 22		Dining Room
Card Bingo	Thu	Jan 23	7:15 pm	Friendship Hall
Richard Fey Concert	Thu	Jan 23	2:00 pm	Morgan Hall
Tuberculosis/Lung Health	Mon	Jan 27	3:00 pm	Friendship Hall