



Heritage Happenings

MAY 2019

Asian Art Museum presents: **JAPANESE AESTHETICS
EXPLORING JAPAN'S ARTISTIC SENSIBILITIES**

Friday, May 3, at 3:00 pm in Friendship Hall

Kimono, netsuke, swords, lacquerware, screens, and scrolls. Come explore the variety, complexity and beauty of Japanese art. For the Japanese the functionality of an object was not enough; it also had to be aesthetically pleasing and display the skill of the artisan, the taste of the patron, and the values of the culture. This fascinating program highlights exquisite objects in the Japanese collection of the Asian Art Museum.

CINCO DE MAYO LUNCH

with a performance by Los Cachorros Mariachi Band

Sunday, May 5, at 12:30 pm in the Dining Room

This Mariachi Band originates from Jalisco and Michoacán, Mexico. They migrated to San Francisco and have served the Bay Area for over 23 years. Come listen to music, drink margaritas and enjoy classic Mexican food.

The Songbirds return to sing for us during lunch!

Tuesday, May 7, at 12:15 pm in the Dining Room

The SONGBIRDS is a part of Children's Theater Association and serves as an outreach to our community. The group, formed in 1994, is composed of ladies who volunteer their time to sing together in three- and four-part harmony. All music is memorized and professionally presented in our twice-a-year performances.

FLOWER ARRANGING WORKSHOP

Thursday, May 9, at 3:00 pm in the Fitness Center

Come and arrange your own bouquet in honor of Mother's Day

Signup sheet is located in the Dining Room



Conservatory of Music School presents a Guitar and Vocal Ensemble

Friday, May 10, at 3:30 pm in Morgan Hall

The program will feature classical, golden age theater and jazz songs.



Mother's Day Lunch

Sunday, May 12

And at 3:00 pm in Morgan Hall

Pianist Ian Scarfe will be joined by **cellist Charles Akert** for a special program of classical and romantic favorites for cello and piano. The duo will be sharing their summer program touring across the United States, and then to Switzerland and France . The program will include selections from Felix Mendelssohn's "Songs without Words", the virtuoso "Spanish Folksongs" by Manuel De Falla, and Ludwig van Beethoven's great masterpiece, the "Sonata for Cello and Piano in C Major, Op. 102, No. 1.

THE MARIN MEN'S CHORUS SPRING CONCERT

Tuesday, May 14, at 7:30 pm in Morgan Hall

The DeYoung Museum presents: MONET: THE LATE YEARS

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

"OPEN DOORS" IN MORGAN HALL

Friday, May 17, 2:00-4:00 pm

Residents open their apartments for viewing.
A fund-raising event for the Residents' Council

Superfood Demo: Avocados!

Monday, May 20, at 3:00 pm in the Fitness Center

Registered Dietician Christina Fusilero-Savoie will speak about the health benefits of avocados with a special food demo by Chef Kevin.



Classical Recital by Pianist Richard Hawkins

Thursday, May 23, at 3:00 pm in Morgan Hall

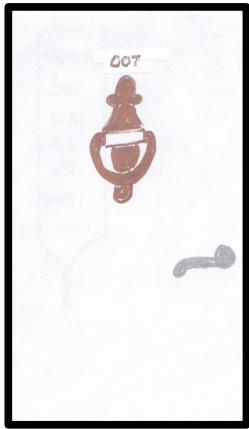
The program will include: Mozart: Sonata in A Minor, K. 310; Janacek: Four Pieces; Poulenc: Six Pieces; Chopin: Ballade #4, Op. 52.

Memorial Day BBQ Lunch

Monday, May 27

Moonglow Jazz Trio Returns!

Monday, May 27, at 3:00 pm in Morgan Hall



Morgan Residents Open Their Doors

Hear Ye, Hear Ye: Come one, come all
On **May 17** to "Open Doors" in **Morgan Hall**.
We are opening our apartments for all to see
The way we live on Morgan Two and Three.
Fifteen rooms will be open for all to view
From **2:00 p.m.**—at 4:00, we'll be through ♡

Tickets will be sold on the day of the event, beginning at 1:45 p.m. There will be ticket booths in three places: at the end of the Corridor on the second floor near the Perry elevator door; near the Morgan elevator entrance in the front hall; and at the top of the main stairs on the second floor of Morgan. The cost is \$10 per person. Residents are welcome to bring guests. It is not necessary to make advance reservations.

This is a rare opportunity to view so many rooms at one time, all furnished very differently according to the tastes of the occupant. You may learn something surprising about your fellow residents!

There will be a scavenger hunt created by Eleanor Burke, and a reception in the McGinley Room, from 2:30-4:00 p.m. Four apartments will be open on Morgan 3, six on Morgan 2, and four in the Corridor, including two vacant units—the newly renovated 225C and 227C.

All proceeds go to the Residents' Council Fund to support its projects, such as Garden Committee costs, the annual Christmas party for the Hunters Point Headstart project, and of course, the Residents' Council's annual contribution to the Employees Appreciation Fund.

Almost all Morgan residents are participating in this event. Those who are not opening their doors will be assisting in other ways such as organizing and hosting the reception, selling tickets, running errands.

* * * * *

Mark your calendars for similar events in **Perry** on Friday, July 19 and in the **Francisco Flats** on Friday, September 20.

Jean Fowler

STEPHEN CAMAROTA

Stephen Camarota managed to survive his childhood as the youngest of six boys (no girls). It wasn't far from his childhood home in New Jersey to his college years at NYU. There he majored in drama and directing. As part of his studies, Stephen directed musical concerts.

After graduating, Stephen and a friend on a whim swapped apartments with a friend who lived in San Francisco. They were supposed to be here for a couple of months. But they were hooked and stayed.



Before joining The Heritage staff, Stephen worked for five years at St. Francis Lutheran Church on Church near Market. While there he used his skills as a performer and as an organizer running their community programs. Amongst the programs Stephen oversaw were a Sunday breakfast for the homeless in the area and a weekly lunch for seniors. Before each lunch, he would plan either a lecture or entertainment.

Working in a day job isn't enough for Stephen. He also does gigs as part of a trio. He plays the piano and drums as well as sings. And then, at times, Stephen also performs in piano bars.

It is with that background and those skills that Stephen came to The Heritage as Activities Leader in the Health Center. When the Memory Day Program starts in the cottage, he will instead become its Activities Leader. In the Health Center he has been teaching yoga and sometimes substitutes for Karina in her balance class. Stephen alternates with Phil Kuttner on the weekly sing-a-longs. He especially loves the music of the 30s and 40s, which certainly appeal to many Heritage residents.

Stephen will be assisted in the Memory Day Program by Julita Adaya, who will be Activities Assistant. She has been interviewing residents in independent and assisted living to better understand what their interests are. This information will help Stephen determine what activities to plan for the Memory Day Program, and it will also help Karina with activities in general. Julita has found that there is a lot of interest in gardening, knitting and sewing. The present arts and crafts room in the basement might also augment the space in which activities can be offered.

Very soon there will be an open house for residents to see for themselves how the cottage has been transformed into spaces that can be available for all.

Martha Nell Beatty



Stela Voyles	5/01	John Merrill	5/26
Patsy Hulting	5/04	Isabel Fletcher	5/28
Elizabeth Jordan	5/09	Marianna Pieck	5/28
Betty Dowell	5/12	Eleanor Burke	5/29
Shirley Ertola	5/18	Edward DeWath	5/29
Maria Pantaleo	5/19	Ida Hodes	5/29
Martha Raymondos		5/30	

Cinco de Mayo, or the fifth of May, commemorates the date of the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. A relatively minor holiday in Mexico, in the United States Cinco de Mayo has evolved into a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

The Battle of Puebla was significant in that the 4,000 Mexican soldiers were greatly outnumbered by the well-equipped French army of 8,000 that had not been defeated for almost 50 years. Also, since the Battle of Puebla, some have argued that no country in the Americas has subsequently been invaded by any other European military force. Historian Justo Sierra has written in his *Political Evolution of the Mexican People* that, had Mexico not defeated the French in Puebla on May 5, 1862, France would have gone to the aid of the Confederacy in the U.S. Civil War and the United States' destiny would have been different.

MOVIES IN MAY

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

OCTOBER SKY (1999)

May 4

The true story of Homer Hickam, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes.

Stars: Jake Gyllenhaal, Chris Cooper, Laura Dern

BEST IN SHOW (2006)

May 11

A colorful array of characters compete at a national dog show.

Stars: Fred Willard, Eugene Levy, Catherine O'Hara

BRIEF ENCOUNTER (1946)

May 18

Meeting a stranger in a railway station, a woman is tempted to cheat on her husband. Stars: Celia Johnson, Trevor Howard, Stanley Holloway

WHILE YOU WERE SLEEPING (1995)

May 25

A hopeless romantic Chicago Transit Authority token collector is mistaken for the fiancée of a coma patient. Stars: Sandra Bullock, Bill Pullman, Peter Gallagher

□ □ Happy 105 Ida □ □

When I wrote an ode to Ida's first hundred years* in 2014, I never imagined I would need to reprise it five years later! Here is another chapter in the life of our Amazing Ida:

For many years Ida lived in North Beach and was active in its literary and cultural scene. In 1954 she helped establish the Poetry Center at San Francisco State that has organized readings, talks and performances ever since. Pictured at right: Ida singing "Fallout Blues" in her friend James Broughton's play "The Rites of Women", staged in 1960 at The Playhouse in San Francisco. Ida composed and performed the music.



* See the June 2014 issue in the *Happenings* binder in the Porter Library for the original; here is a 2019 addendum:

On May 29 Ida will celebrate 105 years of age, going on 110,
(Will **I** be here five years from now to update this ode again?)
She has since moved from her Morgan building third floor aerie
to a place with a more reliable elevator on second floor Perry.

She uses a walker now as she plies the halls on her daily errands:
Attending exercise classes, lectures, and checking in on friends;
For enriching our unique Heritage community, thank you Ida dear
Here's to your good health, happiness and mindfulness next year!

Jean Fowler

THE RESIDENTS' COUNCIL

Every independent and assisted living resident is a member of the Residents' Council. (The skilled nursing unit has its own council.)

The Council has two objectives: to represent and support the residents in relations with The Heritage administration; and to support the committees that contribute to our community life. Funds raised are distributed to the following committees: chapel, gardening, library, outreach. The health committee too is under the aegis of the Residents' Council. Funds are also raised for the Employees Appreciation Fund through planning special events.

Late in the year the Executive Committee of the Residents' Council decides what total amount can be given to the Employees Appreciation Fund.

During the year many residents make independent donations to the Employees Appreciation Fund as well as responding to the end-of-the-year appeal. These are given directly to The Heritage and are tax deductible.

BOOKS ADDED TO THE STUCKY LIBRARY

FICTION:

Isabel Allende	Portrait in Sepia
Jorge Luis Borges	The Library of Babel (Borges)
Jorge Luis Borges	The Unimaginable Mathematics of Borges' Library of Babel
Louise Candlish	Our House
A.J. Finn	The Woman in the Window
Tom Hanks	Uncommon Type: Some Stories
Gail Honeyman	Eleanor Oliphant Is Completely Fine
Imre Kertesz	Fateless
Shawna Yang Ryhan	Green Island
Kathleen Rooney	Lillian Boxfish Takes a Walk
George Saunders	Lincoln in the Bardo
Wallace Stegner	The Spectator Bird
Mark Sullivan	Beneath a Scarlet Sky
Helene Tursten	An Elderly Lady Is Up To No Good
Virginia Woolf	The Will to Create as a Woman
Peter Zuckerman & Amanda Padoan	Buried in the Sky
Roxane Gay, ed.	The Best American Short Stories

NON-FICTION:

Denis Clifford	Nolo Simple Will Book
Marie Arana	Bolivar: American Liberator
Diane Athill	Somewhere Towards the End: a Memoir
Reed Bunzel	California Style: The Joe Koret Story
Richard De Leon	Left Coast City – Progressive Politics in San Francisco 1975-1991
John Leland	Happiness is a Choice You Make: Lessons from a Year Among the Oldest Old
Hampton Siles	On Desperate Ground
Homer Venters	Life and Death in Rikers Island

The Book Club will meet on Monday, May 6, at 11:00 am in the Stucky Library. The book to be discussed is *Bad Blood: Secrets and Lies in a Silicon Valley Startup* by John Carreyrou. In late 2015, Carreyrou began a series of investigative articles published in The Wall Street Journal on Theranos, the blood-testing startup founded by Elizabeth Holmes. The articles questioned the company's claim to be able to run a wide range of lab tests from a tiny sample of blood from a finger prick.

President's Corner

April was another great month here at The Heritage. While we again enjoyed multiple activities, I want to highlight a couple of events that reflect the quality of life we enjoy. Our Annual Tea, chaired by Katherine Conley, was not only an event with class, but a successful fund-raising event for your Residents' Council. The zero waste presentation provided us with current information on what can be recycled or composted rather than add to our landfills. The Bollywood Indian dinner provided us with enjoyment of native food and entertainment created by the collaboration of the Activities Department and the kitchen staff. This was followed by the wonderful Easter midday meal put forth by Morrison. Last, but by no means least, the April 26th milkshakes! Are we getting two in May?

With the passing of April and the worries about tax filings behind us, we move on to the merry month of May. There are some important dates in May to celebrate: May 4th-International Respect for Chickens Day; May 5th-Cinco de Mayo; May 12th-Mothers Day; May 21st-Waiters and Waitress Day; May 22nd-National Maritime Day; and finally May 27th-Memorial Day. Don't forget to buy a ticket for Open Doors. Our next Residents' Council meeting has been moved to Friday, May 17th in Friendship Hall. Joe Conroy will explain the increase in our monthly fees. Our best wishes to Janet Howell as she takes maternity leave for the birth of her second child. Remember to wear your pendant and be an Advocate. And get an Advocate.

Tony

Our library continues to grow and improve. It benefits from contributions from residents and friends, and the book fund is still growing as well. I urge you, if you have read a wonderful book or know of one you would like to read, to let me know and I will put it on the list to buy. The book group also now owns an iPod Touch with the book of the month on it every month.

The library works because when residents check out a book, they note it in the binder, with date of check out, and then when they return it, note the date of return. Please continue to be thoughtful about this. And if you by any chance happen to have a book in your room that should be returned, do so right away; someone would like to read that book.

Thanks,

Eleanor Burke

WEEKLY ACTIVITIES

Art with Patrick	9:30am	M	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
Maintain Your Brain	10:00 am	W	FC
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
Sing-Along	3:00 pm	W	FH
Yoga Basics	9:30 am	Th	FC
Painting with Patrick	10:00 am	Th	FH
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

* Ann is away until 5/12. Deborah will lead the classes.

Thoughts for Memorial Day

**“Patriotism is not short,
frenzied outbursts of emotion,
but the tranquil and steady
dedication of a lifetime.”**

—ADLAI STEVENSON II

**“Freedom makes a huge
requirement of every human
being. With freedom comes
responsibility.”**

—ELEANOR ROOSEVELT

RELIGIOUS SERVICES

Episcopal Service of Holy Communion 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.

A NEW ATTENDING PHYSICIAN

On Friday, April 26, at 3:00 pm in Friendship Hall, Dr. Richard Moskowitz introduced himself and described his philosophy of treating patients. Dr. Moskowitz is an internist - that is, a medical doctor who specializes in the diagnosis and medical treatment of adults. They do not perform surgery. When necessary, Dr. Moskowitz will refer you to a specialist, and coordinate and manage treatment as needed. Dr. Moskowitz has a particular interest in the care of seniors and will make regular visits to The Heritage to treat those who sign up with him.

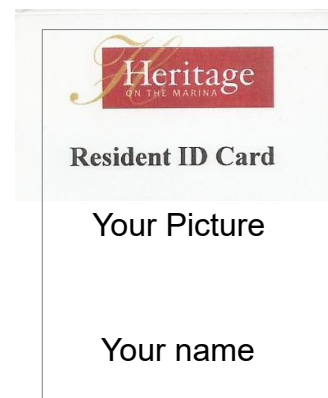
Dr. Moskowitz is coming to The Heritage for two reasons: first, to meet the need for a primary physician who is affiliated with Brown and Toland; and second, to be the primary physician for residents who wish to change from their current doctor.

If you wish to sign up with Dr. Moskowitz, see Cindy Chen, who will take care of the required paper work. When arrangements are finalized, you will have an initial examination and interview with the doctor who will keep your information on his cell phone for immediate consultation if you need medical attention. For further information, speak to Cindy or to Hanh Ta.

ALERT: Check to see that you are carrying your Heritage Emergency card whenever you are away from the building. In case of an accident, if you are unable to communicate, it will be invaluable in determining your care.

TAXIS: Did you know that Luxor, Citywide and other small taxi services are now part of the Yellow Cab company? A new voucher form is available at the front desk when you have signed up for the van, but it is not in service, such as on weekends. It is important to give a numerical address when booking a cab, not just the name of a building, concert hall, medical office or hospital. If you are on the street, look for the address on a store front.

LUNCH WITH A BOARD MEMBER? Board members are eager to get acquainted with residents and to hear their concerns, answer their questions and feel that the work they do guiding this institution is consistent with the maintenance of this great community and a shared vision for its future. Monthly lunch groups of four residents and a Board member will be scheduled. If you would like to participate in these important conversations, give your name to Margaret Jacobs.



SPECIAL EVENTS IN MAY

Catholic Mass	Fri	May 3	10:30 am	Chapel
Docent: Japanese Aesthetics	Fri	May 3	3:00 pm	FH
Los Cachorros Mariachi Band	Sun	May 5	12:30 pm	DR
Tigges Jewelry	Mon	May 6	1:00 pm	MH
Book Club	Mon	May 6	11:00 am	Stucky Lib
Food Committee	Mon	May 6	1:30 pm	BCM
Songbirds Concert	Tue	May 7	12:15 pm	DR
Bridge Class	Wed	May 8	1:00 pm	FC
Flower Arranging Workshop	Thu	May 9	3:00 pm	FC
Guitar, Vocal Ensemble	Fri	May 10	3:30 pm	MH
Birthday Celebration	Fri	May 10	5:15 pm	MH
Ian Scarfe: Piano & Cello Program	Sun	May 12	3:00 pm	MH
Marin Men's Chorus Concert	Tue	May 14	7:30 pm	MH
Docent: Monet, The Later Years	Thu	May 16	3:00 pm	FH
Semi-Annual Meeting	Fri	May 17	9:30 pm	DR
MORGAN OPEN DOORS	Fri	May 17	2:00 pm	
Superfood Demo: Avocados	Mon	May 20	3:00 pm	FH
Bridge Class	Wed	May 22	1:00 pm	FC
Pianist Richard Hawkins	Thu	May 23	3:00 pm	MH
Card Bingo	Thu	May 23	7:15 pm	FH
Feldenkrais	Sat	May 25	9:00 am	FC
Reading Aloud	Sun	May 26	3:00 pm	BCM
Moonglow Jazz Trio	Mon	May 27	3:00 pm	MH

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