



Heritage Happenings

JANUARY 2019

Winter Music Performance by the Noteables

Friday, January 4, at 3:30 pm in Friendship Hall

The Noteables are a four-voice a capella ensemble based in San Francisco. They sing classical, jazz, and pop music, including classic compositions and their own arrangements. Their winter performance will range from 15th Century to familiar contemporary songs.

Twelfth Night Party

Sunday, January 6, at 3:00 pm in Friendship Hall

The twelve days of Christmas end on January 6, a church festival called Epiphany in commemoration of the coming of the Magi (Wise Men) to the manger as the first manifestation of Christ to the Gentiles.

Twelfth Night parties have been celebrated around the world for many centuries. Here at The Heritage, we will have the traditional king cake and spiced cider. Whoever finds the token in their piece of cake will be crowned king or queen for the day. We will sing the traditional songs – *We Three Kings of Orient Are*, *Here We Come A-wassailing*. We will honor the memory of Jane Lewis by continuing her tradition of a reading of Henry Van Dyke's story *The Other Wise Man*. Betty White and Margaret Jacobs will share the reading. Come join the fun.

Lecture: Quakers Role in the Underground Railroad by Stephen McNeil

Monday, January 7, at 3:00 pm in Friendship Hall

The Underground Railroad is a term used to describe an informal network of secret routes and safe houses used by fugitive slaves in the United States on their journey north to "Free States" or Canada.

Stephen McNeil is now retired as director for peace-building work with the American Friends Service Committee, U.S. West Region.



Help Patti Dismantle the Christmas Tree.

On Monday, January 7, at 9:30 am, come to Morgan Hall and remove the ornaments from the tree, wrap them and put them carefully in their boxes ready for next year.

Students from Stuart Hall School Come to Read to Residents

Tuesday, January 8, 10:15 am in Friendship Hall

For the past 12 years young students from Stuart Hall have been coming once a month to read to the residents in the Health Center. This year we would like to invite all residents to participate in this wonderful intergenerational activity.

Professor David Peritz presents:

What Exactly Will the Tax Reform Bill Do?

From Financial and Fiscal

to Political and Social Implications

Thursday, January 10, at 3:00 pm in Friendship Hall



Fall Prevention Presented by Eulicia Wright-Almonte

Wednesday, January 16, at 10:30 am in the Fitness Center



Bring an Object and Share its Story

Thursday, January 17, at 3:00 pm in Morgan Parlor

Moon Glow Trio returns

Monday, January 21st at 3:00 pm in Friendship Hall

The Moon Glow Trio mixes and mashes the Great American Songbook, swaggering Rat Pack balladry, Gypsy Jazz, vintage and contemporary pop, Classical music, Latin, Soul, Blues, Rock, Country or Western, to create a relaxed, soulful atmosphere that will bring a smile to your heart.



Pretty Your Pendant

Thursday, January 24, at 2:00 pm in the Fitness Center

Sign up in the dining room if you would like to participate in making your own necklace for your pendant. Beads will be provided.

Can't hear on the phone? Learn how to get a FREE phone

Thursday, January 31, at 3:00 pm in Friendship Hall

Elizabeth Murphy from CapTel will educate us about the CapTel Captioned Telephone that allows people with hearing loss to listen to their caller and read everything the caller says. Free with verified hearing loss, you get the phone plus installation and free captioning service with no monthly fees or contracts.

Liza Duculan – Heritage Poster Child

Liza began working at The Heritage on December 19, 1988, some 30+ years ago when Ronald Reagan was President, a year before the 1989 earthquake played havoc in the Marina but only knocked one brick out of the Morgan building chimney, and five years before Marion Wake, our longest-term resident, moved in with her husband Lloyd in October 1993.

At the Employees' annual holiday party in mid-December, Liza spoke poignantly and meaningfully about working here, about other long-time employee friends and colleagues, about generous and caring residents, and about her appreciation for the values of the organization. This traditional event is where employees let down their hair, kick up their heels, and enjoy each others' company. Some bring small children. They plan the entertainment, create dances and skits, then compete for best performance honors. As a part of Dining Services contribution, Liza developed the large poster pictured here, which she used to illustrate her talk about company values. Ken and Liza both vow he did not put her up to this!



Excerpting from her remarks, she commented, "So many things have inspired me to continue with Heritage, but our dedication to the company values and family dynamic have been the most important." To paraphrase, these values are: • treating fellow staff members, residents and visitors with respect and kindness; • acting with integrity and transparency; • embracing innovation and change; • building a positive team experience; • pursuing excellence and taking responsibility for job performance; • pursuing creativity and open-mindedness; • embracing a fun and enjoyable work environment; and • showing empathy and providing a safe environment for residents to allow them full expression of who they are.

To demonstrate her own creativity she mentioned that in 2001 she received an award for dressing up like a scary cowboy. At the 2018 employee's party she received the award for the ugliest Christmas sweater—a party theme!



Liza is a San Francisco native who has lived here her entire life. Before coming to The Heritage, she worked as a receptionist in a dental office, and as a server in The Towers when it first opened. The late beloved Tony Lawrence, her co-worker for nearly 29 of her 30 years here, first interviewed her. She was hired as a server and Health Center diet aide and before long, she began to think of this as her second family.

Liza, if you were to ask residents why they like it here, you would hear many of these same thoughts echoed: They like the sense of community, in part made possible by its small size, but more importantly by the caring, creative and respectful staff—people like you.

In her spare time Liza enjoys sewing, arts and crafts and she recently developed a yen for travel. She went East with her cousins to a family wedding in Baltimore, and with encouragement from Chris Vezzetti in Dining Services, she ventured to New York and Washington, D.C. as well. She has subsequently discovered the beauty and pleasures of Yosemite and Hawaii and is ready to travel more.

Go for it Liza! Go with the blessing of we residents you have served so well for thirty-plus years. Just be sure to return home!

Jean Fowler



Kay Narron	1/04
Linda Hanley	1/22
Babara Clevenger	1/27

Birthdays will be celebrated on Friday, January 11.

WEEKLY ACTIVITIES

Art with Patrick	9:30 am	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
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 with Phil	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

* Chair aerobics on Monday, Jan 7, will be a video.

** No exercise classes on Tuesday, Jan. 1

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.

REFLECTIONS ON THE PASSING YEAR

Ere the passing year disappears at midnight from the scene,
Let us pause to reflect upon the joys and sorrows of 2018;
As we sift through our memories of the year's ebbs and flows
May we recall the highs with fondness, bury deep the lows.

For those who passed on to a better place since last December:
Livia, Lois, Marion M., Ralph, Vicki, Verna, LeRoy, we remember.
To *Dan*, whose better place is in Idaho with his family *Human*,
We hope there's a 2019 visit back to The Heritage a-loomin'!

To newcomers *June, Sisi, Barbara C.*; and *Denise*—in and out,
Eleanor and *Bernie, Kris* and *Gary*, let us give a shout-out.
We welcome your fresh energy, ideas and sense of unity
That help us appreciate again the joys of our community.

Thanks be to President *Tony*, our responsible fearless leader,
To *Katherine*, a.k.a scribe and to *Patsy*, trusty bean counter;
To *Eleanor Bissell* for leading the Health Panel with diligence,
To *Mary Liz* who heads the Food Committee with vigilance!

Kudos to ever-imaginative Lawrence Gallery curator, *Doris*;
To *Doris K., Zoe, Pat B, Gloria* and all who display art for us.
To *Marion, Jane* and *Marlene*, so creative with twigs, flowers,
Thanks for bringing beauty and joy to all for countless hours.

Humble thanks to *Margaret*, who is the Mother-of-Us-All,
Counselor, preacher, Editor-in-Chief, tech genius on call,
Creator of Saturday Shorts—growing weekly in popularity,
She searches for timely bits with poignancy, and/or hilarity.

Praise be to the writers who churn out *Happenings* on cue,
Barbara A, Katherine, Martha Nell, and *Eleanor*, thank you!
Give a shout out for the proof-readers who ensure its clarity:
Midge, Mercedes, and *Betty W.* also screen out vulgarity!

Cheers for *Mary Charlotte* and *Mercedes* who dare to play
To the delight of all in Morgan Parlor on the Grand Steinway;
To *Linda S*: we miss your fine playing on those ivory keys,
Do come play for us again at your leisure, oh do, *please*!

We bow with gratitude to our gardeners for hundreds of hours
Spent lovingly watering and trimming potted plants and flowers:
Kay, Martha, Marianna, Marcia and especially heavy-lifter *Steve*,
We drink a toast to your continuous caring this New Year's Eve!

To *Stela* who for many years has organized the fall crafts fair,
To *Jan* and *Erika* and so many others who knit and purl with flare,
To all who contribute to the Employees' Fund with time and talent,
May you be rewarded in your next life for your service so gallant.

For reorganizing Stucky Library, profuse thanks to *Gail* and crew:
Gene, Flora, Midge, Kay and probably other book lovers too.
For Eleanor who established a popular new books fund, applause!
She sold countless copies of her SF *Sketchbooks* for this fine cause.

Thanks to *Carm* and *Jane* for reviving the Kaffee Klatch tradition,
Formalizing this mid-afternoon social hour is a welcome addition.
Bouquets to *Linda H.* and *Joyce*, creators of lovely birthday tables,
Who are hoping to add more volunteers to their decorator stables.

Joy to the World, and to *Lucretia*, who received an incredible gift:
The emergence of a long-lost brother gave both hearts a huge lift.
Blessings upon our icons of longevity, perpetuity and durability:
At 100+, *Ida* and *Elmer* are models of nobility, civility, tranquility!

The gamer babes and sharks among us are held in high regard:
Scrabblers *Enid* and *Mary Charlotte* vie for the best in our yard!
For the game of dominoes *Gisela* is our champion ranking queen,
Teacher *Katie Loo* secures her place as best in the mah jong scene!

Buon anno: Antoinette, Maria, Ernie; bonne annee: Monique, Terry.
Blessings on other menfolk: *Al, Jack, Wade, Robert, Edward, Harry.*
Cheers to *Vivian* and **Jane B.**, denizens of the community table:
Dorothy, Elizabeth, Nancy, Shirley, Sheila, Rita are also in this stable.

Here's to *Richard/Marlene, Rich and Anne*, the *Bettys, Dowell* and *Dy*,
The *McCarthys: Pat and Ellie, Isabel, Aggie, Ivy, Mollie, Anna B.*
Please join me in a toast to us, our Heritage community scene,
To our collective good health, happiness and lots of laughter,

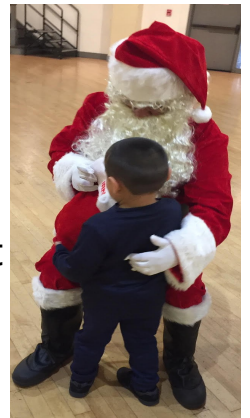
Jean



Gail Lindlow, Midge Mansouri, Mary Liz Harris, Betty Dy and Katherine Conley wrapped 70 Christmas presents for seniors at the Curry Senior Center. The Center serves the persistent and urgent needs of low income seniors who are aging in place in the Tenderloin and South of Market districts. They offer integrated health care, housing, case management support, meals and community activities for all seniors, especially the most vulnerable, low income or homeless.



Santa Claus (Dave Costello) delivered Christmas gifts assembled by Stela Voyles and her elves to the children at the Bayview Headstart Program. Every child received a hand-knitted hat and scarf and a stocking filled with fun things.



MOVIES IN JANUARY

Saturdays at 7:15 pm in the McGinley Room

THE SEVEN YEAR ITCH (1955)

1/5

When his family goes away for the summer, a so-far faithful husband is tempted by a beautiful neighbor. Stars: Marilyn Monroe, Tom Ewell, Evelyn Keyes

THE MEDDLER (2015)

1/12

An aging widow from New York City follows her daughter to Los Angeles in hopes of starting a new life after her husband passes away. Stars: Susan Sarandon, Rose Byrne, J.K. Simmons

TEA WITH THE DAMES (2018)

1/19

Dames Judi Dench, Eileen Atkins, Joan Plowright, and Maggie Smith get together for tea to reminisce and discuss their acting careers.

THE OLD MAN AND THE GUN (2018)

1/26

Based on the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Stars: Robert Redford, Sissy Spacek, Casey Affleck

President's Corner

What a great December! A fitting conclusion of the year 2018. We started the month with Holiday music from many different groups. The date is December 5th and we enter the Morgan parlor to find Patti Gallagher standing on top of the ladder putting the lights on the Christmas tree, while a host of volunteers unwrap and hang ornaments. The result is a magnificent and beautiful tree that residents and guests alike have enjoyed this season. This is followed by the traditional Holiday dinner sponsored by the Board of Directors. The new seating arrangement worked well. Chef Kevin and his staff produced another culinary masterpiece. The dining room staff were again outstanding in the service they provided to us and our guests.

It was an honor to represent our fellow residents at the Employee Appreciation luncheon to thank the dedicated staff for making the Heritage on the Marina a better place to live. The funny and well choreographed dances put on by the various departments added much to the festivities.

We congratulate Margaret Jacobs as our elected voting member to the Board. To Bernie Burke, Katie Loo and Gail Lindlow as our new Resident Council Vice President, Treasurer and Secretary. Our deep felt thanks to Patsy Hulting and Katherine Conley for their dedicated service to the Council.

We thank all of the volunteers who helped on the various committees during 2018. Our thanks to the Board of Directors for their support, and to our administration, Ken, Hanh, Joe, Janet and Patti for all the work they do to keep our home the best place to live.

Happy New Year -2019

Remember, BECOME DEPENDENT on your PENDANT

Tony

A Reminder: After January 3, Batteries Plus will no longer service The Heritage. Residents who need batteries for hearing aids, watches and telephones must find other sources. Hearing-aid batteries can be purchased at Batteries Plus, 1450 Bush Street, Safeway and Walgreens.

If you are unable to go out on your own, several fellow residents would be happy to obtain them for you. Speak to Margaret or Tony if you need help.

NEW BOOKS IN THE STUCKY LIBRARY

Yasmina Reza	Babylon	2016
Lisa Brennan-Jobs	Small Fry	2018
J. Courtney Sullivan	Saints for All Occasions	2017
George Orwell	1984	1949
Richard Powers	The Overstory	2018
F. Scott Fitzgerald	The Great Gatsby	1925
Vanessa Hua	A River of Stars	2018
Michiko Kakutani	The Death of Truth	2018
Chinua Achebe	Things Fall Apart	1958
Rohinton Mistry	A Fine Balance	1997
Scott Von Doviak	Charlesgate Confidential	2018
Nichole Chung	All You Can Ever Know	2018
Matias Faldbakken	The Waiter	2017
Helen Hunt Jackson	Ramona	1884
Esi Edugyan	Washington Black	2018
Greg Miller	The Apprentice	2018
Doris Kearns Goodwin	Leadership in Turbulent Times	2018
Emily Bronte	Wuthering Heights	1847
Mario Puzo	The Godfather	1969
Richard Llewellyn	How Green Was My Valley	1940
Claire Fuller	Bitter Orange	2018
Larry McMurtry	Lonesome Dove	1985
John Steinbeck	The Grapes of Wrath	1939
Min Jin Lee	Pachinko	2017
Ruby Lal	Empress, The Astonishing Reign of Nur Jahan	2018
Richard Bisgrove	Gardens of Gertrude Jekyll	1992

The Book Club will meet Monday, January 7, at 11:00 am, in the Stucky Library. We'll discuss *Where the Crawdad Sings* by Delia Owens. "A painfully beautiful first novel that is at once a murder mystery, a coming-of-age narrative and a celebration of nature..."

SPECIAL EVENTS IN JANUARY

Catholic Mass	Fri	Jan 4	10:30 am	Chapel
Noteables Ensemble	Fri	Jan 4	3:30 pm	FH
Twelfth Night Party	Sun	Jan 6	3:00 pm	FH
Dismantle Christmas Tree	Mon	Jan 7	9:30 am	MH
Book Club	Mon	Jan 7	11:00 am	Stucky Lib
Tigges Jewelry	Mon	Jan 7	1:00 pm	MH
Lecture: Underground Railroad	Mon	Jan 7	3:00 pm	FH
Stuart Hall Boys Read	Tue	Jan 8	10:15 am	FH
Bridge Class	Wed	Jan 9	1:00 pm	FC
Prof. Peritz Lecture	Thu	Jan 10	3:00 pm	FH
Residents Council Meeting	Fri	Jan 11	9:30 pm	DR
Birthday Celebration	Fri	Jan 11	5:15 pm	MH
Great Religions Lecture	Fri	Jan 14	3:00 pm	FH
Fall Prevention Lecture	Wed	Jan 16	10:30 am	FH
Show 'n Tell	Thu	Jan 17	3:00 pm	MH
Moon Glow Trio	Mon	Jan 21	3:00 pm	FH
Bridge Class	Wed	Jan 23	1:00 pm	FC
Pretty Your Pendant	Thu	Jan 24	2:00 pm	FC
Card Bingo	Thu	Jan 24	7:15 pm	FH
Great Religions Lecture	Fri	Jan 26	3:00 pm	FH
Feldenkrais	Sat	Jan 27	9:00 am	FC
CapTel Free Phone	Thu	Jan 31	3:00 pm	FH

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