



Heritage Happenings

APRIL 2020

Scheduled Activities

SPRING ARTS/CRAFTS WORKSHOP

Thursday, April 9, from 2:00 – 4:00 pm in the Fitness Center

Grief Support Group

Thursday, April 23, at 3:00 pm in the Fitness Center
Activities Leader Jeanne Demeio

Exercise in the Fitness Center

Monday, Wednesday, Friday at 9:30 am
Chair Aerobics with Yasin

Balance Class

Monday, Tuesday, Thursday, Friday
at 11:45 am in 1st floor Perry

Afternoons in the McGinley Room

Lectures, Coffee and Conversation

Programs from the FROMMCAST Library: videos shown on the large screen

Mondays, 2:30-4:30 Single Lectures (90 min.)

April 6	Why Watergate Still Matters	Prof. O'Sullivan
April 13	The Obama Years, History and Hope	Prof. Rothman
April 20	50 Shades of Black Power, Style, Mystery and Bondage	Prof. Eddelman
April 27	The Real Girls of the Golden West	Prof. O'Sullivan

Wednesdays: 2:30-4:30 An 8-week course continuing in May

April 1, 8, 15, 22, 29	Passage to Modernity: Europe and the World in the 19th Century	Prof. Clay Large
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Fridays, 2:30-4:30 Single Lectures (90 min.) Musical Topics

April 3	Frank Sinatra, The Man and His Music	Prof. Buxton
April 10	The French Connection; Faure, Debussy and Ravel	Prof. Fogelsong
April 17	The Johann Strauss Family, Their History and Music	Prof. Bismo
April 24	The Girls of the Golden West	Prof. Cranna

Pandemic

Lynn Ungar

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.



And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has become clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

YASIN BASKAN

HEAD, PHYSICAL THERAPY

Istanbul is where Yasin was born, raised and first attended college. At university he studied finance. Then he decided this wasn't to be his calling and that he should opt for a different field. Yasin had always wanted to be in health Care, so he decided that if he was going to embark on a new line of study, he might as well start it in a different locale. And Yasin came to California—more specifically to the East Bay.



Yasin attended Junior College and then graduated from Cal State Hayward, where he had a double major in pre-Physical Therapy and Exercise/Nutrition/Wellness (the latter all one department). These led to a Master's in Exercise and Physiology. The culmination was his DPT (Doctorate in Physical Therapy) from USF, which Yasin completed in three years without a break.

Yasin's first job after he achieved his doctorate was with ONR, the company that handles The Heritage P.T. Department. At first, Yasin split his time between The Sequoias and The Heritage. Then he was made head of the department at The Heritage, where he now is full-time.

Addendum: During this period which restricts non-employees, Yasin is helping with some of the exercise classes.

Martha Nell Beatty

Virus Humor

"Some hero has replaced the empty toilet roll shelves with the Sunday *New York Times*."

"Oh, now! Everyone wants to know what introverts do for fun."

The following pages contain April Fools' stories from *The Happenings* archives.

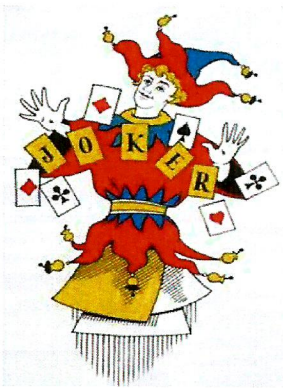
CONTENTS OF THE MYSTERIOUS BOX REVEALED!

As many of you know from Ken Donnelly's announcement last week, a small, locked, wooden box was recently discovered during the demolition phase of rooms 324 and 325. It was found in the north wall behind a sink fixture, presumably placed there during construction of the Morgan Building in 1925. Despite the temptation to open the old box immediately, Ken instead decided to call the San Francisco Historical Society as well as The Southern North Beach Eastern Antiques Appraisers of the West. It turns out the box - an original Japanese "Oyatsu box" circa 1500 - contains some extremely valuable and rare memorabilia from the turn of the century. Apparently, it's a time capsule of some sort. The appraisers set a potential auction value at one-hundred-fifty to two-hundred thousand dollars or possibly more! This is very exciting for Heritage on the Marina and the Historical Society. There will be a showing next month in Morgan Hall - the date to be determined. The items in the box will be displayed for two months here, and then taken by the Historical Society to determine next steps. What a marvelous discovery! More information to follow.



Doug Kaplan
Director of Social Services

APRIL FOOLS' DAY



An explanation of the origins of April Fools' Day was provided by Joseph Boskin, a professor of history at Boston University. He explained that the practice began during the reign of Constantine, when a group of court jesters and fools told the Roman emperor that they could do a better job of running the empire. Constantine, amused, allowed a jester named Kugel to be king for one day. Kugel passed an edict calling for absurdity on that day, and the custom became an annual event.

"In a way," explained Prof. Boskin, "it was a very serious day. In those times fools were really wise men. It was the role of jesters to put things in perspective with humor."

This explanation was brought to the public's attention in an Associated Press article printed by many newspapers in 1983. There was only one catch: Boskin made the whole thing up. It took a couple of weeks for the AP to realize that they'd been victims of an April Fools' joke themselves.

HEADLINE: TOILET PAPER TIME REVIEW



As many of you know, we review the type of toilet paper (TP) we use every 3-4 years. The decision, as a community, takes into consideration cost, quality, environmental sustainability, and new innovations. We are excited to give you a preview

right now of some of the new varieties of TP on the market.

We will have a meeting in a few weeks to discuss these in further depth.

First, with the environment in mind, there's some fascinating choices. A new brand of TP is offered that begins to biodegrade in your hand as you're using it! Very exciting. Also, to save trees, Sysco has a product with only 75 sheets per roll vs the standard 345. Lastly, Earthright has a 9-ply paper instead of 2-ply so that you can save and reuse the squares to save on paper. These are all great "earth first" options! Technology has also made its way into TP. A new local start-up offers stacked squares in a laser-activated dispenser instead of the common cumbersome roll. This could be a nice touch in our public rest rooms. For easier handling, Medline is offering a roll composed of triangles instead of the old and tired TP squares.

Not all innovations are practical, though. Some are fun! There are multi-colored rolls in order to distinguish the TP from other plain white paper products and also scented options: jasmine, cinnamon buns, cherry pie, melted snow, and chocolate latte. These are only a few of the ingenious and intriguing options offered on the market today. More information to follow.

ANNOUNCEMENT

The Board of Directors of The Heritage just announced that they have voted to replace our hopeless, helpless, infirm elevator. The contract for the new machine will go to Otis, a nod to our President's vow to put his "America First" stamp on all our decisions. Otis had been in serious competition with Siemens, the highly-regarded German lift maker, when the Board announced that Otis had won the contract.

When questioned how the elevator, which will cost at least \$1,000,000, will be paid for, the Board president said that a box will be inserted in the elevator to collect a quarter from every rider. When one of the residents pointed out that it would take 4 million quarters, i.e. individual rides, to cover the hefty cost, the president assured everyone listening that he expected it to be paid for in 6 years, after which the box would either be removed or else the money collected would be put to some useful purpose, like perhaps a swimming pool in the central patio...

He added that the new elevator would sort some attractive features, such as a Barca Lounger instead of the spotty, messy bench, and a make-up counter...and a mirror for folks going out for an evening on the town...

"Listen My Children and You Shall Hear . . ."

When I was a child growing up in Illinois, I remember hearing every year on April 18th that poetic opening phrase from Henry Wadsworth Longfellow's "The Midnight Ride of Paul Revere". My mother would remind me that Joseph Warren—the man who sent Paul Revere off on his famous midnight ride—was a distant relative. In fact, Warren was my father's ancestor but my mother had readily adopted him. While I didn't appreciate the historical significance at the time, I loved the cadence . . . "Listen my children, and you shall hear of the midnight ride of Paul Revere." In due course I puffed up with pride over the fact that I had a family tie to that storied bit of early American history.

To review that history: Revere was an "express rider" for the Boston Committee of Correspondence and the Massachusetts Committee of Safety; he traveled by horseback as far away as New York and Philadelphia carrying news and messages. On that now famously poetic day of "the 18th of April in '75" (1775), Dr. Joseph Warren of Boston summoned Paul Revere to ride to Lexington, Massachusetts, with the news that British troops were about to march into the countryside northwest of Boston. Warren was an active member of the Sons of Liberty and a ranking member in the revolutionary government. He fought at Bunker Hill and was killed while rallying retreating militia. He is remembered as a hero and early martyr in the cause of the American Revolution.

With the death in 1912 of my paternal great grandmother, Emma Warren Fowler, Warren died out as a last name in my family tree; however, it was carried on as the first name of father's oldest brother and my nearest cousin in age of my generation. If I were to delve again into family genealogy I could probably also develop a family tie to Massachusetts Senator Elizabeth Warren. However, I shall leave that project to a curious younger relative on a lower branch of my family tree.

When I moved to San Francisco from the Midwest in 1962, I learned the 18th of April had an entirely different significance. The day did not begin with a reading of Longfellow's poem, but rather with Herb Caen's reminder of the annual gathering of survivors of the 1906 earthquake at Lotta's Fountain at Market, Third and Geary Streets. I had never experienced an earthquake until I was rudely shaken awake from a deep sleep early one morning a few months after settling here. I tentatively wondered if I had just felt my first quake, and then whether it was just a precursor to an even bigger shake. I still ask myself that question whenever I feel the earth moving beneath me.

Jean Fowler

ALL OF ME

Livia and I buried half an ant in a cocktail matchbox, in a carefully dug miniature grave under the old oak tree. The next day we found his rear end on the windowsill and had to repeat the ceremony.

On both occasions, we fought over which of us would be the celebrant and which the pallbearer. In the end Livia prevailed, being my older and bigger sister at age seven. She knelt by the tree trunk outside the kitchen door in her white nightgown, with rosary beads hung around her neck and a bishop's hat fashioned out of cardboard, while I at five approached with due reverence, arms outstretched straight ahead of me, with the matchbox resting on the tips of my fingers. I was decked out in a black slip "borrowed" for both funerals from my mother's dresser drawer. We had never been to a real funeral but had a vague idea that pallbearers wore black.

After Livia read the Twenty-Third Psalm, the one about walking through the valley of death and fearing no evil, we concluded the burial by singing the Hungarian National Anthem, Livia in a melodious, clear voice and me off-key. "Shut up," she hissed, part way through my vigorous rendition. I dutifully did.

Though we'd been taught not to move a muscle during the singing of the anthem, I ran off, with pigtailed flying, to get a piece of string from the kitchen, to fasten sticks together in the shape of crosses, to mark the gravesites. We had previously fashioned two tiny signs. On one, Livia had written in earnest cursive the word "Head," and on the second I had printed "Rear."

These were but two of many insect burials my sister and I participated in on our farm in rural Hungary, back in the late thirties and early forties. Perhaps this particular ant stands out in my mind seventy years later because the poor ant had somehow become divided in two.

The University of California Medical Center, where I participate in a research project on memory and aging, called a few days ago, asking if I would be willing to donate my brain to them when I die.

What flashed before my eyes when the call came was the size matchbox that would be required to bury my brain when U.C. finished digging around in it. "I'll let you have my brain if you'll take my carcass with it." That's what I blurted out to the astonished woman who called making the somber request. She stuttered a bit and awkwardly replied, "We would be happy to have your entire remains, if you so desire. Please be aware that

when our research is completed, your body will be cremated and the ashes scattered at sea. We do not return the remains to the family.” I gulped a bit at the thought of becoming shark bait – I come from a land-locked country after all – but said “That will be fine.” I struck a mental match to the image of the giant matchbox and watched the imaginary sign “Brain,” curl at the edges and then disintegrate.

Aggie Hoff

A Great Gift

“What a great gift I was given!” exclaimed Yvonne Benedict upon her return from her trip to Ireland. Yvonne’s friend, Marie Fitzpatrick, had invited her to a lunch at the Hibernian Bank which featured a silent auction Marie had put in the winning bid on one of the prizes, two round-trip tickets to Ireland. She invited Yvonne to accompany her.

On February 27 they flew to Dublin on Aer Lingus. Upon arrival Marie traveled to Cork to visit her friends and relatives while Yvonne went to her brother’s home in Dublin where she was joined by her sister who came from England. In succeeding days they traveled to Longford, Leitrim, County Meath and into Drogheda Town to visit with their cousins. They were wined, dined and lodged; they reminisced, laughed and laughed and had wonderful times.



Even the weather cooperated with the travelers. Prior to their visit, Ireland had been experiencing rainy and windy weather, but the day they arrived was sunny and pleasant albeit a bit chilly. It stayed pleasant while they were there, but the day they left the wind and rain returned.

It was over all too soon. Yvonne’s sister returned to England while Yvonne and Marie flew home. Upon arriving at the Heritage on the Marina, Yvonne encountered the one sour note of her trip. Due to the Coronavirus, she was asked to stay in her room for two weeks. Her quarantine is now over and she is left with her memories of “her great gift.”

Katherine Conley

A QUESTION OF BALANCE



Watch the toddler
pull herself up
stand,
hold on,
let go.

For a moment
she wobbles
unsteady on her feet
then plops
to the floor
again.

This exercise
is repeated
over and over
until she finds
her core balance.

She takes a step.
tentative at first
then triumphant.

Each step we take
in our lifetime
begins with
finding our balance,
of holding on,
of letting go.

We walk before we run
before we ride a bicycle
before we navigate
the challenges of leaving home
and beyond.

As we age
there are more
things to balance:
diet, budget,
activity, rest, exercise
work. play
pleasure, serious pursuits,
family and friends,
keeping mind-body-soul
together.

Like the toddler
finding our
core balance is key
to enjoying ourselves
in whatever stage of life
we find ourselves.

Humor is as vital
as trekking poles
to keep us stepping
forward
balancing with confidence.

Let us hold fast
to what gives us pleasure
and let go what no longer
feeds our souls.

eleanor bissell

The President's Corner

Our world changed on March 11, when The Heritage received the directive from the Department of Public Health to shelter in place, now til April 21st. Our routine has changed a great deal and we may be feeling cramped in our life style. While life outside The Heritage has changed dramatically and disastrously for many, ours is still very comfortable.

We should be glad we are able to eat in our dining room, not forced to our apartments like our fellow retirees in The Towers or Sequoias. While discouraged from going outside, we can still walk the neighborhood if careful and alert.

Our staff has more to do, so please be patient in making demands upon them. They are doing their very best to keep us safe and comfortable.

Enjoy the exercise classes, activities in the Cottage and events in the McGinley room. Also, on good weather days, please take advantage of our lovely garden, so well cared for by fellow residents.

Stay healthy and have a Happy Easter/Passover season!

Bernie Burke

SATURDAY MOVIES at 7:15 pm in the McGinley Room

THE MARRIAGE STORY (2019)

April 4

Noah Baumbach's incisive and compassionate look at a marriage breaking up and a family staying together. Stars: Adam Driver, Scarlett Johansson, Julia Greer

Official Secrets (2019)

April 11

The true story of a British whistleblower who leaked information to the press about an illegal NSA spy operation designed to push the UN Security Council into sanctioning the 2003 invasion of Iraq. Stars: Keira Knightley, Matt Smith, Matthew Goode

Judy (2019)

April 18

Legendary performer Judy Garland (Renée Zellweger) arrives in London in the winter of 1968 to perform a series of sold-out concerts. Stars: Renée Zellweger, Jessie Buckley, Finn Wittrock

Dark Waters (2019)

April 25

A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution. Stars: Mark Ruffalo, Anne Hathaway, Tim Robbins

Heritage on the Marina 2020 Kids Art Exhibit



Heritage on the Marina invites children from Pre-School to Fifth grade to enter in our 2020 Kids Art Exhibit! In our effort to uplift spirits during this challenging time, the theme for this exhibit is "Happiness". What brings happiness to you? We encourage everyone to reach out to their younger family members and friends and ask them to submit their artwork no later than April 15, either by mail or email to: marketing@heritagesf.org. Please include child's name, grade, name of school and contact information for one parent/adult.

All art work will be exhibited in the Tony Lawrence Art Gallery for all residents to view and comment on.

We are all in this together!

"The aim of art is to represent not the outward appearance of things, but their inward significance."

Need Stuff? Here is an online Shopping Resource link for help with local shopping: shop.sfct.net

A Message from Sandra Peret

For the safety of our residents, we have placed an order through Medline to purchase Vitamin C 500mg tablets for our Assisted and Independent Living Residents. Once our order has been delivered, we will make them available for purchase for the residents. Those that are interested in this service may sign up at the Front Desk. We will be sure to communicate to all of you once we have received the shipment.

Dr. Patel recommends taking Vitamin C 500mg at least 3 times a day to boost the immune system.

In an evidence based article entitled, "*The effectiveness of vitamin C in preventing and relieving the symptoms of virus-induced respiratory infections*", A megadose of Vitamin C was administered before and after the appearance of cold and flu symptoms. RESULTS: Overall, reported flu and cold symptoms in the test group decreased 85% compared with the control group after the administration of megadose Vitamin C. This study was published by The National Institutes of Health.

VIRTUAL RELIGIOUS SERVICES

The Church of Jesus Christ Latter Day Saints

Semi-Annual General Conference

Saturday, April 4: 9-11 am 1-3 pm 5-7 pm

Sunday, April 5: 9-11 am 1-3 pm 5-7 pm

Live streaming of talks by the Prophet Russell M. Nelson,
the Apostles and other General Authorities

Recording of the Tabernacle Choir

Location: Room 108P

All are welcome for all or part of the conference.

Schedule of live webcasts from the Washington National Cathedral

In the McGinley Room

Palm Sunday, April 5, at 8:15 am

Holy Eucharist with Liturgy and Procession of Palms

Maunday Thursday, April 9, at 4:00 pm

Holy Eucharist with Stripping of the Altar



Solemn Liturgy of Good Friday, 9:00 am

Scripture, music, ancient prayer and Communion

Good Friday Compline, 7:00 pm



Easter Eve, April 11, at 5:00 pm

The Great Vigil and First Eucharist of Easter

The Sunday of the Resurrection: Easter Day

April 12, at 8:15 am



Harry Copeland

4/01

Janet Bolles

4/08

Henry Der

4/03

Bernie Burke

4/08

Albert Jonsen

4/04

Zoe Brown

4/11

Monique Kaufman

4/07

Elmer George

4/23

Lucretia Way 4/29