



Mattie spinning  
the dreidel at 104

# Heritage Happenings

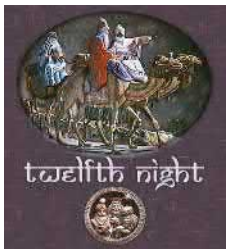
January 2022

## Special Events

### Twelfth Night Celebration

Wednesday January 5 at 3:00 in Friendship Hall

Celebrate the [last night](#) of the Twelve Days of Christmas  
with [King Cake](#) and [chalking the door](#)



### Naomi Feil's Validation Therapy

Friday January 7 at 2:15 in Friendship Hall

*Educational lecture by Mary Linde*

Come and learn about [Naomi Feil's Validation Therapy](#). Validation Therapy is reciprocated communication with people diagnosed with cognitive impairments and dementia: opinions are heard, respected & acknowledged.

### Asian Art Museum Docent

Monday January 10 at 3:00 in Friendship Hall

"Masterpieces Of The Asian" Art Museum presentation by Docent Mary Mead  
*What constitutes a "masterpiece?"* Why are some objects considered masterworks while others are relegated to lesser positions? Explore answers illustrated by a few of the treasures of the Asian Art Museum. Fabulous statues, ancient bronzes, mystic jade, delicate ceramics and evocative paintings – let them engulf you in their beauty and workmanship.

### Visit by the Local Girl Scouts

Wednesday January 12 at 3:30 in Friendship Hall

Third graders from [St Vincent De Paul](#) will sing from the courtyard to our residents in Friendship Hall.



## **Frances Dinkelspiel discusses her book Towers of Gold**

Thursday January 13 at 3:00 in Friendship Hall

Frances tells the story of [Isaias Hellman](#), a Jewish immigrant, who arrived in California in 1859 with little money in his pocket. By the time he died, he had effectively transformed Los Angeles into the modern metropolis we see today. Frances also wrote *Tangled Vines*, a history of wine in California.

## **Patrick Arbore, EdD: New Year's Resolutions: Pros and Cons**

Monday January 17 at 3:00 in Friendship Hall



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. Members reach out to listen, make connections, and support each other as we adjust to the experiences of older age.

## **Winter Floral Arranging**

Thursday, January 20 at 3:00 in Friendship Hall



## **Jeopardy & Prizes with Irving!!!**

Thursday, January 27 at 3:00 in Friendship Hall

Refreshments will be served



## **Music**

Daily Dose of Music continues to air 3:00 on Channel 998 daily (except Tuesdays) including full concerts on Sundays

## **Religious Services**

### **Catholic Mass in the Chapel**

Friday, January 7 at 10:00 in the Chapel

Distribution of Communion every Sunday at 10:00

### **Episcopal Eucharist**

Sundays at 9:30 in McGinley Room

Live stream from the National Cathedral, Washington DC



*"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within." – Elizabeth Kubler-Ross*

## Regular Programs

### Emotional Support Group with Jeanne

Wednesdays at 3:00 in Stucky Library  
January 12, 26



### Saturday Shorts with Margaret Jacobs

Saturdays at 3:00 in McGinley Room  
January 8, 15, 22, 29

### Painting class with [Art with Elders](#) Instructor Yvette Brown

Mondays at 10:00 in Arts & Crafts Room

### Tech Support with Tess Goldman

Thursdays 1:30-5:00 3rd Floor Perry Sitting Room  
January 6, 13, 20, 27

Please sign up in the Dining Room

Tess is also available to provide support in your apartments

## Exercise Classes

<b>Strength training with Jonathan</b> Mondays, Wednesdays, Fridays 9:00 and 2:30 Fitness Center	<b>Yoga with Ilya</b> Thursday 10:30 Fitness Center
<b>Tiu Chi with Bianca</b> Tuesdays 9:00 Fitness Center	<b>Balance Class</b> Monday-Friday 11:45 Porter Hallway
<b>Walking Group</b> Wednesdays 1:00 Pleasure Walking Group 3:30 Leisure Walking Group Meet in Porter Library	<b>Updates</b> Rehabilitation gym now has a new NuStep The Fitness Center is no longer used as a staff break room

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## Editorial:

### New Year's Resolutions

"New Year's Resolutions" sound so ominous and compelling. But I don't do them anymore. Why put that pressure on yourself when they nearly always fail? The usual "lose 10 pounds", "eat more sensibly", "exercise more" and "clean out closets" most often fail miserably and then you have all that guilt to contend with.

There are so many things that we actually **have** to do to keep ourselves functioning. Among them, cleaning our teeth - how boring - paying bills (and seeing the funds trickling out of our bank accounts), doing laundry (when we are down to our last underwear), and generally organizing our lives, come to mind. These all have instant rewards though we do not think of that while we are actually doing them. We grumble to ourselves - and others - and feel quite "put upon".

So "No!" I do not do New Year's Resolutions and I can then celebrate New Year's Eve guilt-free without thinking of those extras. Of course, what actually happens during the rest of the year is another story!

*Jane Standing*



*Gentle reminder: please do not talk on your mobile phone in the library or the dining room!*

## **A Occupational Therapist and RN Team: Brittany Castillo and Michael Russell**



Born in Pennsylvania of a Venezuelan father and American mother. As a child Brittany moved to Georgia, where she spent the remainder of her youth until moving to California with Michael. Michael was born in Americus, Georgia. It was in their early teens that the couple's lives first interacted.

Brittany did her undergraduate work at University of Georgia and then went on to get her master's degree in [Occupational Therapy](#) (OT) at [Brenau University](#). Brittany was originally going to go into clinical psychology, but when she heard about OT, she realized that it was more hands-on and there was a lot more you could do with it. OT basically covers anything a person needs to do in his daily life. It originated in asylums, where staff were trying to develop tasks that could keep the patients involved and give them meaningful things to do. It was part of the process of helping people heal.



Early on, Michael was inspired to follow his mother into the nursing field. He graduated from nursing school at 19. Michael worked as a LVN for five years before becoming a RN. While working in a nursing home, he also worked in a hospital, where he floated to different departments including the psychiatric unit, ICU, surgical, ER and same-day surgery. He found himself gravitating toward nursing home management. He's so pleased that he has found a profession he loves—and excels in.

But it was when they were kids that Brittany's and Michael's lives first interacted, when they played soccer on different coed teams. They officially met in the 9th grade when Michael had a crush on Brittany. Michael found out Brittany was a member of an art club. What did Michael do - even though he wasn't all that interested in art? He joined the club. They just kind of hung out together and had mutual friends.

After Brittany finished grad school, they discussed moving to San Francisco for a better life style, better schools. Another draw was that one of Brittany's brothers lived on the Peninsula. Brittany came to San Francisco first and got everything set up. Michael "just kind of showed up!" They live on Buchanan - just a five-minute walk from the Heritage and across from the park. The location is also perfect for their children. Mason age 9 goes to Sherman on Union and Franklin and Layla age 9 goes to Marina Middle almost across the street from their home.

When first in San Francisco and looking for a job, Brittany walked by the Heritage and thought this looked like a really nice facility. She got an interview and then became part of the therapy group here.

Michael: "The Heritage is the nicest place I've ever worked. As far as health care facilities go it's really incredible. In fact: eye-opening. Some of the other places are more concerned about the business, not the people. And it shows. It just makes sense that any place that looks after people should be non-profit."

*After my two weeks in the Health Center, I can attest to how much Brittany and Michael contribute to our community.*

*Martha Nell Beatty*

## **Meet Paula Cornyn**



Paula Cornyn, one of our recent new residents at the Heritage, is a native San Franciscan – born and lived here until age 27. Raising a family enticed her to move to the suburbs. San Rafael became her new home for several years, and later she moved to Novato. The northward progression ended in Petaluma, where she lived for 29 years.

She started out with teaching ambitions and earned a teaching credential, but never used the opportunity. After many part-time jobs, she became a CPA in her forties. She prepared tax returns for several years and then capped her working career as the Controller for the city of Petaluma, a position that she held for 13 years.

Reading, walking, and travel are Paula's favorite pastimes; interest in reading led her to become a library volunteer in Petaluma. She is also a fan of playing bridge. Her interest in travel has taken her to most of Europe and Asia, Central and South America. A trip to India so enchanted her that she has returned there three times.

Paula has always maintained her early connections with San Francisco, often coming to the city for museums, plays, operas and concerts. When it became time to find a place to live out her senior years, she found Heritage on the Marina while searching the Internet.

She lives in Room 314 in the Perry Building. Her telephone number is: 707-762-0301, and her email address is: [pcornyn@comcast.net](mailto:pcornyn@comcast.net).

Barbara Anderson



## The Archangel



Icon painted by Lucia Dugliss



## The Heritage as a Community

*"Each of us bears the imprint of a friend met along the way... in each the trace of each" ~ [Primo Levi](#)*

And so it is at the Heritage.  
We each enter this community with our unique history, stories and personalities.

We mingle, sometimes meeting others we have known elsewhere: went to the same school, have friends in common.

Many of us are here at the invitation of friends, residents who insisted we join them in the home they have come to love.

In time we become part of a vital, living tapestry woven of our collective stories, interests, talents.

In our bubble by the Bay we delight in the sight of sailboats and sunsets from our seats at the table in the dining room.

We are also fed by lectures, concerts, movies, ethnic dinners, holiday celebrations, all manner of entertainment plus what San Francisco has to offer outside our front door.

Our care and concern for one another are heightened as we experience the fragility of aging: hearing loss, failing eyesight, memory loss, mobility issues.

We depend on each other to remember who we are when we have lost our sense of self. Helping us to keep our balance until we must let go.

Today we welcome new members to our community:  
New energy, different perspectives going forward into 2022.

*"Blessed is the season which engages the whole world in the spirit of love." ~*

[Hamilton Wright Mabie](#) (1846-1916)

*Eleanor Bissell*

## **Annual Ode**

I blinked, and another year passed swiftly before my eyes,  
There was barely time for me to catch the drift, to realize  
That my life is passing so fast, I can hardly keep up the pace  
To stay in the game, to keep on keeping on in the Rat race.

For I am a Rat you see, born in an earlier Year of the Rat,  
Born to make mischief, annoy the mice, outfox the old cat!  
Though I hobble about with the aid of my sturdy metal cane  
My head works just well enough to allow me to appear sane.

Perhaps I am just confusing wishful thinking with sanity,  
Let no one doubt that I am vain, well endowed with vanity!  
I am easily tricked into thinking I know what is true,  
That I still know what is good enough for me to do!

At any rate, Heritage folks tolerate me playing my game  
As long as I get up in the morning, and still know my name.  
I am allowed to believe that I still have my wits about me,  
Even though I am probably equating sanity with vanity!

If I stray beyond the garden gate unaccompanied any more,  
There is someone nearby to return me to the front door;  
Growing old ain't for sissies, as I have long preached,  
I grasp for straws, for threads, with hands outreached.

Before I run on too long, and I lose your attention  
Allow me to offer New Year Greetings and also mention,  
I'm so grateful you have been part of my life and times,  
Have tolerated my attempts at good wishes with rhymes.

So **Happy New Year** to all of my Heritage friends,  
Blessings upon you and yours as this 2021 year soon ends!  
Herewith I am sending my best wishes for the coming 2022,  
Know that as always I am beaming my best thoughts to you!

*Jean Fowler*

## Residents Council President's Letter

Dear fellow Residents,



I want to thank you all for your support and advice these last few years. So far we all have navigated the Covid-19 Pandemic well. This is thanks to management, staff and your combined efforts to stay healthy. It has been very trying at times, but so far we have succeeded.

I have enjoyed working with all of you and on your behalf.

I am also confident the new Council officers will do a very fine job. Please continue to support their efforts on your behalf. Also, do not hesitate to bring issues to their attention so they can deal with them.

Please consider volunteering for any committee you are interested in. The Council needs manpower to achieve your goals.

I wish you all good health and a very Happy New Year.

Bernie Burke

## Christmas Party Photos by Janet Howell









## **Movie Programs**

### **Fridays at 2:00 in Friendship Hall**

**January 7      The Philadelphia Story (1940) Note: McGinley Room showing**  
When a rich woman's ex-husband and a tabloid-type reporter turn up just before her planned remarriage, she begins to learn the truth about herself.

**January 14      The Pirate (1948)**  
A girl engaged to a local rich man dreams about the legendary pirate Macoco. A traveling singer falls in love with her and poses as the pirate.

**January 21      Sound of Music (1965) 1pm**  
A young novitiate is sent by her convent in 1930s Austria to become a governess to the seven children of a widowed naval officer.

**January 28      The Wrong Man (1956)**  
In 1953, an innocent man named Christopher Emanuel "Manny" Balestrero is arrested after being mistaken for an armed robber.

### **Sundays at 2:00 in McGinley Room**

**January 2      Billy Elliot (2000)**  
A talented young boy becomes torn between his unexpected love of dance and the disintegration of his family.

**January 9      Salmon Fishing in Yemen (2011)**  
A fisheries expert helps realize a sheik's vision to bring fly-fishing to the desert and embarks on an upstream journey of faith and fish.

**January 16      The Graduate (1967)**  
A disillusioned college graduate finds himself torn between his older lover and her daughter.

**January 23      Bridge of Sighs (1936)**  
Assistant District Attorney Jeffery Powell has sent an innocent man to prison for the murder of a gambler. Powell is in love with Marion Courtney, but he's unaware that Marion is the sister of the innocent man he sent to prison.

**January 30      Midnight in Paris (2011)**  
While on a trip to Paris with his fiancée's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day at midnight.

## January Birthdays

Pam Fischer	01/04	Lillemor Leichum	01/26
Kay Narron	01/04	Theo Armour	01/28
Linda Hanley	01/22		

The Birthday Dinner will be celebrated on Friday January 7

## January Special Events Calendar

Twelfth Night Celebration	Wed	1/05	3:00	Friendship Hall
Tech Support with Tess Goldman	Thu	1/06	1:30-5	Perry 3rd Floor
Catholic Mass in the Chapel	Fri	1/07	10:00	Chapel
Naomi Feil's Validation Therapy	Fri	1/07	2:15	Friendship Hall
Birthday Celebration	Fri	1/07		Dining Room
Saturday Shorts with Margaret	Sat	1/08	3:00	McGinley Room
Painting Class with Yvette Brown	Mon	1/10	10:00	Art Room
Asian Art Museum Docent	Mon	1/10	3:00	Friendship Hall
Food Committee Meeting	Tue	1/11	10:30	McGinley Room
Visit by the Local Girl Scouts	Wed	1/12	3:00	Friendship Hall
Emotional Support Group with Jeanne	Wed	1/12	3:00	Stucky Library
Tech Support with Tess Goldman	Thu	1/13	1:30-5	Perry 3rd Floor
Francis Dinkelspiel on <i>Towers of Gold</i>	Thu	1/13	3:00	Friendship Hall
Saturday Shorts with Margaret	Sat	1/15	3:00	McGinley Room
Painting Class with Yvette Brown	Mon	1/17	10:00	Art Room
Dr Arbore on New Year's Resolutions	Mon	1/17	3:00	Friendship Hall
Tech Support with Tess Goldman	Thu	1/20	1:30-5	Perry 3rd Floor
Winter Floral Arranging	Thu	1/20	3:00	Friendship Hall
Saturday Shorts with Margaret	Sat	1/22	3:00	McGinley Room
Painting Class with Yvette Brown	Mon	1/24	10:00	Art Room
Emotional Support Group with Jeanne	Wed	1/26	3:00	Stucky Library
Tech Support with Tess Goldman	Thu	1/27	1:30-5	Perry 3rd Floor
Jeopardy & Prizes with Irving!!!	Thu	1/27	3:00	Friendship Hall
Residents Council Meeting	Fri	1/28	9:30	Dining Room
Saturday Shorts with Margaret	Sat	1/29	3:00	McGinley Room
Painting Class with Yvette Brown	Mon	1/31	10:00	Art Room