



Shirley

Heritage Happenings



November 2022



Mrs Ertola

Special Events

Guo Pei: Couture Fantasy ~ Legion of Honor Docent

Thursday, November 3 at 3:00 in Friendship Hall

Through exquisite craftsmanship, lavish embroidery, and unconventional dressmaking techniques, Guo Pei creates a fantasy that fuses the influences of China's imperial past, decorative arts, European architecture, and the botanical world. A Legion of Honor docent will present in person.

Tony Lawrence Art Gallery ~ Recent Acquisitions Opening

Wednesday, November 9 at 3:00 in McGinley Room

The Art Committee, under the guidance of Doris Howard, will host the first formal opening of an exhibit since 2019. Works to be presented include newly-created works of art by residents. Canapés and a variety of beverages will be served.

Presentation on Mobility ~ Pine Park Health Staff

Monday, November 14 at 3:00 in Friendship Hall

Pine Park Health **will** present a seminar with guidance as to how older adults may move safely every day in order to maintain function and to accomplish what matters in their lives.

Friendsgiving Show And Tell

Thursday, November 17 at 3:00 in Friendship Hall

Dig into the treasures of your past! Come and share a memorable item or story of your childhood, travels etc with your fellow residents while toasting

to the fall season! Wines and cheese will be served.

Classical piano performance ~ Romero Gustavo

Wednesday, November 23 at 3:00 in Morgan Parlor

By resident request: Mexican-American pianist [Gustavo Romero](#) returns for another highly enthusiastic recital!

Happy Thanksgiving!

Thursday, November 24 at noon meal in the Dining Room

Fact or Fiction: Cholesterol & Heart Health ~ Devin Green, RD

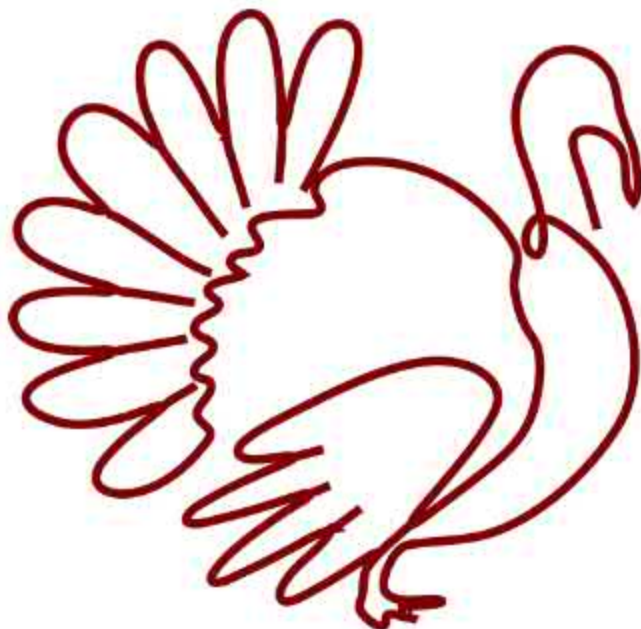
Monday, November 28 at 3:00 in Friendship Hall

Join Devin, the dietitian, for a talk about dietary cholesterol (found in foods like meat, eggs, and cheese). We will sort through the myths and discuss the facts about cholesterol and heart health.

Superfood Tasting: Sweet Potato

Wednesday, November 30 at the noon meal in the Dining Room

Sweet potatoes are a great source of fiber, vitamins, and minerals! Dining Service will prepare a tempting morsel of sweet potato experience.



Regular Programs



**Current Events
with David Peritz**
*Tuesdays at 3:00
on Channel 998*

Religious Services

Catholic Mass in the Chapel

Friday, November 4 at 10:00

Distribution of Communion

Sundays at 10:00

Episcopal Service

Sundays at 9:30 in McGinley Room

[Live stream](#) from the National
Cathedral, Washington DC

Meetings

Emotional Support Group with Jeanne DeMeio

*First & third Wednesdays at 2:00 in
Stucky Library*

Saturday Shorts with Margaret Jacobs

*Saturdays at 3:00 in McGinley
Room*

SPCA Visit

Thursday, November 17 at 1:30 in
Friendship Hall with Fonzie, a
terrier mix, and Susan Epstein

Painting Class with Instructor [Yvette Brown](#)



*Thursdays at 9:30
in the Arts &
Crafts Room*

We have a great
[Art with Elders](#)
teacher & a room
full of supplies.



Marion Wake, "Brook in Autumn"
Acrylic on paper. 9"x12", 2022

Tech Support with [Tess Goldman](#)

*Thursdays at 1:30-5:00 in Perry
3rd floor sitting room*



Please sign-up in
the Dining Room.
Tess is also
available to
provide support in
your apartments.

Exercise & Relaxation Classes

Strength Training with Bianca Lee Mondays, Wednesdays & Fridays 9:00 Fitness Center Activity Staff will cover 11/18-11/30	Tai Chi with Bianca Lee Mondays 9:45 Fitness Center No Tai Chi class on 11/18-11/30
Balance Class with Activity Staff Monday to Friday 11:45 Porter Hallway	Total Body Workout with Karina Tuesdays 10:30 Fitness Center
Meditation with Stephen Mondays and Thursdays 1:00 Cottage	Walking Group Wednesdays 1:00 Meet in Porter Library
Coffee & Chat Hour Mondays and Wednesdays 4:00 to 5:00 Dining Room	Yoga with <u>Claudia Bartsch</u> Thursdays 9:00 Fitness Center

Special Announcement: Table Massage Therapy with Homa

When: Monday, November 7 and Monday, November 21

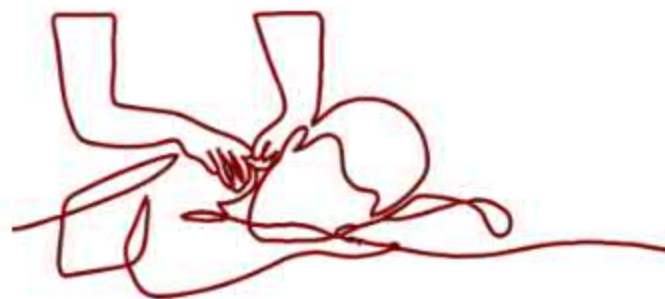
Time slots from 9:00 -3:30

Where: Cedar Room

Prices: \$130 per session

Sliding scale available (\$80-\$130 per hour)

Please sign up in the main dining room



Heritage Happenings is a monthly publication published by residents of [Heritage on the Marina](#)

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It's Thanksgiving Time

On November 24 Heritage residents will celebrate yet another Thanksgiving with a sumptuous meal in the dining room. Over the past year, we've had our apartments cleaned, dead light bulbs replaced, bandages changed, mail delivered and much, much more. We certainly have a lot to be grateful for.

Nine days before, we will honor another Heritage tradition: giving thanks to all the good people who make our pleasant lives possible.

Tuesday, November 15, is the closing day for opening our hearts and wallets for our donations to the Employee Appreciation Fund. Let us be generous in our thanks.

A Wow in the Garden



There's a "wow!" in the Porter Garden now. It is a brushed green metal sculpture donated by Richard Wesson in memory of his wife, Marlene, who died earlier this year.

Marlene acquired the metal sculpture when she and Richard lived in Tucson AZ. It became a commanding piece in their living room. Now the work of art, whose sculptor is unknown, is an impressive addition to the Porter Garden.

If you tap the hanging vertical element with the rubber tip of your cane, it makes a lovely gong sound. Thank you, Richard!

Martha Nell Beatty

Evacuation Chairs



Evacuation chairs have been installed at the top of the stairs at both ends of the Perry Building. The chairs are designed to allow trained personnel to assist mobility-impaired

residents with leaving the building in case of emergency. Fingers crossed, they are never used, but it is reassuring to know they are available!

Give the Goodwill Bin Some Respect

The addition of the bin in the basement for your donations to Goodwill is proving to be a popular feature. Please do remember that residents transfer your donations to the Goodwill Buchanan Street location. Transferring lots of individual items to a car trunk and then dropping them off at the store takes work. Please combine all your donations and put them into a bag before dropping them in the Goodwill bin. Please ask Maintenance or Housekeeping for a bag. As always, thank you for your generosity!

Excursion Cancellations

On the recent annual excursion to Samuel P Taylor Park, the bus trip cost Heritage about \$1,500 but it could have been \$450 cheaper if we had taken a smaller bus. As it was, the number of residents who actually went on the excursion could have fit into a smaller bus. The difference was those who didn't bother to cancel. If you ever feel that you may have issues going on an excursion, please discuss your concerns with a caregiver well before the outing. Please try not to be a no-show.

Air Filter in McGinley Room



At the request of the House Committee, Maintenance has installed a Honeywell air purifier in the McGinley Room. HEPA-compliant

air filters have been shown to be effective in reducing the transmission of viruses in crowded areas. Please turn on the air purifier whenever there is a gathering of people in the McGinley room.

How the “Out And About” Program Came About

By Martha Nell Beatty

The Hindes family has had a four-generation involvement with Heritage on the Marina. The family’s interest in Heritage goes back to the 1950s. Years later, in 2007, the family was having a meeting in the McGinley Room when Peter Hindes remarked that it would be important for residents, including those in Skilled Nursing, to be able to get out on excursions. From that meeting, the concept of the “Out and About” program developed. The family worked with Executive Director Marla Hastings and Board Chairman David Gruber to make the idea a reality.

The family felt that in order to have the excursions, Heritage needed proper transportation. They decided a van was the answer and choose a Mercedes Sprinter, which would hold seven passengers plus a wheelchair. It was purchased in Chicago and then sent to Elkhorn, Indiana, to be specially outfitted to accommodate a wheelchair. Peter’s brother Scott and his wife volunteered to drive the van to San Francisco and delivered it personally to Heritage. Upon arrival, they had a warm welcome in the parking lot followed by a reception in Morgan Hall.

From the beginning Out and About has been funded by the Hindes Family Foundation. The Foundation initially presented The Heritage with \$520,000 and the excursions have continued to be supported by income generated from the Foundation’s investments.



About seven years ago a third van - the present one - was purchased. And as with the original, it holds seven passengers and one wheelchair.

Currently, Scott Hindes is on the Board and David Gruber is again Chairman of the Board. What wonderful continuity!

This year’s Out and About committee has repeated some of the successful past excursions and also added some imaginative new ones, both in and out of the city. The committee consists of Jo Ann Wentker, Paula Cornyn, Betty Dy and Theo Armour.

A Tale of Yankee Ingenuity

By Margaret Johnson

In 1942 my sister Libby married Karl Adams of Moscow, Vermont, a small village just outside the better-known town of Stowe. Moscow consisted of a general store, a one-room schoolhouse, a sprinkling of houses and farms, and the Adams Mill.

Karl's father, George F Adams founded the mill in 1914. It had burned down twice, due to high-speed machinery and flying sawdust, a dangerous combination, but was rebuilt each time.

In 1942 George Adams, with his five sons, ran the Adams Woodturning Mill, making all kinds of wooden objects: pencil lead boxes, swizzle sticks, small flagpoles, toys, macramé beads, and doll necks. They were one of the two mills in the country making wooden golf tees. They were asked to make DNA models, a difficult project because of the different angles required. A former employee from Canada solved that problem for them. Their defense work during WWII was fabricating plugs for railroad flares, like the ones still being used today by truck drivers and highway patrols.



The family had worked out a set-up for efficient working and adapting to changes in regulations and the times. The oldest son, Lester (Let) was in charge of the wood: choosing the trees to be felled, overseeing the sawmill's cutting, making the planks to be stacked for drying, and cutting the dowels to fit the various machines.

Verner Reed created this photograph in 1952 on commission for the mill. Reed was drawn to the way the operator was almost obliterated from view by the shower of wood chips.

Karl, and later with the youngest son, Curt, ran the office and looked for possible new products to be made. They found buyers for the leftover sawdust (Ice houses), and offcuts (firewood for all their homes and for sale to farmers and anyone who needed it). Nothing was wasted.

Clifton (Kip), the third son, dealt with the machinery, making various cutting tools for the lathes and taking care of the machinery.

Ted (Michael) was a carpenter and dealt with the painting and any carpentering needed.

When I spent a summer helping Libby with her baby, I also worked in the mill - doing tough jobs, like putting caps on the pencil lead boxes and setting the dolls' necks on pegs, so that Ted could spray-paint them.

During the War, the mill employed about fifty workers. When the draft board took Kip and Ted, their father finally said, "If you take another of my boys, I will close the mill." The jobs at the mill had kept the town going through both the 1930s Depression and World War II and were hailed by President Roosevelt, in a Boston paper in 1933, as a model for "rural industrialism". So the draft board backed off.

When my sister died, in 1992, the family gathered for her burial in the cemetery in Stowe, along with a large group. Everyone in Moscow and most of Stowe knew Libby Adams. Kip gave us all a detailed tour of the mill. Although Karl and Let had died by that time, the mill continued to run until 2003. It's since been replaced by houses.



A recent photograph of one of the Adams Mill structures

Opioid Claims Against Big Pharma

By Fred Wentker

The overprescription of opioid pills and their addiction has killed hundreds of thousands. According to some sources, the number is potentially up to 500,000 people. Compare this to the more than one million known deaths from COVID-19, and you can see how serious the opioid crisis has been, especially in certain states. The defendants are mainly pill manufacturers and distributors - all part of what we call "Big Pharma".

The federal courts have a procedure named [Multidistrict Litigation](#) (MDL). When there are many claims and all have many common questions of fact and law, this procedure permits the courts to assign all cases to one district court. All opioid claims have been referred to the District Court in Cleveland, Ohio.

MDL was used very successfully in the handling of asbestosis cases in the Eastern District of Pennsylvania. Well over 200,000 claims were filed and recently all were concluded. The MDL procedures apply only to pretrial discovery, depositions, written interrogatories, etc. If a case is not settled it is returned to the original court for trial. Of the many thousands of claims, I have found reports of only ten trials throughout the country. Eight were jury trials and two were judge trials without a jury. The jury trials were all in favor of the plaintiffs (mainly state and local jurisdictions seeking funds for drug interventions and treatments.)

The two judge trials resulted in one defense decision and one in favor of the claimants. On July 22, 2022, in the San Francisco Federal District Court Judge Charles R Breyer found in favor of the City of San Francisco and against Walgreens. The trial for damages, if it has occurred, is not reported.

The Breyer name most likely sounds familiar. Charles is the younger brother of recently retired US Supreme Court Justice Stephen Breyer. Both brothers are native San Franciscans, and both are Lowell High grads.

The other judge-tried case was in West Virginia and the subject of a recent and very interesting book, which I read in anticipation of a full treatment in this column: [American Cartel, Inside the Battle to Bring Down the Opioid](#)

[Industry](#) by Scott Higham. When the book came out in July it had been about 11 months since the trial judge, David A Faber, finished the trial. Just as the book hit the streets on July 4, 2022, Judge Faber decided in favor of the defendants (all distributors of drugs) and against the plaintiffs (two counties in West Virginia.) Notice of appeal was immediately filed. It will probably be a year before we learn of any decision.

The vast majority of claims have been settled or are pending approval. The largest is for about \$26 billion by three distributors and one manufacturer. The payments go mostly to state and local authorities for treatment programs and are spread out over 26 years. One highly contested settlement involves Purdue Pharma (the Sackler family) which protected them personally from liability. This was highly disputed and the subject of an appeal to the Second Circuit (New York). News reports stated that the three judges at the hearing of April 29, 2022, seemed to agree with the appellant states, that the lower court had no jurisdiction to enter that provision. No decision has yet been issued.

Where is all this money likely to go? Based on past MDL settlements, it will be used for treatment and programs for the future, and none or very little will reach individual claimants. But you can be sure the claimants' attorneys will receive handsome amounts, or at least this is what articles I have read state, using the tobacco settlements as an example. Remember, claimants can opt out of the MDL process and try their cases in their original court.

The book presents a very disturbing picture of how "Big Pharma" and its lobbyists pour money into the campaign coffers of legislators to win favorable decisions and to sideline administrative employees who threaten their tactics. The detailed reporting in Scott Higham's book makes for compelling reading.



October 13 Excursion to Samuel P Taylor Park



Photo Gallery



Oktoberfest Pub Party ~ Accordion Lorenzo



Birthday party



Fleet Week



Merlene Wesson memorial in Porter Garden





Joe Conroy 1956 - 2022

Library Corner

Some New Acquisitions ~ not necessarily newly published!

Gerda Saunders ~ *Memories Last Breath: Field Notes on My Dementia* ~ 2017 ~ 362.19

John Powell ~ *Through Seasons of the Heart* ~ 1987 ~ 242.2

Dorothy Baker ~ *Cassandra at the Wedding* ~ ~ 2012 ~ 813.52

Madeline Miller ~ *The Song of Achilles* ~ 2012 ~ 813.6

David Herbert Donald ~ *Lincoln* ~ 2012 ~ 973.70

Michael Lewis ~ *The Undoing Project: A Friendship that Changed Our Minds* ~ 2017 ~ 612.8

Ken Follett ~ *Eye of the Needle* ~ 2017 ~ 823.91

Amy B. Zegart ~ *Spies, Lies, and Algorithms: The History and Future of American Intelligence* ~ 2022 ~ 327.12

Walter Isaacson ~ *The Code Breaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race* ~ 2021 ~ 576.5

Isabel Allende ~ *Violeta* ~ 2022 ~ 863.64

David Eagleman ~ *Livewired: The Inside Story of the Ever-Changing Brain* ~ 2021 ~ 612.82

Nikki Erlick ~ *The Measure* ~ 2022 ~ 813.6

Suggestions? Questions? Contact a Library Committee member!

- Yvonne Benedict
- Pam Fischer
- Judith Goff
- Gene Graham
- Margaret Johnson
- Kay Narron

Email: library@heritage.groups.io

Library Committee



Movie Programs

Life Enrichment Fridays at 2:00 in Friendship Hall

November 4 ~ *Mary Poppins* ~ 1964 ~ musical

Stars: Julie Andrews, Dick Van Dyke

Director: Robert Stevenson

November 11 ~ *To Have and Have Not* ~ 1944 ~ romantic drama

Stars: Humphrey Bogart, Lauren Bacall

Director: Howard Hawks

November 18 ~ *The Prince and the Showgirl* ~ 1957 ~ romantic comedy

Stars: Marilyn Monroe, Laurence Olivier

Director: Laurence Olivier

November 25 ~ *Snow White and the Seven Dwarfs* ~ 1937 ~ animated

Disney's first animated film

Stars: Adriana Caselotti, Harry Stockwell

Directors: David Hand, Perce Pearce, Larry Morey, Ben Sharpsteen, Wilfred Jackson, William Cottrell

Movie Committee Sundays at 2:00 in McGinley Room

November 6 ~ *Elvis* ~ 2022 ~ biography, drama, music

Stars: Tom Hanks, Austin Butler, Olivia DeJonge

Director: Baz Luhrmann

November 13 ~ *Sleepless in Seattle* ~ 1993 ~ comedy, drama, romance

Stars: Tom Hanks, Meg Ryan, Ross Malinger

Director: Nora Ephron

November 20 ~ *The Queen* ~ 2006 ~ biography, drama

Stars: Helen Mirren, Michael Sheen, James Cromwell

Director: Stephen Frears

November 27 ~ *It's a beautiful day in the Neighborhood* ~ 2019 ~ biography, drama

Stars: Matthew Rhys, Tom Hanks, Chris Cooper

Director: Marielle Heller



2012 Excursion to Samuel P Taylor Park ~ photo courtesy of Jane Standing

“Out and About” ~ Destinations for Tuesday Van Excursions

11/1	11/8	11/15	11/22	11/29
9:00 Walgreens	9:00 Trader Joe's	9:00 Target	9:00 Safeway	9:00 Dollar Tree
10:15 Sutro Park ~ Scavenger Hunt	10:15 - 4:00 Half Moon Bay Pumpkin Patches ~ Scenic ride & Lunch	10:15 St Francis Fountain for Ice Cream	10:15 Stonestown Galleria	<i>Residents' Council Meeting: No excursion</i>
1:00 St Francis Woods garden neighborhood		1:00 Legion of Honor - Guo Pei Couture	1:00 De Young - Ramses the Great	1:00 Scenic Ride with HC Staff Residents

Half Moon Bay: bring a bag lunch or dine at a restaurant of your choice



November Birthdays

November 2 Jo Ann Wentker

November 24 Kay Ti

November 3 Genevieve Plusa

The Birthday Dinner will be celebrated on Friday, December 9

November Special Events Calendar

11/2	Wed	2:00	Stucky Library	Emotional Support Group
11/3	Thu	3:00	Friendship Hall	Guo Pei: Couture ~ Legion of Honor
11/3	Thu	1:45-	3rd Floor Perry	Tech Support ~ Tess Goldman
11/4	Fri	10:00	Chapel	Catholic Mass
11/5	Sat	3:00	McGinley Room	Saturday Shorts ~ Margaret Jacobs
11/8	Tue	10:30	McGinley Room	Food Committee
11/9	Wed	1:00	McGinley Room	Life Enrichment
11/9	Wed	1:30	McGinley Room	Out and About Committee
11/9	Wed	3:00	McGinley Room	Tony Lawrence Art Gallery ~ Opening
11/10	Thu	1:45-	3rd Floor Perry	Tech Support ~ Tess Goldman
11/12	Sat	3:00	McGinley Room	Saturday Shorts ~ Margaret Jacobs
11/14	Mon	3:00	Friendship Hall	Presentation on Mobility ~ Pine Park
11/16	Wed	2:00	Stucky Library	Emotional Support Group
11/16	Wed	4:00	McGinley Room	<i>Heritage Happenings</i> Editors
11/17	Thu	1:30	Friendship Hall	SPCA Visit with Fonzie and Susan
11/17	Thu	1:45-	3rd Floor Perry	Tech Support ~ Tess Goldman
11/17	Thu	3:00	Friendship Hall	Friendsgiving Show And Tell
11/18	Fri	10:00	Friendship Hall	Residents Council Open Meeting
11/19	Sat	3:00	McGinley Room	Saturday Shorts ~ Margaret Jacobs
11/23	Wed	3:00	Morgan Parlor	Classical Piano ~ Romero Gustavo
11/24	Thu	noon	Dining Room	Happy Thanksgiving!
11/26	Sat	3:00	McGinley Room	Saturday Shorts ~ Margaret Jacobs
11/28	Mon	3:00	Friendship Hall	Cholesterol & Heart ~ Devin Green
11/30	Wed	noon	Dining Room	Superfood Tasting: Sweet Potato